

## Year 7 RSHE

Key Learning	Pre-Exposure Tasks
<p><b>Area #1 Safeguarding and the Law</b></p> <p>Throughout the year a key underpinning feature of our work is keeping safe in a range of environments. Wherever possible we seek to inform students of relevant laws to the area of study. During year 7 this includes a focus on:</p> <ul style="list-style-type: none"> <li>- Who we can trust.</li> <li>- Equality and protected characteristics.</li> </ul>	<ol style="list-style-type: none"> <li>1) Discuss with your child the idea of a trusted adult. Who do they know that they would class as a trusted adult? What problems would need the support of a trusted adult to resolve rather than attempting to solve on their own?</li> <li>2) Research the protected characteristic. Discuss why it could be necessary to ensure these groups of people are not discriminated against.</li> </ol>
<p><b>Area #2 Respectful Relationships</b></p> <p>The importance of relationships is a second, significant underpinning idea in our study. The concepts of consent and communication feature throughout. Also, in Year 7 we have a particular focus on:</p> <ul style="list-style-type: none"> <li>- The characteristics of respectful relationships with a particular focus on healthy friendships.</li> <li>- The different types of families that exist.</li> </ul>	<ol style="list-style-type: none"> <li>1) Discuss with your child the features of healthy friendships. Are there aspects of friendships that can become unhealthy if misused?</li> <li>2) Consider the different types of family in your network of family and friendship. What different types of family are there? Do they have similarities and differences?</li> </ol>
<p><b>Area #3 Health and Wellbeing</b></p> <p>A further area of study focuses on issues of health and wellbeing relevant to the lives of Year 7 students. This will include:</p> <ul style="list-style-type: none"> <li>- Understanding physical and emotional changes during puberty.</li> <li>- The importance of oral health</li> <li>- The dangers of tobacco addiction</li> <li>- How our choices influence our feelings and emotions.</li> <li>- How mindfulness and rest can help our mental health.</li> </ul>	<ol style="list-style-type: none"> <li>1) Review the Public Health England website for a range of resources and information sheets linked to health issues that affect young people (<a href="https://campaignresources.phe.gov.uk/schools">https://campaignresources.phe.gov.uk/schools</a>).</li> <li>2) Create a wall chart of different activities your child enjoys for rest and relaxation. Encourage your child to tick off a different activity each night of the week.</li> </ol>
<p><b>Area #4 My Online Life</b></p> <p>Having an online life is a significant part of the lives of many young people. We seek to equip our young people to live wisely in this area. Year 7 sessions include:</p> <ul style="list-style-type: none"> <li>- Understanding peer pressure and how this can appear differently online as to in person.</li> <li>- The dangers of cyberbullying and how we can prevent this.</li> </ul>	<ol style="list-style-type: none"> <li>1) Review the Internet Matters website (<a href="https://www.internetmatters.org/">https://www.internetmatters.org/</a>) for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.</li> </ol>

