

YEAR 7: TRANSITION AND FOUNDATIONS

A CAREERS & PSHE GUIDE FOR PARENTS

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At this stage, the focus is on building the foundations for future choices and work readiness: exploring the idea of “work”, noticing your son’s strengths and interests, linking learning in school to possible careers and pathways, and helping them begin to think about where they want to go. The statutory guidance confirms that careers education should start in Year 7.

What your son can expect:

- Assembly or tutorial introduction to the world of work (what jobs are, what skills people use).
- Careers & PSHE lessons on identifying interests, strengths, and linking them to types of work.
- External input: a visit or talk from an employer, or a virtual encounter that makes “careers” real.
- Activities using the careers platform (for example Unifrog) to begin exploring careers, interests and skills.

How you can support at home:

- Encourage conversations about what your son enjoys, what he’s good at, and what he might like to try in future.
- Look at your own work history and achievements, share stories of different jobs (yours, friends, family) and what they involve.
- Visit the Unifrog (or your school’s chosen platform) together: help them to explore “What interests me?” and “What careers might connect to that?”

Recommended resources:

- The Career Development Institute (CDI) – Career Development Framework for secondary schools (explains the knowledge and skills pupils develop) thecdi.net
- The Careers & Enterprise Company (CEC) resource directory for schools – useful to see what’s available for your son.
- Your school’s Unifrog portal - sign up at unifrog.org/parent

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How can parents support their son with Careers & PSHE at home?

Careers & PSHE topics 2025/26

Students across Year 7-11 are provided an age-appropriate curriculum on Mondays P3 where topics related to both careers & PSHE are explored in detail. The list of topics below will help you as parents understand what is being taught by your son's form tutor and how it relates to the statutory RSE scheme for learning.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

- Settling into secondary school.
- Building positive relationships and teamwork.
- Introduction to careers and PSHE.
- Online safety and digital literacy.
- Emotional wellbeing and resilience.

Topics:

- Who to talk to for support (pastoral care, careers guidance).
- Developing study habits.
- Exploring strengths and interests.
- Awareness of different careers.

FAQs:

- How does the school support Year 7 students in settling in?
- When do students start exploring careers?
- What should parents do if their child is struggling with the transition?

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Consider linking directly to key resources (for example a PDF of your school's careers programme overview, Unifrog parent guide, local college open evening pages).

Working and the law

Children aged 11/12 are not lawfully allowed to work in the United Kingdom

A child can work part-time from the age of 13 if they have a work permit, unless they're working in any form of entertainment or modelling. Children working in these areas need a performance licence.

There are rules about the types of work and the hours children are allowed to work at different ages.

Contents

Apply for a chaperone licence

Apply for a child performance licence

Apply for a child work permit

Hours children can work

During the school holidays, a child of 13 or 14 can work up to 25 hours a week and child of 15 can work up to 35 hours a week.

During the school term, they can work:

on a school day after 7am, for one hour before school and for 2 hours after school, as long as they finish by 7pm

on a non-school day for 5 hours (8 hours at age 15) between 7am and 7pm with a break of at least an hour after 4 hours

on a Sunday for 2 hours between 7am and 10am to deliver newspapers.

A child can work full time (up to 40 hours a week) when they leave school, which they can do on the last Friday in June if they'll be 16 by the end of the summer holidays.

Work children are allowed to do

A child of 13 can do light work in the following areas:

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Café or restaurant waiting tables (not in a commercial kitchen)

Hairdresser

Hotel (domestic work)

Office

Riding stable

Shop

Car wash (by hand in a private residential setting)

Farming or gardening

Newspaper and leaflet delivery

A child of 14 or 15 can do light work as long as it's not on the list of work children aren't allowed to do.

Work children aren't allowed to do

A child can't work in the following areas:

Cinema, theatre, disco, dance hall or night club

Commercial kitchen

Residential or nursing home in the personal care of residents

Slaughter house, butcher's shop or any place where animals are killed or butchered or where meat is prepared for sale

Fairground or amusement arcade or any place where people are entertained by automatic machines or games of chance or skill

Door to door collecting money, selling or canvassing unless with an adult

Selling or delivering alcohol unless in a sealed container

Delivering milk or fuel oils

Collecting or sorting rubbish

Telephone sales

More than three metres above ground or floor level

Exposed to harmful physical, biological or chemical agents

Exposed to adult material or situations which are unsuitable for children

[Plymouth City Council's website](#)