

## Topic: Y7 PSHE – Health and Wellbeing



**Specification: Why am I Angry?** The focus will be on looking at the hormonal changes that occur in the body during puberty.



**Specification: How is my Body Changing?** The focus will be on looking at what physical changes occur to our bodies as we go through puberty. Including looking at period poverty.



**Specification: How do you Keep Yourself Safe?** The focus will be on looking at how to keep safe, including when in the home, outdoors and also online.



**Specification: How can I Evaluate Risk?** The focus will be on looking at what risk is and both the positives and the negatives associated with it.