





PSCHE Crucial Knowledge - Year 7

<p>SRE (Sex and Relationship Education)</p> <p>Learning about relationships, the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way, body ownership and keeping ourselves safe.</p>	<p>Citizenship</p> <p>Exploring what it means to be part of communities at different levels; Local, National and Global; the laws, rights and systems in place to help us.</p>	<p>Careers</p> <p>Outlining the choices we have, in terms of jobs in the future; the skills and pathways needed to reach them and our personal development.</p>	<p>Finance</p> <p>Activities associated with our spending choices, managing money, budgeting, banking, wages, debit/credit, markets and investments/saving.</p>
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<p>SRE</p> 	<ul style="list-style-type: none"> • Positive Relationships have a large impact on our daily lives; it is important to have Good Friends and a Supportive Family, in whatever form. • Having respect for others helps to develop our own self-confidence and mental health. • Puberty is a time when our bodies change from a child to a young adult; Physically and Mentally. • Maintaining our Personal Safety includes; Healthy Diets, Good Hygiene, Road Safety, avoiding Crime (Knife) and how to help in a crisis with Basic First Aid., • Using Social media appropriately, helps to keep ourselves safe online and prevent many Mental Health issues such as Stress, Anxiety and Negative Self Confidence. • There are many places you can report online issues/abuse, such as CEOP, Childline and the Police.
<p>Citizenship</p> 	<ul style="list-style-type: none"> • Human rights are based on important principles like dignity, fairness, respect and equality. They protect you in your daily life regardless of who you are, where you live or chose to live your life. • Laws are systems of rules we all follow to keep everyone safe, if you break the law there are consequences. • Every UK Citizen has the right to vote at 18; this means we all have a say in choosing the government and certain decisions.
<p>Careers</p> 	<ul style="list-style-type: none"> • Interests help to shape what careers we might like to do in the future. • Career goals are part of aspiring to work towards a dream career. • Knowing your Personal Values and Attributes helps you to develop the skills you need for the future.
<p>Finance</p> 	<ul style="list-style-type: none"> • Understanding how money works is part of modern life and economics. • Many people are nervous, or are not confident about how to use money effectively without going into debt. • Buying choices are based on what we can afford now or how long it will take to save for.