

Home-School Learning Collaboration – PSHE

Topics in this cycle: Unit 1- Social behaviour Unit 2- CEIAG	Taught: Autumn 1 and 2	Year Group: 7
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<p><u>Unit 1- Social behaviour</u></p> <p>What makes a good Friend. A good friend is someone who adds value to your life through trust, support, and genuine care. Here are some key qualities that make a good friend, Trustworthy, honest, reliable, empathy and understanding, supportiveness, respect, fun positive energy.</p> <p>What is the difference between bullying and banter.</p> <p>Banter</p> <ul style="list-style-type: none"> • Definition: Playful, friendly teasing or joking between people who share mutual respect. • Intent: To have fun, not to hurt. • Consent: Both sides are comfortable and enjoy the exchange. • Tone: Light-hearted, humorous, and often mutual • Example: <i>Two friends joking about who is worse at video games, both laughing.</i> <p>Bullying</p> <ul style="list-style-type: none"> • Definition: Repeated, intentional behaviour that hurts, humiliates, or intimidates someone. • Intent: To cause harm or gain power over someone. • Consent: The target feels upset, scared, or humiliated. • Tone: Aggressive, mocking, or demeaning. • Example: <i>Constantly calling someone names they dislike or spreading rumours about them</i> <p>How to manage conflict and deal with confrontation effectively. Managing conflict and dealing with confrontation effectively requires calm communication, empathy, and problem-solving skill- stay calm, listen actively, focus on the problem not the person, find common ground, be open to compromise.</p>		<p><u>Unit 1</u></p> <p>What Makes a Good Friend?</p> <p>Banter and Bullying: What's The Difference? Culture Shift#</p> <p>Information and advice about all forms of bullying</p> <p>Banter</p> <p>Conflict Resolution Skills - HelpGuide.org</p> <p>Top tips on building and maintaining healthy relationships Mental Health Foundation</p> <p>Homophobic, biphobic and transphobic bullying</p> <p>Advice on homophobic bullying Family Lives</p> <p>2007-dcsf-homophobic-bullying.pdf</p> <p>Relationships Education, Relationships and Sex Education and Health Education guidance</p>

What ways can someone avoid dangerous relationships and maintain positive ones.

How to Avoid Dangerous Relationships

1. Know the Red Flags
 - o Controlling behaviour (isolating you from friends/family).
 - o Excessive jealousy or possessiveness.
 - o Disrespect, insults, or frequent criticism.
 - o Lack of trust or constant accusations.
 - o Physical, emotional, or verbal abuse
2. Set Clear Boundaries
3. Don't Ignore Gut Feelings
4. Take Time Before Committing
5. Keep Your Support System

How to Maintain Positive Relationships

- 1- Communicate Openly
- 2- Show Respect and Appreciation
- 3- Build Trust
- 4- Offer Support and Empathy
- 5- Resolve Conflicts Calmly

How to effectively manage confrontation.

Managing confrontation effectively means handling disagreements calmly and constructively without escalating the conflict. Here are the key steps:

- 1- Stay Calm
- 2- Listen Before Reacting
- 3- Use Respectful Language
- 4- Focus on the Issue, Not the Person
- 5- Look for Solutions, Not Victory
- 6- Take a Break if Needed
- 7- End on a Positive Note

What is homophobic bullying and how to identify it

Homophobic bullying is a type of bullying targeted at someone because of their actual or perceived sexual orientation, gender identity, or association with LGBTQ+ people. It can happen in schools, workplaces, online, or in social settings.

What is Homophobic Bullying?

Unit 2

[Supporting children and young people with change at every stage](#)

[Supporting school transitions | Resources | YoungMinds](#)

[Coping with changes | DEAL | Education | Samaritans](#)

[Embracing change and new challenges](#)

[15 Must-Have Skills For Students: How To Power Up Learning? | Amber](#)

[Personal skills & qualities | Barclays LifeSkills](#)

[How to Choose the Right Career Path in 7 Simple Steps](#)

[won't believe boost grades UP PAR Laura Louis collab 16:9](#)

[DON'T Waste Past Experiences: Self-Reflection \(Animation B&W\)](#)

- **Definition:** When someone is harassed, humiliated, or harmed because they are gay, lesbian, bisexual, transgender, or because others think they are.
- **Key Point:** It's not just about physical harm — words, attitudes, and social exclusion also count as bullying

How to Identify Homophobic Bullying

- **Signs in Language:** Frequent use of homophobic slurs, "jokes," or insults.
- **Pattern:** Repeated targeting, not just a one-time joke.
- **Impact:** The person being targeted feels unsafe, humiliated, or excluded.

UNIT 2- CEIAG

How to plan for change- Clarify the Change

- **Define the change:** What exactly is shifting? (a new job, new technology, market shift, lifestyle adjustment, etc.)
- **Understand the drivers:** Why is the change happening? Is it external (regulation, competition, environment) or internal (growth, desire for improvement)?

Assess the Current State

Create a Vision & Strategy

Plan for Implementation

Prepare People (Including Yourself)

Anticipate Resistance & Emotions

Monitor & Adjust

Sustain the Change

To know what skills are and what makes personal skill/ professional skills.

What Are Skills?

Skills are **abilities you develop through learning, practice, and experience** that allow you to perform tasks effectively.

They can be **hard (technical)** or **soft (interpersonal)**.

- **Hard skills** → measurable, teachable (e.g., coding, accounting, driving).
- **Soft skills** → about behavior, attitudes, and interactions (e.g., communication, adaptability).

Personal Skills

Home-School Learning Collaboration – PSHE

Personal skills are the abilities that help you **manage yourself, your relationships, and daily life**. They aren't tied to a specific job, but they affect how successful and fulfilled you are.

Examples:

- **Self-awareness** (knowing your strengths & limits)
- **Time management**
- **Adaptability**
- **Problem-solving in everyday life**
- **Emotional intelligence** (understanding your and others' feelings)
- **Resilience** (handling setbacks)
- **Creativity & curiosity**

Professional Skills

Professional skills are the abilities you need to **perform effectively in the workplace**.

They include both **technical knowledge** (specific to a role/industry) and **workplace soft skills**.

Examples:

- **Technical expertise** (e.g., coding, data analysis, design, sales)
- **Project management**
- **Business communication** (emails, presentations, meetings)
- **Leadership & teamwork**
- **Negotiation & conflict resolution**
- **Networking & collaboration**
- **Adaptation to workplace tools/technology**

Aspect	Personal Skills	Professional Skills
Purpose	Help you thrive in life & relationships	Help you succeed in your career & workplace
Context	Everyday situations	Job/industry environment
Examples	Emotional resilience, creativity, self-discipline	Project management, technical expertise, leadership
Overlap?	Yes — many (like communication, problem-solving, adaptability) matter in both life and work	
What is quality/ qualities are: Qualities (plural)		

Home-School Learning Collaboration – PSHE

"Qualities" usually refers to the **characteristics, traits, or features** that define a person, object, or experience.

It answers the question: *What makes it what it is?*

Examples:

- Personal qualities: kindness, patience, confidence, honesty.
- Professional qualities: leadership, adaptability, attention to detail.
- Physical qualities: color, shape, texture, weight.

What self-reflect and make impactful change

Self-reflection is the **process of thinking deeply about yourself** — your thoughts, feelings, actions, and experiences — in order to understand them better and learn from them.

Key Elements

1. **Awareness** – Noticing what you think, feel, and do.
2. **Analysis** – Asking why you acted or felt a certain way.
3. **Learning** – Discovering patterns, strengths, and areas to improve.
4. **Change** – Using insights to make better decisions in the future.

Why It Matters

- Builds **self-awareness** → you understand yourself better.
- Improves **emotional intelligence** → you see how your behavior affects others.
- Strengthens **decision-making** → you act with intention, not just reaction.
- Enables **growth & change** → you learn from past experiences

Key Vocabulary and Definitions To Be Learnt

What Will The Assessment Look Like?

Unit 1 Judgmental

Judgmental is a negative word to describe someone who often rushes to judgment without reason

Qualities

Qualities. an essential or distinctive characteristic, property, or attribute. the chemical qualities of alcohol. Synonyms: feature, character, trait. character or nature, as belonging to or distinguishing a thing.

Bullying

Behaviour that is: repeated. intended to hurt someone either physically or emotionally. often aimed at certain groups, for example because of race, religion, gender or sexual orientation

November assessment week

End of unit assessments

Home-School Learning Collaboration – PSHE

Banter	Behaviour that is: repeated, intended to hurt someone either physically or emotionally, often aimed at certain groups, for example because of race, religion, gender or sexual orientation	
Domestic abuse	The UK government's definition of domestic violence is 'any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality.'	
Cyber bullying	Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. Online threats and mean, aggressive, or rude texts, tweets, posts, or messages all count. So does posting personal information, pictures, or videos designed to hurt or embarrass someone else	Family Learning Opportunities
Paedophile	Paedophilia is a psychiatric disorder in which an adult or older adolescent experiences a sexual attraction to prepubescent children	
Assertive	Adjective. confidently aggressive or self-assured; positive: aggressive; dogmatic. He is too assertive as a salesman. Synonyms: forward, decisive, forceful. having a distinctive or pronounced taste or aroma.	
Aggression	Aggression is behaviour intended to cause harm or injury to another person, animal, or object. It can be physical, verbal, or relational, and may be a reaction to a trigger or without provocation	
Confrontation	A confrontation is a dispute, fight, or battle between two groups of people. Confrontation with parents is a common reaction for adolescents.	
Homophobic bullying	Homophobic bullying is when people behave or speak in a way which makes someone feel bullied because of their actual or perceived sexuality	
UNIT 2- CEIAG	noun 1. the ability to do something well	
Skills	verb 1. train (a worker) to do a particular task.	
Qualities	Qualities. an essential or distinctive characteristic, property, or attribute	
Employability	Employability refers to the set of skills, knowledge, and personal attributes that make a person capable of gaining and maintaining employment	
Employees	An employee is someone that another person or company hires to perform a service. Business owners compensate employees for their work to grow and maintain their business. Employees typically have a specified pay rate and a written or implied employment contract with the party they work for	

Home-School Learning Collaboration – PSHE

Target	A target is something to shoot at, either real or figurative. If you're an archer, you're aiming for the bull's-eye on the target. If you're selling cars for a living, then you likely have a sales target you need to hit
CEIAG	Careers education, information, advice and guidance (CEIAG)
Transition	A change or shift from one state, subject, place, etc. to another
Careers	An occupation or profession, especially one requiring special training, followed as one's lifework
Careers advisor	A careers adviser is a professional who provides guidance and support to individuals in making informed decisions about their education, training, and career paths.