YEAR 7
PSHE
Autumn Term

Name:…… Form:…….



Goal Setting

Imagine you have to introduce yourself to someone new – maybe a new teacher, or an employer for a Saturday job. What could you tell them about yourself?

My name is: .....

and I am ..... years old.

I am good at: .....

.....

.....

At school I enjoy: .....

.....

.....

I learn best by: .....

.....

.....

In my spare time I: .....

.....

.....

In the future I would like to: .....

.....

.....

My personal qualities are: .....

.....

.....

My best skills are: .....

.....

.....

Match the values to their description:

Value	Description
Accountability	Facing challenges and working to overcome difficulties
Inclusive	Working with others to find solutions and achieve goals
Participation	Supporting other people who are finding something difficult
Courage	Being truthful and fair, even when at fault
Encouraging	Showing care or consideration for others
Goal-focused	Taking responsibility for actions
Honesty	Taking part or sharing in something
Perseverance	Setting personal goals that are challenging but achievable
Respect	Keeping going, even when something is hard
Team work	Involving everyone and welcoming diversity

Value	Goal

Giving advice

1. **What are the student's strengths? What are they doing well?**

2. **What might be an area for development for them?**
   - Study skills
   - Team work
   - Organisation

3. **What strategies could they could use to help them improve?**

4. **Set the student 1 target:**

Reflection:

Managing Emotions & Reactions

Draw a student who has just started Year 7. Then. write or draw:

- how the student is feeling
- what they are thinking
- what they could do to manage any unhelpful thoughts or uncomfortable emotions they might be feeling
- how managing thoughts and feelings might affect their wellbeing.



	Circle anything that might be affecting how Drew is feeling, either positively or negatively.	Write down any emotions Drew might be feeling on:
Sunday	It's the first day at my new school tomorrow and I've had this knot in my stomach all day. There are so many posts online about what everyone is doing to get ready and how they are feeling about starting a new school. I completely lost track of time scrolling through them and didn't get to sleep until about midnight.	
Monday	I got the bus to school for the first time today. I'm so glad I did a practice run with Dad in the holidays. I didn't know anyone on the bus, so I just sat on my own. I could hear some of the older kids talking about their new teachers and different subjects and it made me think about how different it is going to be at the new school - my mind was racing.	
Wednesday	We had DT for the first time today – I've been looking forward to it all summer! We got to use some of the tools which was amazing! Isat next to Jade and we got talking about basketball, which we both love. We decided to both go along to the basketball club on Friday lunchtime.	
Friday	Basketball club today was brilliant. Some of the others at the club invited Jade and me to meet up at the park and play a few games at the weekend - I can't wait! I need to make sure I get on top of my homework this weekend too, but I'm not really sure where to start. I tried do some tonight but I got stuck, and then when Dad called me down for dinner I snapped at him. We ended up eating in silence.	

Which strategy might be most helpful for Drew on Sunday?

How has managing emotions affected how Drew is feeling?

Reflection

What can you see in the picture that might be distracting Imara?

What might be distracting Imara that can't be seen in the picture?

How might being distracted make Imara feel?

What could Imara do to manage the distractions?



Ben's Audition

Read Ben's forum post and identify:

- three different distractions
- how each distraction might make Ben feel
- how these distractions might impact Ben's behaviour.
- Write a reply to Ben's post



Ben

The school talent show is coming up and I really want to audition. I've been practising after school, but my sisters always want to watch TV at the same time. They have the TV on really loud and are always asking me what I am doing.

Sometimes I start thinking that I won't be good enough, and it makes it hard to focus. Plus, I'm always so hungry after school and dinner isn't for ages. My stomach rumbles and I don't feel like I have enough energy to practise.

Reflection:

Positive Thinking & Managing Worry & Stress – 2 lessons

DNA:

- Why might Rosa remember and focus on the negative things that happened in the match?
- If Rosa focuses on negative experiences often, how might her wellbeing be affected?
- What could Rosa do to develop more positive thinking habits?



Kabir

How did you find the match last night?



Rosa

It was awful - I fell over when someone tackled me and then missed a goal! It rained the first half of the match too.



Kabir

But didn't you win?! Natalie said you scored right at the start, and assisted an amazing shot… And May said you all had a laugh getting muddy?!

Scenario 1: Ash



I got my essay back in class today and my mark was less than what I was hoping. I was reading the feedback and, although I could see lots of ticks and positive comments, I just kept reading all the things I got wrong. I'm never going to be any good at writing essays!

Scenario 2: Ishani



I posted a picture online of the new shoes I got for the party on Friday. I got quite a few likes and a couple of friends asked where I got them. But some people posted some horrible comments and that's all I can think about… I might send the shoes back.

Scenario 3: Charlie



I started year 7 in my new school last week. I've made a couple of friends, but I keep getting lost… and I'm managing my homework, but they said we would be getting even more next week – I will never be able to get it all done!

Negativity Bias Task

Choosing Strategies

Reflection:

Answer the questions about Zack here:



When is Zack worrying and when is he ruminating?

Worrying

Ruminating

Strategies for managing worry and rumination

Where can Zack get help?

Which strategies will help?
Alice:

Amina:

Lucas:

Reflection?

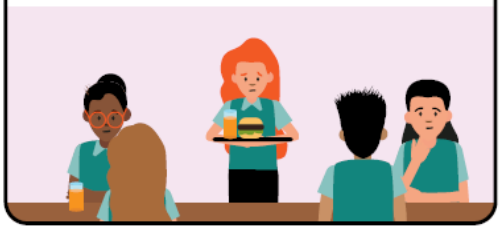
Where to get support:

Friendship, Bullies and Bystanders

It is the second week of school and it's just before form time starts for this new Year 7 form group. There are only a few people in the classroom – no one is talking.



Neena only knows two people from primary school. It's lunchtime and she can't see them in the dining hall, so isn't sure where to sit to have her lunch. She sees a couple of girls from her form and there is space on their table, so she goes over to sit with them.



Reggie has seen there's a new games club starting and wants to go but his two closest friends are not interested in gaming. He's heard someone in his form talk about gaming but has never properly spoken to him.



Nic and TJ have been best friends for a long time. Recently TJ has been hanging out with Jude and Nic is feeling a bit left out.



Drew is finding Remi is being really quiet at the moment. He's normally such a laugh, so Drew thinks he must have done something to upset him. Drew ends up shouting at Remi, 'Why are you being so moody! What is your problem?' and storms off.



Gina is finding Louisa frustrating at the moment. She talks about herself loads and they just do what Louisa wants to do. She doesn't seem interested in what Gina has to say. Gina hasn't said anything about it because she doesn't see any point.



Bobby's Story

Bobby has had a rush packing her school bag, eating breakfast and flying out of the house, before she catches up with her friends, Chloe and Aaron to walk to school. When Bobby gets to them, they are already talking about a game they were playing online last night. Bobby tries to ask about the game but doesn't play it so can't really join in with the chat.

In form time, Bobby sits next to Zara who makes her laugh and they get on well. They both go to art together and are working on a printing project, which is fun to do. Bobby is pleased with the work and tells Zara hers looks really good too. While they are working, Zara tells Bobby that one of her friends is ignoring her, but she doesn't know why. "She's being really moody and just keeps saying she doesn't want to talk about it," Zara says. Bobby thinks Zara should tell her mate how she feels, as she might not be meaning to be moody.

At break, Bobby meets up with Chloe and Aaron and people are talking about the same game again. Bobby gets a bit annoyed because she is sick of everyone going on about it.

At lunch, Mr Matthews invites Bobby, Chloe and Aaron to a sports club. Chloe and Aaron end up on one team and Bobby is on the other.

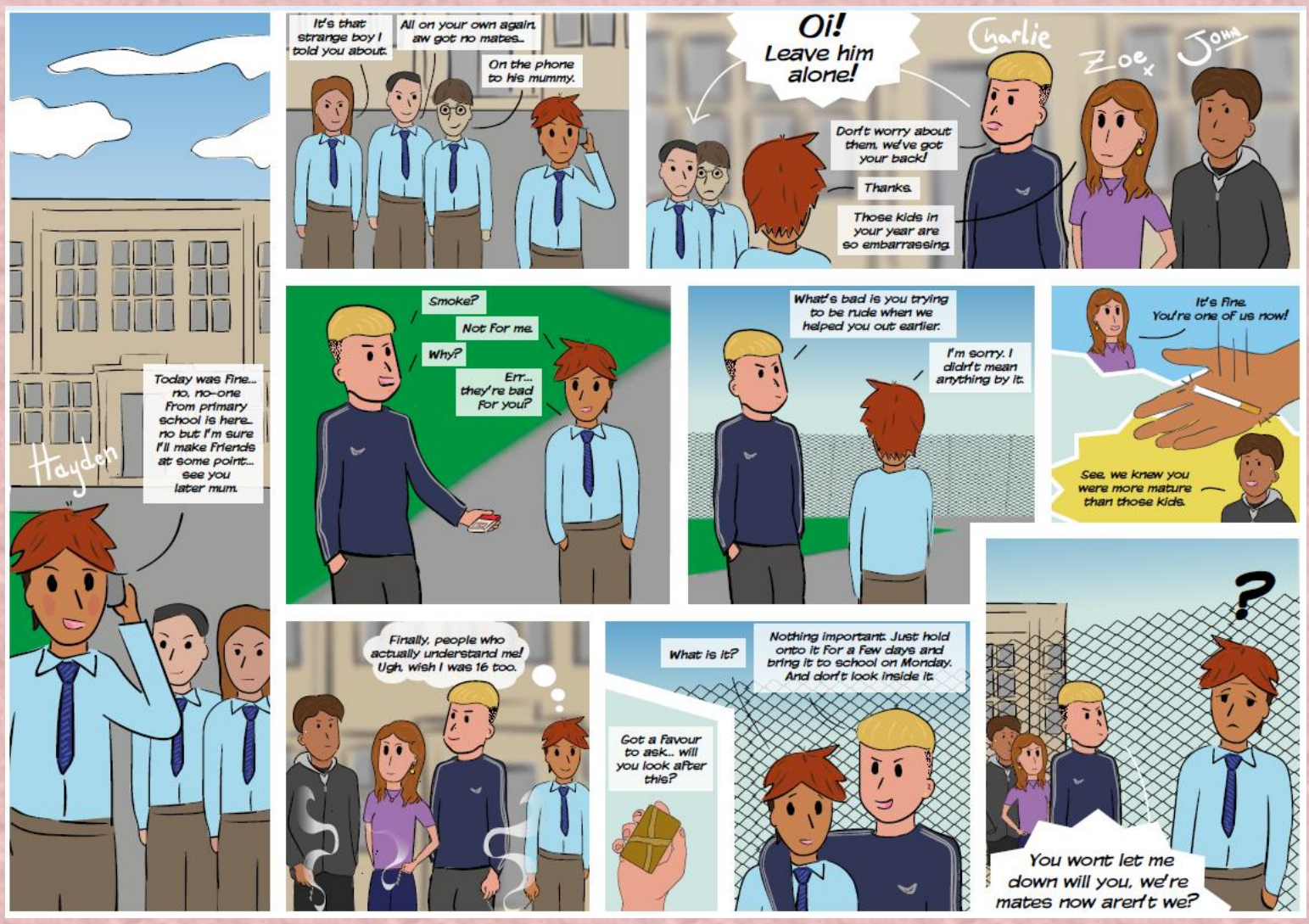
Zara joins them when they are walking home from school. Chloe and Aaron are talking about Danisha's birthday party– it's this weekend but Bobby hasn't been invited as Danisha's only allowed two friends. Bobby is quiet for most of the walk but ends up shouting at Chloe and Aaron, "Stop going on about it, who even cares about the stupid party anyway?" and storms off.

When Bobby gets home, Zara messages her: "Are you Ok Bobby? I'd have felt a bit left out about the party too - would you like to meet up at the weekend instead?"

Answer the questions about Bobby here:

Decide if these situations are healthy or unhealthy.

	HEALTHY	UNHEALTHY	NOT SURE
Joe likes hanging out with his friends, but is often the 'butt of the joke' and they are always teasing him. He usually finds it funny.			
Anya says that because Lisa is her best friend, Lisa can't spend time with anyone else, and that Lisa would be a traitor if she did.			
Mitchell and Samaya have been friends since primary school. They argue occasionally but are always good at apologising and making up again.			
Mo has found a new group of friends who are seven years older than him. He looks up to them and all the cool things they can do that he's not allowed to yet.			
Nazifa is part of a drama club that has actors of different ages. They all go for milkshakes after their rehearsals and talk about their favourite films.			
Even though they're friends, sometimes Rory ignores Pablo when he is in a bad mood.			
Archie's closest friends have different interests from him. He likes music and art, but they like sport and computer games. He wonders if they have anything in common anymore.			
Dani has an online group chat with lots of her friends. She keeps getting blocked from the chat, but no one will tell her why.			
Jamie's friends like to do silly dares that he thinks are dangerous. Sometimes Jamie feels left out so does the dares even though he doesn't want to.			
Milly's friend says their friendship is a secret, and if she tells anyone about him, they can't be friends anymore.			



Scenario	Is it bullying? How did you decide?
1. At break, Cam goes to chat to a group of girls in her year; when she says, 'Hi', they look at her for a moment and one of the girls laughs before they all turn away. This has happened a few times.	
2. Mark asks Reuban if he wants to meet up at the weekend to hang out. Reuban says no and when Mark asks why, he just blanks him. Reuban's usually a real joker but recently he's been practically ignoring Mark and just sits quietly at break. Mark is feeling upset about how Reuban is behaving and wonders whether Reuban still wants to be mates because he's not acting like it.	
3. At lunch, Lucas goes to sit down at a table. Lara shouts at him, calling him a name and telling him to get away. The other people at the table don't say anything and Lucas walks away. Lara laughs and another girl joins in. Lara shouts names at Lucas in the corridor quite a lot too.	
4. MJ is playing football at lunch with a few other Year 7s. MJ misses a goal and Callum shouts at him, saying that if he misses again, he's going to get it. He shoves MJ and he falls to the ground. The other players either ignore it or laugh and carry on playing. MJ goes inside – he finds an empty bench and sits alone for the rest of lunch. He is sick of this happening.	
5. Daniella walks into her form room and a group of other students start laughing – they are looking at a phone and she hears them saying, 'Look at her here!' and they start laughing, pointing at her. Later, at break time, some older students who Daniella doesn't know seem to be looking at her and laughing.	
6. Alina is finding Cheryl so moody today. They normally have a laugh but recently she has been really angry and keeps snapping. When they were queuing for lunch, Alina bumped into Cheryl and she turned around and glared at her at her. Alina doesn't know why but is worried she might have done something to annoy Cheryl.	
7. Oscar enjoys playing an online game and one evening he gets on the next level but one of the other gamers says he's cheated. Then he starts to get loads of messages from other gamers and doesn't know who they all are but they are all saying he has cheated and some of the messages are very upsetting. This happened last time Oscar moved up a level and some of the same names are showing up.	
8. Jessie and Tina have been friends for about six months. Recently, Jessie has found herself getting into trouble at school but Tina gets away with it. When Jessie tried to say this to Tina, she denied even being involved and said that Jessie was massively over-reacting. Tina was quite scary so now Jessie is being much more careful, so she can keep on the right side of her.	

Reflection

1. Explain the features of a positive friendship.
2. How can people get to know each other and become friends?
3. How can friends maintain their friendship?
4. How might friends deal with any issues or challenges in their friendship

Lesson 6: Safeguarding Lesson: Harmful Sexual Behaviours Notes:

Similarities, Differences and Peer Influence

DNA

1. **Describe what you see happening in the image.**
2. **Explain how you think characters A, B and C are feeling.**

Keywords

Scenario 1

Millie has been using social media to chat to friends – they had a small group chat to start with, but it's recently got bigger and there are people on there from older year groups and a few from a different school.

At the weekend, Millie saw that a girl in the year above had shared a photo of someone in Millie's class that had been edited into a nasty meme about her. The girl in the meme is in the chat but doesn't ever say anything on there. People started liking it and saying it was funny, some people also posted nasty comments about the girl. Millie found some of the comments pretty upsetting and didn't respond to the meme at all. She still felt bad about it though, even though she hadn't done anything.

This morning, Millie noticed on the chat that the girl who posted the meme had asked Agata (one of Millie's best friends) what she thought of the girl in it. Agata hadn't replied yet, but someone was bound to ask her about it at school today. They were on the school bus together and Millie asked Agata what she was going to do. Agata explained that she was feeling worried about it but has hung out with the older girl before and she seemed ok, so she was hoping to laugh it off and just post something else so that people move on.

Millie wonders how the girl in the meme is feeling and has a weird feeling in her stomach about it herself, even though she doesn't really know the girl.

Scenario 2

Harvey moved to this school when he and his mum moved house. He feels settled and has a group of friends, including Ren, Harrison, JW and Indra. They play in the school football team and are in the changing rooms when another student in their year starts being rude about how skinny a boy getting changed is. The boy is there and looks uncomfortable. Harvey and his friends are trying to ignore it and keep out of it, in case the boy saying stuff starts on one of them.

The boy saying things then turns to one of his friends, Dean, and asks, 'Wouldn't you be embarrassed to look like that?'. Dean feels stressed and looks between his friend and the other boy; he isn't sure what to do. Then he laughs and says, 'Whatever you say, mate' and walks out. One of the other people with Dean also leaves, telling the boy, 'It's just a bit of banter, mate.'

Scenario 3:

Krista and Oliver used to date, but they split up a few months ago. Oliver's new girlfriend started calling Krista names in school and online, saying Oliver never liked her anyway – she uses nasty sexual names about her. At school, the girlfriend shoves Krista sometimes in the corridor and people laugh at her or seem to just ignore it. This has been going on for a while now and Krista dreads seeing her. They have some lessons together and none of the teachers know about the problems Krista has with this girl. Last week Krista had to do group work with her and was on edge the whole time in case she said something or pushed her. Right at the end of the lesson, she said Oliver had some really bad photos of Krista on his phone and the girlfriend said it would be so funny to share them. Oliver doesn't want to get involved or share any photos, but his new girlfriend says he needs to prove he's with her now, not Krista. He thinks he might have to share the photos so his new girlfriend moves on.

Krista has told one of her closest friends how she feels, and she told Krista to tell their form tutor. Krista's not sure; she doesn't want to make it worse.

Answers to questions on board:

1:

2:

3:

4:

5:

6:

7:

8:

Strategies for managing bystanders and peer influence

Bystanders

Peer influence

Looking back at this scene

Character C

Character B



Character A

1. **How might a culture of equality and inclusion change this image?**
2. **How can the bystanders and followers overcome any pressure to join in/ watch bullying?**

Reflection

- Write down some similarities you and everyone in the class have.
- What can you do to contribute to a culture of belonging and inclusion in school?
- Which of the strategies to avoid being a bystander, that we have explored today, do you think would be most effective?