



# PSHE OVERVIEW



St John Bosco  
ARTS COLLEGE

## Health and wellbeing:

- Transition
- Safety
- First Aid
- Friendships
- Managing Emotions

In Year 7 at St John Bosco Arts College, PSHE lessons support pupils with the move to secondary school by focusing on school transition, managing emotions and developing positive friendships. Pupils learn strategies to build resilience, confidence, and independence in their new environment. As part of personal safety education, pupils are taught road safety, basic first aid and how to respond appropriately in emergency situations. These lessons equip pupils with essential life skills and help them to keep themselves and others safe, both in school and across the wider community.

## Living in the wider world:

- Career Stereotypes
- Equality
- Aspirations
- Entrepreneurship
- Employability

In Year 7, careers education introduces pupils to key concepts including career stereotypes, equality and diversity, and raising aspirations. Pupils explore how personal interests, strengths and ambitions can influence future pathways, while challenging stereotypes and understanding the importance of equal opportunities. Through an introduction to entrepreneurship and employability skills, pupils begin to develop an awareness of the world of work. This early exposure supports informed decision-making and helps pupils to build positive attitudes towards learning, achievement, and future career opportunities.

## Relationships and sex:

- Racism
- Discrimination and prejudice
- Bullying
- Cultural and Racial Identity

In Year 7, relationships of education within PSHE helps pupils develop an understanding of positive and respectful relationships. Pupils explore issues relating to racism, discrimination and prejudice, learning the importance of equality, tolerance and respect for others. Through discussions around online and offline bullying and cultural and racial identity, pupils are supported to recognise unacceptable behaviour, understand its impact, and know how to seek help. This learning promotes a strong sense of belonging and prepares pupils to contribute positively to a diverse school and wider community.

## Health and wellbeing:

- Making choices about healthy lifestyles
- Taking care of our bodies during puberty
- Unwanted contact

In Year 7, health and wellbeing education in PSHE supports pupils to make informed choices about healthy lifestyles, including physical, emotional and social wellbeing. Pupils learn how to take care of their bodies during puberty, developing an understanding of the physical and emotional changes they may experience. Pupils are also taught about personal boundaries and unwanted contact, helping them to recognise unsafe situations and understand how to seek support. This learning equips pupils with the knowledge and confidence to keep themselves safe and make responsible decisions.

## Relationships and sex:

- Self-worth
- Forming positive relationships
- Assertive communication

In Year 7, relationships education within PSHE supports pupils in developing self-worth and confidence. Pupils learn how to form positive, respectful relationships and understand the qualities of healthy friendships. Through a focus on assertive communication, pupils develop the skills to express their thoughts and feelings appropriately, set boundaries and resolve conflicts effectively. This learning promotes resilience, mutual respect and positive social interactions.

## Living in the wider world:

- Saving
- Spending
- Budgeting
- Consumerism
- Making safe financial choices

Living in the wider world education within PSHE introduces Year 7 pupils to key financial concepts, including saving, spending and budgeting. Pupils learn how to manage money responsibly and understand the importance of making informed financial decisions. Through exploring consumerism and making safe financial choices, pupils develop awareness of financial risk, value for money and responsible behaviour as consumers. This learning supports pupils in building essential life skills for the future.