

# Home-School Learning Collaboration – PSHE year 7

Spring 1- Puberty Spring 2- Families	Taught: Spring 1 and Spring 2	Year Group: year 7																				
<b>Key knowledge/concepts to be learnt ('Tell me about....')</b>		<b>Websites/blogs/YouTube links and further reading to deepen and consolidate learning</b>																				
<u>Spring 1 unit 1- Puberty</u>  <u>What are the differences between being a child and adolescence</u> <table border="0"> <tr> <td><b>Area</b></td> <td><b>Childhood</b></td> <td><b>Adolescence</b></td> </tr> <tr> <td><b>Body</b></td> <td><b>Slow growth</b></td> <td><b>Puberty, rapid change</b></td> </tr> <tr> <td><b>Mind</b></td> <td><b>Concrete thinking</b></td> <td><b>Abstract reasoning</b></td> </tr> <tr> <td><b>Emotions</b></td> <td><b>Simple, less controlled</b></td> <td><b>Complex, identity-driven</b></td> </tr> <tr> <td><b>Social</b></td> <td><b>Family-centered</b></td> <td><b>Peer- and identity-centered</b></td> </tr> <tr> <td><b>Independence</b></td> <td>Low</td> <td>Increasing</td> </tr> <tr> <td><b>Responsibilities</b></td> <td>Few</td> <td>Growing</td> </tr> </table> <u>What are the changes a Female goes through during puberty.</u> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Breasts start to grow</b> <ul style="list-style-type: none"> <li>• One of the first signs of puberty.</li> </ul> </li> <li><input type="checkbox"/> <b>Starts getting taller and bigger</b> <ul style="list-style-type: none"> <li>• A fast growth spurt happens.</li> </ul> </li> <li><input type="checkbox"/> <b>Hips become wider</b> <ul style="list-style-type: none"> <li>• The body shape begins to change.</li> </ul> </li> <li><input type="checkbox"/> <b>Hair starts to grow</b> <ul style="list-style-type: none"> <li>• Under the arms and in the pubic area.</li> </ul> </li> <li><input type="checkbox"/> <b>Periods begin</b> <ul style="list-style-type: none"> <li>• This usually happens a couple of years after puberty starts.</li> </ul> </li> <li><input type="checkbox"/> <b>Skin becomes more oily</b> <ul style="list-style-type: none"> <li>• Pimples or acne may appear.</li> </ul> </li> <li><input type="checkbox"/> <b>Sweat and body odor increase</b> <ul style="list-style-type: none"> <li>• Deodorant becomes helpful.</li> </ul> </li> <li><input type="checkbox"/> <b>Emotions change</b> <ul style="list-style-type: none"> <li>• Mood swings or stronger feelings can happen.</li> </ul> </li> </ul>	<b>Area</b>	<b>Childhood</b>	<b>Adolescence</b>	<b>Body</b>	<b>Slow growth</b>	<b>Puberty, rapid change</b>	<b>Mind</b>	<b>Concrete thinking</b>	<b>Abstract reasoning</b>	<b>Emotions</b>	<b>Simple, less controlled</b>	<b>Complex, identity-driven</b>	<b>Social</b>	<b>Family-centered</b>	<b>Peer- and identity-centered</b>	<b>Independence</b>	Low	Increasing	<b>Responsibilities</b>	Few	Growing	<a href="#">Puberty   Childline</a>  <a href="#">Early or delayed puberty - NHS</a>  <a href="#">Female genital mutilation (FGM)   ActionAid UK</a>  <a href="#">Female genital mutilation (FGM) - NHS</a>  <a href="#">Coping with your teenager - NHS</a>  <a href="#">Encouraging independence in young people</a>  <a href="#">How To Build Resiliency In Kids - 3 Practices That Help Plus Guided Video Exercises!</a>  <a href="#">What Is Emotional Resilience?   The Children's Society</a>  <a href="#">Six Family Types And Their Unique Dynamics   BetterHelp</a>  <a href="#">Family life - Personal and family issues: Different types of family - CCEA - GCSE Religious Studies Revision - CCEA - BBC Bitesize</a>
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## What is FGM

Female Genital Mutilation (FGM) is a harmful practice where parts of a girl's external genitals are cut or removed for non-medical reasons.

It is not done for health, and it can cause serious pain, health problems, and emotional harm

## What are the changes that Males goes through during puberty.

- Growth Spurt**
  - Boys grow taller and gain weight quickly.
- Voice Deepens**
  - The voice box grows, and the voice may "crack" before becoming deeper.
- Hair Growth**
  - Hair appears on the face (mustache/beard), under the arms, on the chest, and in the pubic area.
- Shoulders Get Wider**
  - The body becomes more muscular.
- Penis and Testicles Grow**
  - The genitals increase in size as puberty progresses.
- Production of Sperm Begins**
  - This is when boys become able to reproduce.
- Skin Changes**
  - More oil in the skin can cause pimples or acne.
- More Sweat and Body Odor**
  - Deodorant and regular hygiene become important.
- Emotional Changes**
  - Mood swings, stronger feelings, and increased independence.

## How to cope with changes in independence and that comes with puberty.

During puberty, young people start gaining more independence, which can feel exciting but also challenging. To cope with these changes, it helps to talk to trusted adults who can offer support and guidance. Learning to make small decisions, staying organized, and practicing good self-care can make growing responsibilities easier to handle

## What are some of the emotional changes that come with puberty and how to deal with them.

During puberty, young people often experience stronger and more mixed emotions. Mood swings are common because hormones are changing quickly, and teens may feel happy one moment and upset the next. Many also become more self-conscious, worry more about what others think, and

start wanting more privacy and independence. It's also normal to feel confused while figuring out who you are and where you fit in.

## Spring 2- Families

### What are the different family types

- Nuclear Family**
  - A family with two parents and their children living together.
- Single-Parent Family**
  - One parent raising one or more children on their own.
- Extended Family**
  - Includes other relatives living together or very close, such as grandparents, aunts, uncles, or cousins.
- Blended (Step) Family**
  - Formed when parents from previous relationships come together and join families, often including step-parents or step-siblings.
- Childless Family**
  - A couple who live together without children.
- Guardian or Foster Family**
  - Children live with adults who care for them but are not their biological parents.
- Grandparent-Led Family**
  - Grandparents take care of and raise their grandchildren

### Why do Families change

- Adding New Members**
  - When a baby is born or someone gets married and joins the family.
- Children Growing Up**
  - Kids grow older, become more independent, and sometimes move out of the home.
- Divorce or Separation**
  - Sometimes parents separate, and the family structure changes.
- Moving to a New Home**
  - Families may move to a new city or country for work or other reasons.
- Loss of Family Members**
  - When someone passes away, the family has to adjust.
- Blended Families**
  - When parents remarry, families can blend with step-parents and step-siblings.

# Home-School Learning Collaboration – PSHE year 7

## Changes in Roles

- Family members may take on new responsibilities, like a grandparent caring for grandchildren.

What does personal identity mean?

Personal identity is who you are inside — your feelings, beliefs, values, personality, and what makes you different from everyone else. It includes things like your likes and dislikes, your culture, your interests, and how you see yourself.

How to effectively manage conflict in the home.

## Stay Calm

- Take deep breaths and try not to get angry.

## Listen Carefully

- Hear what the other person is saying without interrupting.

## Talk Respectfully

- Use kind words and don't shout or blame.

## Express Your Feelings

- Say how you feel clearly, like "I feel upset when..."

## Find a Solution Together

- Work as a team to decide what will make things better.

## Be Ready to Apologize

- Saying sorry can help fix hurt feelings.

## Give Each Other Space if Needed

- Sometimes taking a short break helps everyone calm down

## Key Vocabulary and Definitions To Be Learnt

### Spring 1-

### Puberty

**Puberty** is the time when a child's body begins to change and develop into an adult body. It usually happens between ages 8 and 14. During puberty, boys and girls experience physical, emotional, and hormonal changes that prepare them to become adults.

### Adolescence

**Adolescence** is the period of life between childhood and adulthood, usually between ages 10 and 19. It's a time when young people experience many changes in their body, mind, and emotions as they grow toward becoming adults.

## What Will The Assessment Look Like?

End of unit assessments.

# Home-School Learning Collaboration – PSHE year 7

<b>Sanitary</b>	<b>Sanitary</b> means clean and free from germs or dirt, especially to help prevent illness and keep people healthy.	<b>Family Learning Opportunities</b>
<b>Menstruation</b>	<b>Menstruation</b> is when a girl's body releases blood and other materials from the lining of the uterus through the vagina. It usually happens about once a month and is a normal part of growing up.	
<b>FGM</b>	<b>FGM</b> stands for <b>Female Genital Mutilation</b>	
<b>Circumcisions</b>	<b>Circumcision</b> is a medical procedure where the skin covering the tip of the penis (called the foreskin) is removed. It is often done for religious, cultural, or health reason	
<b>Reproductive organs</b>	<b>Reproductive organs</b> are the body parts that help living beings <b>make babies (reproduce)</b>	
<b>Genitals</b>	<b>Genitals</b> are the <b>external (outside) reproductive organs</b> of the body.	
<b>Independence</b>	<b>Independence</b> means being able to <b>do things on your own</b> and <b>make your own decisions</b> without needing help from others	
<b>Hostility</b>	<b>Hostility</b> means showing <b>anger, unfriendliness, or aggression</b> toward someone	
<b>Emotional awareness</b>	<b>Emotional awareness</b> means being able to <b>recognize, understand, and name your own emotions</b> (and sometimes other people's emotions).	
<b>Spring 2- Family</b>	<b>Family</b> means a group of people who are <b>related or connected</b> and <b>care for, support, and live with each other</b>	
<b>Nuclear family</b>	A <b>nuclear family</b> is a family made up of <b>two parents and their children</b> living together.	
<b>Marriage</b>	<b>Marriage</b> means a <b>legal and social relationship</b> where two people make a <b>formal commitment</b> to each other as partners	
<b>Civil Partnership</b>	A <b>civil partnership</b> is a <b>legal relationship</b> where two people officially register their partnership and gain <b>similar legal rights and responsibilities to marriage</b>	
<b>Haram</b>	<b>Haram</b> is an Arabic word used in <b>Islam</b> that means <b>forbidden</b> or <b>not allowed</b>	

## Home-School Learning Collaboration – PSHE year 7

<b>Fornication</b>	<b>Fornication</b> means having <b>sexual relations between people who are not married to each other</b>
<b>Silatur Rahm</b>	<b>Silatur Rahm</b> (also spelled <b>Silaturahim</b> or <b>Silaturahim</b> ) is an Arabic term meaning <b>maintaining good relationships and ties of kinship (family bonds)</b> .
<b>Personal Identity</b>	<b>Personal identity</b> means what makes you <b>who you are</b> —your unique qualities, beliefs, personality, and experiences.
<b>Domestic conflict</b>	<b>Domestic conflict</b> means <b>disagreements, fights, or problems that happen inside a home or family</b>