

## **AUTUMN TERM YEAR 7 – RESPECTFUL RELATIONSHIPS**

### **Positive Relationships**

<b><u>Learning Objectives</u></b>	<b><u>Key Words</u></b>
<p>To understand what a 'relationship' is.</p> <p>To identify different types of relationships, including those between acquaintances, friends, relatives and families.</p> <p>To understand what it means to be a good friend.</p> <p>To identify ways people can show they care about others.</p> <p>To identify qualities of a positive, healthy relationship and how to deal with challenging situations.</p> <p>To understand and accept differences in others.</p> <p>To recognise different types of teasing and bullying and understand what it means to be a bystander.</p> <p>To recognise when someone might need help and how our actions have consequences.</p>	<ul style="list-style-type: none"><li>• Relationship</li><li>• Connection</li><li>• Friend</li><li>• Bullying</li><li>• Family</li><li>• Boyfriend</li><li>• Girlfriend</li><li>• Romantic</li><li>• Quality</li><li>• Positive</li><li>• Negative</li><li>• Care</li><li>• Kind</li><li>• Support</li><li>• Challenging</li><li>• Conflict</li><li>• Different</li><li>• Group</li><li>• Unkind</li><li>• Teasing</li><li>• Empathy</li></ul>

## **SPRING TERM YEAR 7 – FEELINGS & ATTITUDES**

### **Changing Feelings**

<b><u>Learning Objectives</u></b>	<b><u>Key Words</u></b>
<p>To be able to explain what the word 'love' means and to begin identifying the different types of love.</p> <p>To identify what it means to like someone.</p> <p>To think about the different qualities that are likeable in a person.</p> <p>To think about how our feelings about others might change as we grow up.</p> <p>To understand that people can like someone of the same or different gender, race or religion.</p>	<ul style="list-style-type: none"><li>• Love</li><li>• Relationship</li><li>• Family</li><li>• Partner</li><li>• Romantic</li><li>• Friend</li><li>• Like</li><li>• Quality</li><li>• Different</li><li>• Change</li><li>• Feelings</li><li>• Diversity</li><li>• Gender</li></ul>

<p>To understand how people might feel and behave when they feel strongly about or love another person.</p>	<ul style="list-style-type: none"> <li>• Race</li> </ul>
<p>To understand that sometimes feelings of love may not always be returned.</p>	<ul style="list-style-type: none"> <li>• Religion</li> <li>• Accepting</li> <li>• Tolerance</li> </ul>
<p>To be proud of who I am and build self-confidence.</p>	<ul style="list-style-type: none"> <li>• Respect</li> <li>• Behaviour</li> <li>• Consent</li> <li>• Confidence</li> </ul>

<b><u>SUMMER TERM YEAR 7 – FAMILIES &amp; GROWING UP</u></b>	
<b><u>Changing Body</u></b>	
<b><u>Learning Objectives</u></b>	<b><u>Key Words</u></b>
<p>To identify how our needs change as we grow.</p>	<ul style="list-style-type: none"> <li>• Aging</li> </ul>
<p>To identify physical changes during puberty and identify what is normal.</p>	<ul style="list-style-type: none"> <li>• Change</li> <li>• Development</li> <li>• Puberty</li> <li>• Normal</li> </ul>
<p>To identify emotional changes during puberty and what is normal.</p>	<ul style="list-style-type: none"> <li>• Body</li> </ul>
<p>To identify ways to cope with mood swings and changing emotions.</p>	<ul style="list-style-type: none"> <li>• Periods</li> </ul>
<p>To identify how to manage periods and to be able to identify different menstrual products.</p>	<ul style="list-style-type: none"> <li>• Hair</li> <li>• Hormones</li> <li>• Growing</li> <li>• Emotions</li> </ul>
<p>To understand what erections and wet dreams are and how to manage them.</p>	<ul style="list-style-type: none"> <li>• Mood</li> <li>• Menstrual</li> </ul>
<p>To understand how to manage personal hygiene during puberty.</p>	<ul style="list-style-type: none"> <li>• Pad</li> <li>• Erection</li> <li>• Ejaculate</li> </ul>
<p>To understand appropriate and inappropriate touching of themselves.</p>	<ul style="list-style-type: none"> <li>• Hygiene</li> <li>• Touch</li> <li>• Penis</li> </ul>
<p>To understand appropriate and inappropriate touching from others.</p>	<ul style="list-style-type: none"> <li>• Vagina</li> <li>• Private</li> <li>• Public</li> <li>• Secret</li> <li>• Inappropriate</li> </ul>