

Subject	Year 7 Core Knowledge – Autumn/Spring/Summer term	How to support students' learning
PSHE	<p>Autumn Term</p> <p>Relationship and sex education –</p> <ol style="list-style-type: none"> 1. Identify what is bullying or hurtful behaviour and know some strategies for responding to it, both on and offline. 2. Identify ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem. <p>Health and wellbeing –</p> <ol style="list-style-type: none"> 3. Know how to respond in emergency situations, including how to perform basic first aid techniques. <p>Relationship and sex education –</p> <ol style="list-style-type: none"> 4. Identify how to be an upstander and explain the 5d's for being an upstander. <p>Health and wellbeing –</p> <ol style="list-style-type: none"> 5. Describe and name emotions. 6. Describe the four-stage approach to managing emotions. 7. Relationship and sex education - Identify the features of mental wellbeing, and who to ask for help. <p>Relationship and sex education –</p> <ol style="list-style-type: none"> 8. Understand the Equality Act and Protected Characteristics. 9. Explain what diversity is. <p>Spring Term</p> <p>Relationship and sex education –</p> <ol style="list-style-type: none"> 10. Identify the importance of equality in a diverse community and demonstrate ways to promote this. <p>Health and wellbeing –</p> <ol style="list-style-type: none"> 11. Describe the impact of diet on dental health. 	<p>Kooth is a mental health support app with trained counsellors, message boards, advice, and help. The unique thing about Kooth is you can have a text conversation with a counsellor and not have to speak on the phone. Childline www.Kooth.com</p> <p>Childline website provides information and advice on a wide range of topics that children and young people may be worried about. It also has wellbeing resources like the calm zone, art box, mood journal, games and a mental health first aid kit that children can use to work through their feelings and experiences. www.childline.co.uk</p> <p>St Johns Ambulance are the charity that steps forward in the moments that matter, to save lives and keep communities safe. They are the market leader in the provision of workplace training, first aid supplies and event and ambulance services. As well as child friendly lessons on basic first aid. www.sja.org.uk</p> <p>Childline Website explains all forms of bullying and where to go for help and advice. https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/</p> <p>Fearless is the dedicated youth service of the independent charity Crimestoppers. We provide you with the opportunity to give information about crime 100% anonymously. There website gives information on different types of crimes, the law around them and help and advice. https://crimestoppers-uk.org/fearless</p> <p>NHS guide on how to look after your children's teeth and visits to the dentist. https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/</p> <p>NHS guide on healthy diet https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/</p>

	<ol style="list-style-type: none"> 12. Describe the risks and effects of caffeine. 13. Describe the risks and effects of tobacco, nicotine and vapes. 14. Understand a range of potential influences on young people to smoke. 15. Understand a range of potential influences on young people to drink alcohol. 16. Describe ways to promote physical health. 17. Identify the risks and consequences of alcohol use. 18. Describe strategies to manage influences on alcohol use. <p>Summer Term Living in the wider world –</p> <ol style="list-style-type: none"> 19. Identify some skills and attributes that employers value. 20. Describe what it means to be ambitious and challenge career stereotypes. 21. Identify the connection between career values and goals. 22. Describe the difference between an intrinsic value and an extrinsic value. 23. Explain how to make informed decisions about next steps and career choices. 24. Understand how aspirations can help plan for a career. 25. Understand how to set SMART targets when goal setting. 26. Explain what budgeting is, why it is important and where to get help with financial decision making. 27. Evaluate how to prioritise your spending. 	<p>Childline website information about drug and alcohol use https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/</p> <p>Careers and Enterprise Organisation, Coventry, and North Warwickshire As a parent or carer, you will want to have some of the key answers that your young people ask of you. The landscape of opportunities has never been so broad. This site has key resources, tools and support that can help you wade through the options and help shape possible solutions to their future. https://www.cwcareershub.co.uk/parents-zone/</p> <p>Barclays LifeSkills. Family Home Learning Tools, tips and activities to help your family build money and employability skills for their future https://barclayslifeskills.com/families/home-learning/</p>
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