



PSHE Year 7 Transition and Personal Development



Key Knowledge

Question: What is PSHE?

PSHE stands for Personal, Social and Health Education. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

Transition & Personal Development: This is your first term at secondary school and starting at a new school and coping with the changes this can bring will be exciting but can also be scary. Therefore at the start of this term you will be learning about the different ways to deal with changes, anxiety and how to be resilient.

Resilience:

How to build resilience:

1. Be positive – believe in yourself and know that you can do it.
2. Set yourself goals – you want to set your goals high but realistic.
3. Be hardworking - get into a regular work routine and perhaps have a quiet area at home where you can work.
4. Eat regular and healthy meals – and exercise too.
5. Go early to bed with a regular sleeping routine - a good night sleep will help you tackle problems a lot better.
6. Keep a strong support group of positive people - your family, choose your friends wisely at school and outside and seek help from your teachers.

Key Terminology

Transition, support, resilience, relationships, kindness, compassion, personal development, PSHE, anxiety, routine, goals, aspirations, motivation.

Key Vocabulary

Transition: a change from one form or type to another. E.g. changing from primary school to secondary school.

Change: to make or become different.

Support: to help someone emotionally or in a practical way.
Strategies: a way of doing something or dealing with something.

Anxiety: an uncomfortable feeling of nervousness and worry about something that is happening or will happen in the future.

Resilience: the capacity to recover quickly from difficulties; toughness.

Relationship: the way in which two or more people feel and behave towards each other.

Where to find help?

ChildLine: www.childline.org.uk

Young Minds: www.youngminds.org.uk

Samaritans: www.samaritans.org

E-wellbeing <https://e-wellbeing.co.uk>