

PSHE Revision for Year 8 Feb endpoints

<u>Mental Health and Wellbeing HT1</u>	<u>Citizenship HT2</u>	<u>Relationships HT3</u>
<p>Key terms: Mental Health: "A complete state of physical, mental and emotional wellbeing not merely the absence of disease." Resilience: <i>Resilience is a skill that helps people to recover quickly from difficulties, change or misfortune; to adapt to and overcome risk and adversity; to persevere and 'bounce back'.</i> Sexting: Sending, forwarding or receiving sexually explicit messages Cyberbullying: Cyberbullying is bullying somebody on an online platform. Peer pressure: influence from members of your friendship group. Key concepts: Supporting yours and your loved ones' mental health: <ol style="list-style-type: none"> 1. Be there for them. 2. Be a good listener. 3. Report to safeguarding officers. 4. Encourage them to speak out. Factors that affect mental health: <ol style="list-style-type: none"> 1. Money. 2. Family. 3. Work. 4. School. 5. Friends. 6. Food. 7. Appearance The challenges of using social media: <ol style="list-style-type: none"> 1. Cyberbullying. 2. Arguments. 3. Conflict online. The benefits of using social media: <ol style="list-style-type: none"> 1. Make yourself feel good. 2. Socialising with friends. 3. Contact with family. 4. Find new friends. 5. Likes and positive comments </p>	<p>Key terms: Community: A group of people living in the same place or having a particular characteristic in common Criminal Law: When someone breaks a law, Crimes against society, e.g., theft, murder Civil Law: When there is a dispute between two people , When someone feels damage has been done to them, Decides issues concerning property, taxation or child custody Green crime: A green crime is committed against the environment. It is an act that causes harm or damage to the planet. E.G Deforestation. Pollution. Animal Cruelty. Key concepts: The role of a Police Officer: <ol style="list-style-type: none"> 1. Protect and serve the community. 2. Maintain law and order. 3. Monitor traffic and motoring offences. 4. Prevent crime. Your rights upon arrest: <ol style="list-style-type: none"> 1. Phone call. 2. Lawyer. 3. Charge sheet. 4. Explanation of what you have been arrested for 5. Food and drink The UK Justice System: <ol style="list-style-type: none"> 1. Youth Justice: To help young people reform and stop committing crimes (rehabilitation). Supporting young people. Keeping the public safe. 2. Possible sentences given to youth offenders: A discharge. A fine. A referral order. A youth rehabilitation order. A custodial sentence 3. Adult Justice: To punish offenders. Keeping the public safe. Rehabilitate offenders. </p>	<p>Key terms: Consent: 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. Values: Standards of behaviour; a person's judgement of what is important in life. Commitment (in a relationship): Being there for one another. Sticking it out when it gets tough. Bisexual: Where a person is attracted to someone of either sex/gender. Asexual: a person who has no sexual feelings or desires, or who is not sexually attracted to anyone LGBTQIA+: Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual + (Or we may define our gender and sexuality in other ways.) Key concepts: Consent and pressure: You cannot pressure someone into giving consent - it has to be freely given without coercion or pressure Concerns about a relationship: <ol style="list-style-type: none"> 1. Talk to a trusted adult 2. 'Relate' relationships advice </p>