PSHE

ALDER
Community High School

Year 7

Emotional wellbeing: managing change and transition to secondary school		
Autumn 1	**Knowledge** • To know about transition to secondary school and adapting to new environments. • To know how to identify school rules and how to demonstrate respect in my new school environment. • To know about key study skills and strategies needed to support learning at secondary school • To know how to identify values, skills, areas for development and set personal targets and goals. • To know about factors that can affect wellbeing and how we feel • To know how to manage emotions when transitioning to a new key stage. • To know about the impact of distractions on someone's feelings and behaviour. • To know how to manage less helpful distractions to support my wellbeing. • To know about what negativity bias is what positive thinking habits that can support wellbeing. • To know how to use different strategies that can help me to develop positive thinking habits to support my own wellbeing. • To know about worry, tension and stress and how these can affect someone's emotions and behaviour. • To know how to manage feelings of worry, tension and stress.	Wellbeing Emotions Positivity- Tension Stress Transition Negativity bias Rumination

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Friendship and Bullying

Autumn 2

Knowledge

- To know about different ways, make and maintain positive friendships and develop empathy for others.
- To know how to empathise with peers make positive friendships.
- To know about different types of bullying and its impact on people
- To know how to prevent and challenge bullying
- To know about the causes of friendship challenges
- To know how to use conflict management skills and strategies to reconcile after disagreements
- To know about similarities and differences between people and how peer influence can affect relationships.
- To know how to support one another to resist peer pressure in relation to bullying.
- To know about the risks associated with coercive or unsafe friendships
- To know how to identify warning signs that someone is being coerced and know how to get support.

Key Vocabulary

Empathy
Bullying
Bystander
Compromise
Manipulation
Conflict management
Peer influence
Coercive