

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