



PSHE Year 7 Workbook

Name_____

Form Group_____

From Tutor_____



Sources of Support



Below is a list of charities and organisations that are there to support you. Please remember you are not alone — teachers and other trusted adults in school are also there to listen, support you, and help you find the right support if you need it.

Lancashire Youth Support & Wellbeing

Hey! 🙋 Life or school getting a bit much? You're never alone. Check out these completely free, safe, and confidential ways to get support or talk to someone who listens! ✨

📍 Local Lancashire Support

- 🗣️ Lancashire Mind Awesome wellbeing coaching, tips, and support across Lancashire.
- 💬 Kooth Lancashire Anonymous online chat community, discussion boards, and advice.
- 🤝 WithYou Friendly, non-judgmental chat about life, stress, and substance advice.
- 🚨 CAMHS Crisis Line 24/7 urgent mental health line when things get overwhelming.
- 🧠 Young Minds online advice and information to give young people the tools to look after their mental health.

📞 National Help Channels

- ☎️ Childline: Call 0800 1111 anytime for free, secret 1-on-1 talk.
- 🌐 Fearless: Report anything unsafe completely anonymously online.
- 💖 Papyrus: Call 0800 068 4141 if you are feeling completely down or unsafe.

📱 NHS-Approved Wellbeing Apps

- 🧑 ThinkNinja Helps you learn hacks to crush anxiety, stress, and low moods.
- 💚 Calm Harm Provides quick, distraction-filled comfort tasks to ride out bad waves.
- 🌳 WorryTree Sort out your thoughts and track worries to build better mental habits.



Topic Confidence Tracker



Personal, Social, Health and Economic Education — Self-Assessment Tool

Instructions

Track your learning journey before and after this topic. Be honest with yourself!

1.Before the Lessons (● Start): Read each statement and check/circle your confidence level.

2.After the Lessons (● End): Revisit this sheet and rate your confidence level again to see your growth!

Benchmark Statement	BEFORE the Topic	AFTER the Topic
Theme 1: Health & Wellbeing		
1. I can identify physical and mental health choices and understand how they affect my body and mind. 🧠	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]
2. I know how to manage strong emotions and where to seek professional help if I feel overwhelmed. 🗣️	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]
Theme 2: Relationships		
3. I can identify the features of healthy relationships and recognise warning signs of unhealthy behavior. 🔄	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]
4. I understand how to give, ask for, and respect boundaries and consent in different situations. 🌐	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]
Theme 3: Living in the Wider World		
5. I understand the importance of diversity and can demonstrate respect for different cultures and beliefs. 🌍	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]
6. I can identify online risks (e.g., scams, pressure) and know how to keep my personal data safe. 🔒	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]
7. I can explain the basics of budgeting, saving, and making safe financial decisions. 💰	[🧐 Low] [😊 Med] [🙌 High]	[🧐 Low] [😊 Med] [🙌 High]

Celebrate your progress! Notice how your confidence changes as you learn more about yourself and the world. 🚀

Proud to be GCA

P
S
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Make a list of all things that YOU could do this year to make OUR community a great place to be.

What rules/expectations do you think there should be in a PSHE classroom?

Transition

Organisation

What are your current strengths when it comes to organisation? What do you do already which might help you be organised in year 7?

What are you concerned about when it comes to organisation? What do you need to do differently which might help you be more organised in year 7?

Being Independent

Think about some of the things you might have to do independently at secondary school e.g. catching a bus, finding my way around, organising my equipment, organising and completing homework, time management, purchasing lunch etc. What do you feel confident doing independently?

Thinking about the same things, what do you feel less confident doing?

Transition

Making a success of Year 7

What are your goals / what would you like to achieve this year?

How will you know at the end of the year if year 7 has been a success?

Asking for support

Plenary

Write a description of how you would want to be described by your teachers when you are in year 11. What skills or characteristics would you have improved or developed?

Talking about emotions

Video Clip Questions

1. According to the video, what can happen when someone keeps all their emotions bottled up?
2. What are some safe ways a young person in the clip could share how they are feeling?
3. Why might it sometimes feel hard to talk about emotions?
4. What might be the benefits of talking about how you feel rather than keeping it inside?

Scenarios

Read the scenarios below and with your partner discuss -

The likely emotions in the scenario.

How the character could talk about their feelings and who they might talk to.

1. Sam has moved to a new school halfway through the year. Everyone else already seems to know each other, at breaktime Sam often ends up standing alone. Sam feels nervous walking into the classroom and worries that nobody will want to be his friend.



Talking about emotions

Scenarios

2. Taylor has noticed that her parents have been arguing a lot at home recently. Sometimes the shouting keeps her awake. Taylor doesn't know whether to tell anyone at school because she's worried about people finding out.

3. A group of friends had a big argument at lunchtime over something that happened in a game. Since then, the group has stopped talking to Alex and are leaving him out of group chats. Alex feels upset, confused, and worried about being on his own at school.

4. Amira dropped her lunch tray in the canteen, and food went everywhere. Lots of people laughed, and she could feel her face turning red. For the rest of the day, Amira didn't want to talk to anyone because she kept thinking people were still laughing about it.

Growth Mindset

1. Outline what a fixed and growth mindsets are.

2. Describe how having a growth mindset can positively affect your learning.

3. Explain the benefits of having a growth mindset.



Introduction to Mental Health

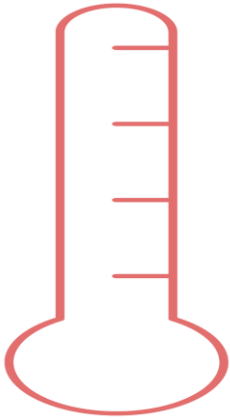


Depression

Introduction to Mental Health

Ways to help keep good mental health	Drawing or description of what this might look like	How I could apply this to my life (describe in full)
Diet and exercise		
Enhancing self esteem (pride in who you are and what you are able to achieve)		One way I could enhance my self-esteem is by joining a club where I can build up a skill, working on something I can be proud of and get better at over time, e.g. cooking.
Having balance in your life (not just spending all your time on one thing, e.g. social media)		
Developing emotional resilience (not letting set-backs keep you from trying, having the ability to get over failures)		
Asking for help when you need it		

Dealing with worries



Shade the inside to demonstrate the level of worry or anxiety you feel you have today.

You could also write some of your current worries below.

Create your worry tree below:

Dealing with worries

1. What are my current top 3 worries? - If you don't feel comfortable writing about your own, pick 3 you think are the most common worries for people your age.
2. Which coping tools could you or a young person your age try in order to manage these worries?
3. Who can I talk to if I need help in relation to my worries? Try to come up with three specific people who could support you

Dealing with worries

1. Leo hears on the news that there was a knife incident near where he lives. Even though no one he knows was involved, he starts to feel nervous about walking home and worries something similar could happen to him or his friends.
2. Amira has had a stomach ache for a few days. She starts to worry that something might be seriously wrong, even though it's probably just nerves or something she ate.
3. Charlie has been asked to read their work aloud in English. They start to worry everyone will laugh at them or that they'll forget what to say.
4. Alex was scrolling through social media and saw a video that showed something violent and upsetting. It keeps replaying in their head and makes them feel uneasy whenever they go online.
5. Maya notices her friends are whispering and giggling at lunch. She worries they might be talking about her and feels left out for the rest of the day.

Stress and relaxation

1. What is our 'mental health' and why is being too stressed bad for us?

2. State the method you found to most relaxing to help you de-stress.

