Year 7 - Citizenship: RSHE - Rotation 1- Settling into school

Key Vocabulary

Safeguarding	Ensuring safety
Highfields Safeguarding team	safeguardinghighfields@hswv.co.uk
Signpost & support	Directing students to appropriate help
Puberty & hygiene	Is a development stage which requires a good hygiene routine
Mental health and wellbeing	A state of mental wellbeing. Identifying feelings and actions.
Influencing factors	Things that determine health eg our choices eg not to vape
Positive coping strategies	Actions to reduce or prevent problems occurring or escalating
Resilience and framing	Reflecting and bouncing back
Mental health problems	Life challenges that make it difficult to get on with our daily lives
Eating problems	Having an abnormal attitude towards food and habits we form

Puberty

Puberty is a development stage in a young person's life. We learn what physical and emotional changes to expect during this time.

Bullying and harassment

This is when people are intentionally annoying or harming others. This can be in physically or verbally eg homophobia. We identify how it can be experienced and how it affects people.

Mental health and wellbeing

This is how we feel about ourselves and if we are coping in our daily lives. We consider what influences our feelings and learn how to minimise the influences around us. We encourage the use of positive coping strategies.

Resilience and reframing

Resilience is accepting that there will be times where we fail but if we get stuck-in and try again we will overcome our barriers.

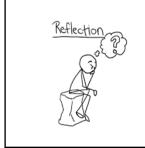
Online safety

Using technology is useful and fun. We must be responsible and stay safe when we are online. We learn how sharing images and making inappropriate comments is harmful and at times break laws.

Eating problems

We learn what mental health is and how to minimise symptoms. We learn about charity organisations that help to support people that have experienced eating problems. We work in groups to present our findings.

Key Skills











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YGAM

We learn about the potential harm and risks around gaming and gambling. We learn about law and gambling.



Childline

We explore Childline in most lessons and learn what sort of help that Childline can offer young people.



Taking it Further

Childline https://www.childline.org.uk/

NSPCC helpline https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/

Chathealth 07507 332 631

https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/0-19-service/chathealth/

Learning Checklist

- ☐ I can ask for help when I need to
- ☐ I can identify when I have not been kind
- ☐ I can reflect and apologise for my actions/behaviour
- ☐ I can stop and think before I do that thing again
- ☐ I can use my positive coping strategies to make me feel better
- ☐ I can tell other's where they can get help
- ☐ I can contact the Safeguarding Team if something serious happens