

## PSHE Revision for Year 7 Feb endpoints

<u>Mental Health and Wellbeing HT1</u>	<u>Citizenship HT2</u>	<u>Relationships HT3</u>
<p><b>Key terms:</b>  <b>Gateway emotions:</b> Happiness, sadness, anger, frustration.</p> <p><b>Peer pressure:</b> influence from members of your friendship group.</p> <p><b>Trolling:</b> An internet troll, or online bully, deliberately tries to offend, cause trouble or directly attack people by posting derogatory comments online</p> <p><b>Photoshop:</b> Photoshop can be used to digitally manipulate pictures. It is often used to change the way in magazines, online and in social media.</p> <p><b>Key concepts:</b>  <b>A good friend:</b></p> <ol style="list-style-type: none"> <li>1. Celebrates your successes</li> <li>2. Know that is important you have your own time</li> <li>3. Never judge your appearance</li> <li>4. Respect and value your friendship</li> <li>5. Exchange opinions</li> <li>6. Believe you</li> <li>7. Call you when they miss you</li> <li>8. Accept you for who you are</li> <li>9. Likes that you have lots of other friends</li> <li>10. Knows how to keep a secret</li> </ol> <p><b>A toxic friend:</b></p> <ol style="list-style-type: none"> <li>1. Be jealous when you do well</li> <li>2. Occupy all your time</li> <li>3. Criticise your appearance</li> <li>4. Will get angry easily and threaten to end the friendship</li> <li>5. Only care about their own opinion</li> <li>6. Will call you a liar</li> <li>7. Only call when they need something</li> <li>8. Try to change you</li> <li>9. Doesn't want you to have other friends</li> <li>10. Tell other people your secrets</li> </ol> <p><b>Combating bullying including cyberbullying:</b></p> <ol style="list-style-type: none"> <li>1. Block them online</li> <li>2. Don't retaliate</li> <li>3. Keep evidence</li> <li>4. Show/tell someone you trust</li> </ol>	<p><b>Key terms:</b>  <b>Human rights:</b> Human rights are the basic rights you are entitled to as a human being</p> <p><b>The Law is:</b> A system of rules that society should follow</p> <p><b>Democracy:</b> A political system where everyone gets to vote who is in power, all votes count and all are equal.</p> <p><b>The main role of parliament is:</b> To create laws</p> <p><b>The House of Lords:</b> has less people, some people in the HoL are not voted in.</p> <p><b>The House of Parliament:</b> has the most member, most important house, all people in House of Commons are voted in</p> <p><b>General Election:</b> A general election is when people vote for which political party should run the country</p> <p><b>Criminal Justice system:</b> The organisations in the UK collectively responsible for dealing with criminal activity</p> <p><b>Justice:</b> Justice is being fair and treating people fairly</p> <p><b>Injustice:</b> Injustice is being unfair and treating people unfairly</p> <p><b>Key concepts:</b>  <b>Being a good citizen:</b></p> <ol style="list-style-type: none"> <li>1. Volunteering</li> <li>2. Being kind</li> <li>3. Having good manners</li> <li>4. Following the rule of law</li> </ol> <p><b>The importance of using your vote:</b></p> <ol style="list-style-type: none"> <li>1. It is important to vote to ensure you get your voice heard</li> <li>2. Your vote influences how society is run</li> <li>3. Who is running the country</li> <li>4. How your money is being spent.</li> </ol>	<p><b>Key terms:</b>  <b>Sexting:</b> Sending, forwarding or receiving sexually explicit messages</p> <p><b>Upskirting:</b> Taking a picture under a person's clothing without their permission</p> <p><b>Consent:</b> Consent is informed permission in wanting to proceed in sexual activity. Consent cannot be given if a person is drunk or intoxicated in any way.</p> <p><b>Key concepts:</b>  <b>Action to take if you receive a nude image request:</b></p> <ol style="list-style-type: none"> <li>1. They should speak to a trusted adult for advice.</li> <li>2. They can also block the sender and/or report the image</li> <li>3. Where appropriate, let the person know they feel uncomfortable about being sent nudes.</li> </ol> <p><b>Action to take if you believe your nude image has been taken and shared without consent:</b></p> <ol style="list-style-type: none"> <li>1. Go to the police</li> <li>2. Use the 'Report/Remove' tool on the Childline website</li> </ol> <p><b>Concerns about a relationship:</b></p> <ol style="list-style-type: none"> <li>1. Talk to a trusted adult</li> </ol> <p><b>The Protected Characteristics:</b></p> <ol style="list-style-type: none"> <li>1. Age</li> <li>2. Gender reassignment</li> <li>3. Being married or in a civil partnership</li> <li>4. Being pregnant or on maternity leave</li> <li>5. Disability</li> <li>6. Race</li> <li>7. Religion or belief</li> <li>8. Sex</li> <li>9. Sexual orientation</li> </ol>