

Year 7 PSHE

Throughout the school year, your child will be learning about these key topics. The specific timing of when each topic is covered can be found on the main Year 7 page.

To support your child's learning, we've included some ideas and websites that you may find helpful to explore and discuss together as they progress through the curriculum.

Theme	Opportunity to help.
Personal safety	<p><u>Roads</u> – discuss road safety and general safety at home. Discuss general hazards in the home and whilst outdoors. https://www.youtube.com/watch?v=ntn4SKgpjwY</p>
First Aid	<p>Discuss with ABC stand for in first aid. Show where your first aid kit lives at home and what is in it.</p> <p><u>St John's burn video</u> <u>The BBQ video</u> https://www.youtube.com/watch?v=wBZfOv5lFb8 https://youtu.be/Li9l0lNo7_Q</p>
Friendship	<p>Discuss why issues arise and ways to overcome these issues. Discuss the warning signs of an unhealthy relationship.</p> <p>https://youtu.be/ah7jiRs3THI https://www.themix.org.uk/ https://www.childline.org.uk/ https://www.thinkuknow.co.uk</p> <p><u>Bullying and cyberbullying</u> Discussion of how these occur and ways to resolve issues. www.bullying.co.uk www.childnet.com www.snapchat.com/safety www.antibullyingpro.com</p>
Self esteem and Body image	<p>https://www.themix.org.uk/ https://www.childline.org.uk/</p> <p>Discuss the dangers of comparing ourselves with others. <u>Body Talk Conversations With Friends</u> <u>Body Talk Conversations with the Mirror</u> https://www.dove.com/uk/dove-self-esteem-project.html</p> <p><u>Peer pressure</u> Discuss what and how peer pressure occurs. http://www.childnet.com/resources/pshetoolkit/peer-pressure/back-me-up www.youngminds.org.uk <u>The uses of mobile phones</u> – social media awareness and safety online. www.childnet.co.uk</p>

	<p><u>Courage to fail</u> What makes someone successful. Linked to schooling and test results. Discuss the reasons why failure is a part of life.</p>
Puberty	<p><u>Preparation for puberty talk</u> – discussion of the mental, physical and emotional effects of puberty in girls. Discussion about menstrual products. https://www.youtube.com/watch?v=d0sK5JeTla0 https://www.always.co.uk/en-gb/ https://kidshealth.org/en/kids/grow/</p>
Personal hygiene and wellbeing	<p><u>Sleep</u> Discuss sleep routines and the importance of sleep. https://www.youtube.com/watch?v=RVagiTBMtlo</p> <p><u>Emotional health</u> What is the difference between mental health and emotional health. Discuss ways that you deal with stressful situations. https://www.bbcchildreninneed.co.uk/changing-lives/mental-health/mental-health-wellbeing-resource-hub/ www.youngminds.org.uk</p> <p><u>Healthy eating.</u> What is healthy eating? Talk about your weekly meals and how you aim to vary meals but meeting the recommended food portions. https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/ https://www.nhs.uk/live-well/best-way-to-wash-your-hands/</p>