

Topic: Y7 PSHE – Health and Wellbeing



Specification: Smoking and Vaping – is smoking really that bad and is vaping ok?? The focus will be on looking at the risks of both smoking and vaping .



Specification: Drugs, Risks and the Law – what do I need to know? The focus will be on looking at that drugs are and whether all drug taking is negative.



Specification: What is Peer Pressure? The focus will be on looking at what peer pressure is and how this can lead to dangerous behaviours for those involved.



Specification: Why is it Important to Build Resilience? The focus will be on looking at what resilience is and why it is important to build it to use throughout your life.