



YEAR 7 LEARNING JOURNEY INFORMATION

PSHE

How can I successfully settle into secondary school?



Autumn Term 1

We will learn how to make a successful start to life at West Craven by developing positive friendships, managing conflict, overcoming peer pressure and building independence. We will explore strategies for maintaining good mental wellbeing, recognising bullying and accessing support when needed.

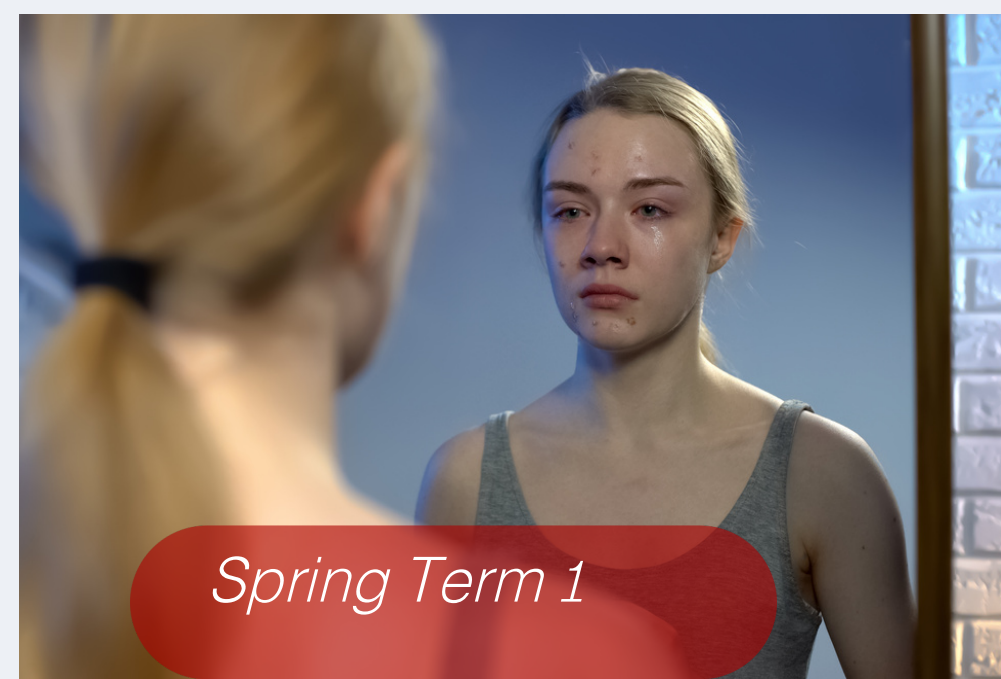
How can I stay safe online?



Autumn Term 2

We will learn how to stay safe and responsible in the digital world. We will explore social media, online friendships, privacy, cyberbullying and the law surrounding image sharing, while developing the skills to recognise risks and report concerns confidently.

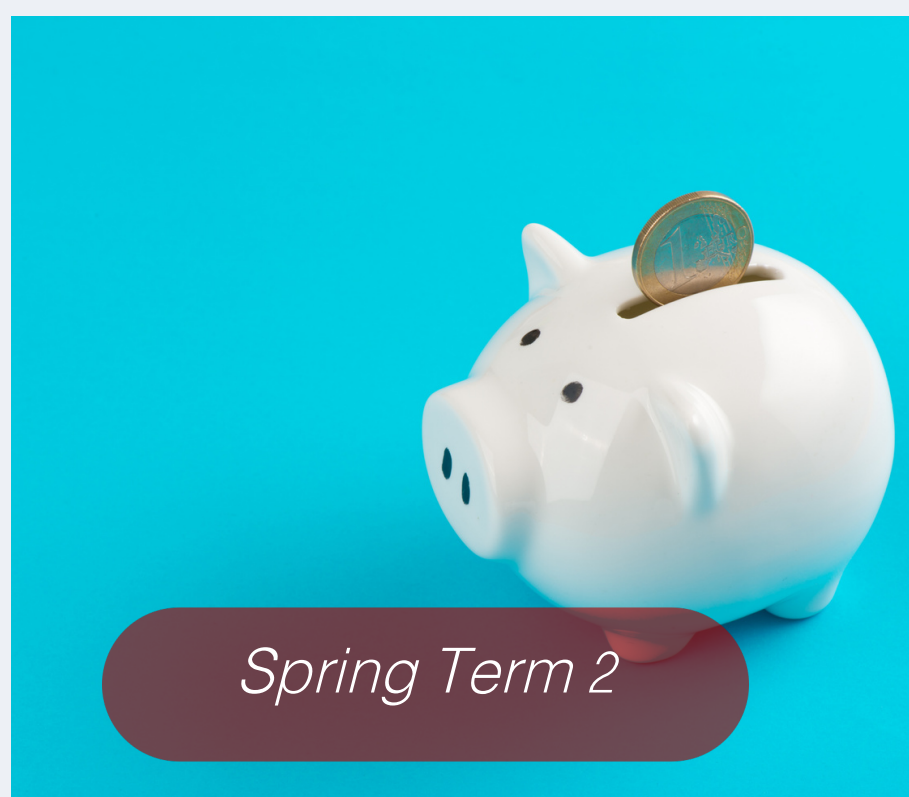
How will my body and emotions change as I grow up?



Spring Term 1

We will learn about the physical and emotional changes that take place during puberty. We will explore personal hygiene, body confidence, self-esteem, menstrual wellbeing and how to access trusted support as we grow and develop.

How can I make good decisions about money?



Spring Term 2

We will learn how money is earned, spent and managed. We will explore budgeting, saving, bank accounts, consumer awareness and digital spending, helping us develop the financial skills needed for everyday life.

How can I keep myself healthy?



Summer Term 1

We will learn how lifestyle choices affect physical health and wellbeing. We will explore nutrition, exercise, sleep, preventative healthcare and the risks associated with smoking, vaping and energy drinks.

What makes a healthy relationship?



Summer Term 2

We will learn about different types of relationships and families, exploring respect, communication, boundaries and consent. We will consider the difference between healthy and unhealthy relationships and learn how to recognise harmful behaviours.