



<b>Year 7: Health and wellbeing</b>		
<p><b>Topics covered:</b> Anxiety worry and depression Emotional literacy and self awareness Wellbeing Protected characteristics healthy living screen time Disability and discrimination CPR Cancer</p>	<p><b>How it links to what has been studied before:</b> In Primary School you will have learnt about keeping healthy and safe and the things you can do to improve your health and wellbeing.</p>	<p><b>How it links to what will be studied:</b> We will continue to look at your health and wellbeing throughout your time at Worthing High, both in PSHE, as well as in Tutor time and assemblies. In year 8, you will look at different factors which can impact your wellbeing including drugs, alcohol and gangs.</p>
<p><b>Key words:</b> Anxiety, worry, protected characteristics, discrimination</p>		<p><b>Key skills:</b> Discussion, debate, empathy, reflection</p>
<p><b>Assessment focus:</b> Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson</p>		<p><b>Where to get support:</b> <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544  Contact pastoral leads in school or the safeguarding lead.  Check the information page at the back of your book.</p>
<p><b>Why we study it:</b> Learning about health and wellbeing ensures that you develop the knowledge and understanding, skills, capabilities and attributes which you need for mental, emotional, social and physical wellbeing now and in the future. It helps you to learn how to effectively, cope with day-to-day challenges, and develop into resilient young adults.</p>		

<b>Year 7 Living in the wider world</b>		
<p><b>Topics covered:</b> Laws and decision making Criminal and civil law working together as a community Behaviour for learning Revision Rewards and enrichment Resolving issues Organisation</p>	<p><b>How it links to what has been studied before:</b> In Primary School you will have learnt about rules and responsibilities. You might even have had a responsibility within the school.</p>	<p><b>How it links to what will be studied:</b> In year 8 we will continue to look at protected characteristics and how people experience discrimination. We will build on our work around tolerance and respect, looking beyond ourselves to how these issues affect the broader community.</p>

Neurodiversity, Memory and Mindfulness Online safety and social media		
<b>Key words:</b> Neurodiversity, revision, mindfulness, behaviour, rights, responsibilities	<b>Key skills:</b> Discussion, debate, empathy, reflection	
<b>Assessment focus:</b> Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson	<b>Where to get support:</b> <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544  Contact pastoral leads in school or the safeguarding lead.  Check the information page at the back of your book.	
<b>Why we study it:</b> This includes learning about the different roles and responsibilities people have within their community. The benefits of living in a diverse community and strategies for challenging stereotypes and prejudice. Helping you to understand your feelings about money, financial decisions, careers and the economy is a vital part of preparing you for adult life, with clear links to health outcomes and relationships.		

<b>Year 7 Relationship and sex education</b>		
<b>Topics covered:</b> Starting secondary school Good friends relationships Banter and bullying Conflict Sharing nudes Puberty Child sexual/criminal exploitation	<b>How it links to what has been studied before:</b> At your primary school you will have looked at family relationships, caring friendships, respectful relationships and online relationships, as well as keeping yourself safe.	<b>How it links to what will be studied:</b> You will continue to look at different types of relationships in year 8 including positive, coercive, LGBTQ+ and abusive relationships.
<b>Key words:</b> secondary school, friends, relationships, banter, bullying, Conflict, Puberty Child sexual/criminal exploitation	<b>Key skills:</b> Discussion, debate, empathy, reflection	
<b>Assessment focus:</b> Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson	<b>Where to get support:</b> <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544	

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**Why we study it:**

To give you the information you need to help you develop healthy, nurturing relationships of all kinds, not just intimate relationships. To know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. You will also develop an understanding of what is acceptable and unacceptable behaviour in relationships. This will help you understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

