

# Relationships.

## Year 7 term 6- PHSE: Self-esteem, romance and friendships

### PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

### Key Vocabulary

Self-esteem –	How you feel about yourself; your confidence and self-worth.
Friendship –	A close and trusting relationship between people.
Romantic feelings –	A type of emotional attraction to someone that goes beyond friendship.
Respect –	Treating yourself and others with kindness and understanding.
Boundaries –	Personal rules about what feels comfortable in relationships.
Communication –	Talking and listening clearly and honestly with others.

### What I will know by the end of the unit:

**How having a healthy self esteem can help you, especially within relationships.**

#### What is Self-Esteem?

Self-esteem is about how you see yourself and your value.

It can be affected by: Social media, Peer pressure, Successes and failures, how others treat you

Healthy self-esteem helps you: Make good decisions, stand up for yourself, Build strong relationships

Boosting Self-Esteem: Focus on your strengths, talk kindly to yourself, surround yourself with positive people, ask for help when you need it

#### Friendships

*Good friends:*

Make you feel accepted

Respect your opinions

Support you during hard times

*Unhealthy friendships may involve:*

Pressure to do things you're uncomfortable with

Bullying or manipulation

#### Romantic Feelings

It's normal to begin developing romantic feelings.

Romantic feelings can be exciting, confusing, or even overwhelming.

Important things to remember:

You're not expected to be in a relationship, Respect your own feelings and others', Don't feel pressured by peers or media



# Relationships.

## Year 7 term 6- PHSE: Exploring family life

### PHSE Golden Concepts

Respect

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#### Key Vocabulary

Family –	A group of people related by blood, marriage, adoption, or chosen connection who care for and support each other.
Respect –	Valuing others' feelings, rights, and choices.
Support –	Helping others emotionally, practically, or financially.
Nurture –	Providing care, encouragement, and affection.
Responsibility –	A duty to care for or help someone.
Conflict –	Disagreement or tension between people

**What I will know by the end of the unit:  
How family life is different for everyone.**

Types of Families  
Families come in many forms, including:  
Nuclear family (parents and children)  
Single-parent family  
Blended family (step-parents or step-siblings)  
Same-sex parent family  
Extended family (grandparents, cousins, etc.)  
Foster or adoptive family  
Chosen family (close friends or carers)

Roles and Responsibilities in Families  
Roles in a family might include:  
Caring for siblings  
Helping with chores  
Providing emotional support  
Responsibilities help the family work as a team  
These may vary by culture or personal situation

When Family Life Is Difficult  
Not all families are perfect. Some signs of unhealthy family dynamics include:  
Constant arguing or shouting  
Lack of support or affection  
Neglect or emotional harm  
Abuse (physical, emotional, verbal)

 If you're worried about home life, it's important to talk to a trusted adult. Help is available.

Where to Get Help

School staff (form tutor, pastoral lead), Childline – 0800 1111, YoungMinds.org.uk, Family support services or GP

What Makes a Healthy Family?  Love and care  Open communication  Respect for personal space  Support during challenges  Shared responsibilities

# Relationships.

## Year 7 term 6- PHSE: Break down of relationships

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#### Key Vocabulary

Breakdown –	When a relationship stops working or ends.
Relationship –	A connection between people, such as friends, family, or partners.
Resilience –	The ability to recover and move forward after difficulties.
Reconciliation –	Making up or fixing a broken relationship.
Conflict –	A disagreement or argument.
Grief –	Deep sadness after losing someone or something important.
Separation –	When people in a relationship choose to live apart or no longer stay connected.

#### What I will know by the end of the unit:

**How and why relationships may breakdown and feelings you may have.**

<p><b>Types of Relationships That May End</b></p> <p>Friendships – People grow apart, disagree, or lose interest.</p> <p>Romantic Feelings – Crushes or early relationships may change or end.</p> <p>Family Changes – Divorce, separation, or loss in the family.</p>
<p><b>Why Relationships Break Down</b></p> <p>Misunderstandings or arguments</p> <p>Growing apart or changing interests</p> <p>Lack of trust or respect</p> <p>Moving away or life changes</p> <p>Serious issues like dishonesty or bullying</p> <p>🔑 <b>Key Point:</b> Not all relationships last forever — that’s a normal part of life.</p>
<p><b>How It Might Feel</b></p> <p>You may feel:</p> <p>Sad, angry, confused, or rejected</p> <p>Lonely or left out</p> <p>Relieved, if the relationship was unhealthy</p> <p>💡 <b>All feelings are valid. It’s OK to talk about them.</b></p>
<p><b>Coping Strategies</b></p> <p>Talk to a trusted adult or friend</p> <p>Write down your feelings in a journal</p> <p>Focus on hobbies and things you enjoy</p> <p>Avoid blaming yourself</p> <p>Give yourself time to heal</p>

