

Year 7 PSHE Unit Plan

Name of unit: Being Me in My World	
Expected Outcomes (PSHE Learning Intentions) Learners recognise that identity is affected by a range of factors. They understand how peer pressure operates within groups. Learners recognise how they present themselves online. They understand what can influence their behaviour online. Learners can maintain positive on and offline relationships.	
Developmental Focus Opportunities (Social and Emotional Skills Learning Intentions) Learners know that they are unique individuals and can think about themselves on many levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.). They can identify what influences their life. Learners achieve an appropriate level of independence from others while maintaining positive relationships. They understand how their online identity can affect what others think and feel about them. Learners understand that what they say and do online can have consequences for themselves and others.	
Key Learning Points	Powerful Knowledge
1. Understanding Identity - Identity is shaped by personal traits, experiences, culture, values, and social influences. - Everyone's identity is unique and should be respected. 2. Influences and Peer Pressure - Peer pressure can be both positive and negative. - Strategies for recognising and resisting negative peer influence. 3. Online Identity and Behaviour - How online personas can differ from real-life identity. - The impact of digital behaviour on self and others. 4. Positive Relationships - Characteristics of healthy relationships (on and offline). - Communication, empathy, and respect as foundations for connection. 5. Self-Awareness and Independence - Reflecting on personal values, strengths, and goals. - Balancing independence with maintaining supportive relationships. 6. Consequences of Online Actions	1. Everyone has a unique identity Who you are is shaped by your personality, background, experiences, and values. No one else is exactly like you — and that's something to be proud of. 2. Friends and groups can influence us Sometimes we feel pressure to act a certain way to fit in. It's important to notice this and make choices that feel right for you. 3. What you do online matters The way you act online can affect how others see you — and how they feel. Your online actions can have real-life consequences. 4. You can build strong, respectful relationships Whether it's in person or online, being kind, honest, and a good listener helps you build healthy friendships. 5. You are in control of your choices You can think for yourself, even when others try to influence you. Knowing your values helps you make good decisions.

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a. Understanding digital footprints and long-term effects of online behaviour. b. Legal, emotional, and social consequences of online actions.	6. Your words have power What you say or share online can stay there for a long time. Think before you post — it can affect you and others.
Subject-Specific Vocabulary	Reading Opportunities
Identity Relationship Peer pressure Influence Unique Independence Consequence	1. Short Stories and Extracts • “Wonder” by R.J. Palacio – Explores identity, kindness, and acceptance. • “The Boy at the Back of the Class” by Onjali Q. Raúf – Highlights diversity, empathy, and inclusion. • “Blended” by Sharon M. Draper – Discusses identity, race, and belonging. 2. Non-Fiction Articles • Articles on digital footprints, online safety, and peer pressure from child-friendly platforms like: ○ BBC Bitesize PSHE ○ Newsround ○ Thinkuknow
Possible Misconceptions	Cross-Curricular Links
“My identity is only about how I look” “Peer pressure is always bad” “What I do online isn’t real life” “I have to share everything online to be liked”	ICT – appropriate online behaviour

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“Being independent means I don’t need help” “If someone is different from me, we can’t be friends”	
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