PSHE

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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.	**Key Vocabulary** 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

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Belonging to a community		
Spring 1	**Knowledge** • To know what British values are • To know how to demonstrate British values • To know about the factors that can affect feelings of belonging in a community. • To know strategies to help people to feel they belong in a community • To know about the impact of stereotypes and bias. • To know how to recognise and suggest ways to safely challenge stereotypes across a range of contexts • To know about the Equality Act, the 9 protected characteristics and the effects of discrimination and bullying • To know how to safely challenge the effects of discrimination and bullying • To know that people can have different perspectives and ideas about values • To know how to manage having different viewpoints constructively and respectfully. • To know about the benefits of an inclusive and diverse community • To know how as members of communities we can support one another.	**Key Vocabulary** Rights Responsibilities Democracy Tolerance Stereotype Inclusion

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Puberty and keeping safe

Spring 2

Knowledge

- To know the ground rules when discussing relationships (SRE) in PSHE lessons
- To know how to apply the ground rules in discussion about relationships (SRE in PSHE lessons
- To know how emotions are affected by puberty, and how to manage the impact this may have on relationships
- To know how to use strategies for managing the emotional aspects of puberty
- To know about menstrual wellbeing.
- To know how to how to manage menstrual wellbeing
- To know about testicular health
- To know how to get help and guidance with any concerns about testicular health
- To know about vulva/ vaginal health.
- To know where to seek help and guidance with any concerns about the vulva/ vaginal health
- To know what is inappropriate, non-consensual, or unwanted behaviour, including online
- To know how to seek help from a trusted adult, or report inappropriate or abusive behaviour

Key Vocabulary

Abuse
Puberty
Menstrual cycle
Testicular health
Disclosure
Relationship

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Influences on relationships

Summer 1

Knowledge

- To know about the characteristics of healthy and unhealthy relationships.
- To know how to respond to unhealthy behaviours in relationships
- To know about effective communication and that this can improve relationships in families
- To know how to manage relationship conflict
- To know the meaning of consent, both legally and ethically, and what it looks like in practice.
- To know how to recognise when a person is consenting and when they are not
- To know about what film and online content is appropriate for young people
- To know how to make decisions and manage peer influence about films and online viewing
- To know about the way that relationships that we watch in the media can affect relationship behaviours
- To know how to differentiate between how relationships are on screen and in real life
- To know about the potentially harmful impact of increasing sexualisation in the media
- To know how to select appropriate viewing content

Key Vocabulary

Abuse
Relationship
Consent
Sexualisation

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Financial decisions		
Summer 2	**Knowledge** • To know what Pride is and how this relates to the Equality Act and the 9 protected characteristics in the UK. • To know how to celebrate and support diversity in our school and the wider community • To know about needs, wants and how personal and external influences shape spending decisions • To know how to distinguish between financial needs and wants and use this to make good financial decisions in my life • To know what a budget is, and to apply a budgeting framework to income, expenses and savings goals • To know how to set budgeting goals and plan for the future • To know what inflation is and how it is measured, • To know how to calculate inflation and the impact on budgets and the cost of living. • To know about the pressures and advertising techniques that influence spending, • To know how to make more critical consumer decisions. • To know about the different types of work and pay, and to evaluate which forms of work suit different circumstances and values. • To know how to assess different ways of making money and evaluate what kind of work would be best for me in the future	**Key Vocabulary** Discrimination Prejudice Homophobia Budget National minimum wage Inflation