



Name:  
Teacher:



Childline  
0800 – 11  
11

## Learning Journey: Year 7

### Life - Long - Learning



#### Careers Education –Autumn term 1

- Transition to secondary school
- The importance of school
- Opportunities inside school
- The importance of having goals
- LMI data

#### Safety Education – Autumn Term 2

- *Importance of first Aid*
- *Basic first aid*
- *CPR*
- *Defibrillators*
- Road/train safety
- Managing risk taking



#### Health Education – Spring term 1

- Hygiene: How can infection be prevented?
- Dental health
- The importance of good quality sleep
- How to access health and wellbeing advice online

#### Relationships Education – Spring 2

- Diversity in families
- The strengths of stable family life (marriage and cohabitation)
- To understand why family/carers are important for children in terms of happiness
- To identify if family relationships are making them feel unhappy or unsafe, and how to seek help if needed.



#### Relationships and sexual health –Summer 1

- Questions about sex and relationships
- Puberty and sexual development – what to expect
- Differences between various relationships and the boundaries between these.
- The characteristics of a healthy one to one relationship
- Forming intimate relationships, resisting pressure and negotiating intimacy

#### Mental health – Summer 2

- What do we mean by mental health?
- To know that a range of emotions are healthy
- Identifying common types of mental ill-health and where to go for help
- How can you help your mental health
- Understand how isolation and loneliness can have an impact
- Self-care techniques



**LEARNING**  
HABITS

**Hard working**  
**Inquisitive**  
**Resilient**



**CHARACTER**  
HABITS

**Respectful**  
**Responsible**  
**Aspirational**