

Year 7 - PSHE - Health and Wellbeing

Key Terms

Transition	A period of change in a person's life
Self Esteem	An individuals overall view of their worth
Resilience	The ability to recover from difficulties
Cyber Bullying	Bullying that primarily takes place through online platforms
E-safety	Understanding the risks associated with the internet and knowing how to reduce them.

PSHE covers a variety of topics that focus on developing understanding in four key areas: personal, social, health and economic.

Personal Development

People experience change throughout their lives and it is important that we are able to develop the skills to manage these changes. The skill of resilience is essential to manage change

Online Safety and Gaming

There are both positives and negatives to the internet and social media. Participating in monitored and appropriate gaming can develop important skills such as teamwork. It is essential to be cautious when engaging with people online and never share personal information about yourself over the internet.

Threshold Concepts:

TC1	Know that there are different types of committed, stable relationships.
TC2	Know practical steps they can take in a range of different contexts to improve or support respectful relationships
TC3	Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
TC4	That there are indicators of positive, healthy relationships and unhealthy relationships, including online

Key Skills

- Active listening and communication
- Teamwork
- Negotiation and self advocacy
- Leadership
- Presentation and debate

Knife Crime and Safety

- There is never a justifiable reason to carry a knife in public.
- Carrying a knife in public can result in a prison sentence.
- Carrying a knife could result in serious injury or death.

If you suspect someone needs support or advice please speak to your student support officer, a trusted adult or call/visit [Childline.org.uk](https://www.childline.org.uk)