

Year 7 Learning Aid

Personal, Social, Health and Economic Education (PSHE)

What I will know and understand in PSHE by the end of the year.



| This year in PSHE, we will be learning about: | This links to: | Key Terms: |
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| <p>Health and Wellbeing</p> <ol style="list-style-type: none"> The dangers of sharing information online and how to keep ourselves safe online The reasons for, risks behind, and consequences of sharing images online How the media portrays body shape How the media's portrayal of body shape has a negative impact on mental health The negative impact and dangers of participating in harmful behaviour online The dangers of online gambling and why it can be so addictive The dangers of the different types of harmful content young people can view online | <ul style="list-style-type: none"> Year 7 – Self Esteem Year 8 – E-safety / Online safety/Personal info and Cyberbullying Year 9 – E-safety / Cyberbullying / Devices and security / E-safety Facebook page / Gaming / sexting / Netiquette Year 10 – Addiction / Cybercrime / AUP and the real world Year 11 – Self-worth/ Addictions / Gambling | <ul style="list-style-type: none"> Online – Connected to the internet Legal – Something connected to the law and the governments rules Media – Various means of communication (TV, Video, social media, internet) Body Image – Somebody's own impression of how his or her body looks Visible Web – The internet accessible by search engines Dark Web – Websites which are not accessible by normal search engines Gambling – Taking a risky action in the hope of a desired result Dopamine – A 'feel good' chemical released by the brain |
| <p>Relationships</p> <ol style="list-style-type: none"> How each human being is a completely unique person, created and loved by God The main changes which take place in males and females during adolescence How self-esteem is affected by how we are viewed by others, personal circumstances, and the media Human reproduction, fertility and the menstrual cycle The different types and characteristics of positive healthy relationships The similarities and differences between the online world and the physical world Recognising bullying and abuse in all its forms and how to report it. | <ul style="list-style-type: none"> Year 7 – The media and body shape / Harmful behaviours online Year 8 – Created and chosen / E-safety Year 9 – Fertility and contraception / E-safety Year 10 – Self-Image / Abuse Year 11 – Self-Worth / Abusive and harmful relationships | <ul style="list-style-type: none"> Unique – The only one of its kind; unlike anything else Puberty – The period during adolescence where reproduction is capable Adolescence – The period where a young person develops from child to adult Self-Esteem – The opinion we have of ourselves Reproduction – The process by which offspring are produced from their parents Respectful – Showing politeness or honour to someone Bullying – To harm, intimidate or coerce someone you believe to be weaker than you |
| <p>Living in the wider world – British Values / Risks</p> <ol style="list-style-type: none"> What democracy is, what it looks like in the UK, and what might rights are in society. What is meant by individual liberty and understand what it looks like in everyday life. Mutual respect and tolerance, what it looks like in everyday life, and how to uphold this in my life. How the rule of law protects and promotes the well-being and safety of citizens What is meant by the PREVENT strategy, extremism, and ways to challenge extremism What is meant by Anti-social behaviour and the consequences of this Reasons for climate change and how humans can help to protect the environment | <ul style="list-style-type: none"> Year 8 – What are our values / Identity and Culture / Anti-racism / Parliament / Government / Elections and voting Year 10 – Immigration / Islamophobia / Role of Parliament / Equality and the rule of law Year 11 –Gangs | <ul style="list-style-type: none"> Democracy – A form of government represented by individuals elected by citizens of a country Prejudice – Making judgements about people without knowing anything about them Discrimination – The actions of treating people differently based on prejudices Diversity – Having variety or a range of different things Multiculturalism - The presence of several distinct cultural or ethnic groups within a society. PREVENT – A strategy to safeguard people from the threat of joining terrorist/extremist groups Extremism – Vocal or active opposition to fundamental British Values Radicalisation – The process where a person comes to support terrorist/extremist ideas |
| <p>Living in the wider world – Financial Awareness / Work Related Learning</p> <ol style="list-style-type: none"> The difference between a want and a need in relation to money What is meant by the term budget and the basic process of creating a budget The main features and different types of bank accounts Different jobs, average salaries, and reasons why people choose jobs Different payment methods, and what are the most appropriate way of paying in different situations The terms employability skills and transferable skills, and how to evidence or improve them Planning to improve career prospects, and how to map out a career journey path | <ul style="list-style-type: none"> Year 8 – Types of saver / budget balancing / household budgets / fair trade / what is a career / researching a career Year 9 – Enterprise / Problem solving / Passion into Business / Creativity / Apprenticeships / A levels / BTECs Year 10 – Work Experience / Interviews /Health & Safety / Behaviour / Suitable skills / Persistence and Resilience Year 11 – LMI / researching post 16 / CV's / Personal statements / Salaries / debt / Mortgages /Buying a car | <ul style="list-style-type: none"> Budget – An estimate of income or expenditure for a set period of time Bank account – A record of money belonging to you held by a bank Salary – The amount of money you will earn in a year Commission – A share of all the sales that are made Credit card – A card used for payments where you receive a monthly bill for the total spent Debit card – A card used for payments where the total is taken off your available balance Employability skills – General job skills that employers look for other than specific job skills |
| <p>Living in the wider world – First Aid</p> <ol style="list-style-type: none"> Primary surveys, what to do with unresponsive casualties who are breathing, and when to give CPR When and how to give CPR to an unresponsive casualty who is not breathing normally Identifying when someone has an allergic reaction and how to help Identifying when someone is having difficulty breathing due to asthma and how to give first aid The signs and symptoms of someone that is choking and how to give first aid The signs and symptoms of someone who is bleeding, and how to respond Different head injuries, and how to help someone with a head injury both minor and severe | <ul style="list-style-type: none"> Year 10 – Basic Life support / patient is not breathing / Bone, muscle and joint injuries / bleeding and shock / chest pain / choking / first aid scenarios | <ul style="list-style-type: none"> DRSABC – Danger / Response / Shout / Airway / Breathing / Circulation CPR – Cardio Pulmonary Resuscitation AED – Automated External Defibrillator Allergen – A substance that causes an allergic reaction Asthma attack – Muscles of the air passages go into spasm causing the passages to narrow making breathing difficult Concussion – Temporary injury to the brain usually caused by a bump, blow or jolt Compression – Bleeding and/or swelling inside of the skull |