Year 7 RSE Overview Spring Term

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| Lesson | Content |
| 1 | **Consolidation of KS2 learning about puberty**   * to be able to identify the sexual organs in both the male and female bodies. * To revisit key physical and emotional features of puberty |
| 2 + 3 | **Personal hygiene during puberty**   * To understand the importance of good personal hygiene routines during puberty |
| 4 | **Emotional changes during puberty**   * To recognise the emotional changes that may take place during puberty and to manage these changes in a positive way. |
| 5 | **Teenage Problems**   * Strategies for dealing with the challenges faced by teenagers |
| 6 | **Mental Health** part 1   * evaluate the links between mental health and physical health * identify common misconceptions about mental health |
| 7 | **Mental Health** part 2   * promoting mental wellbeing * building resilience |
| 8 | **Healthy Eating**  Making informed choices about healthy food choices |
| 9 | **Alcohol**   * To learn about the risks, facts and consequences of alcohol use |
| 10 | **Influences**   * To understand positive and negative influences. * To know the importance of having good decision-making skills. |