

**Relationships.**  
**Year 7 term 3- PHSE: Diversity prejudice and bullying including cyber bullying.**

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

**Key Vocabulary**

Diversity:	The presence of differences in race, ethnicity, culture, religion, gender, abilities, and other characteristics that make people unique.
Prejudice:	A preconceived opinion or judgment about someone or something, often based on stereotypes, which is not based on reason or actual experience.
Discrimination:	Unfair treatment of people based on their characteristics such as race, gender, religion, or disability.
Cyberbullying:	Bullying that takes place over digital platforms like social media, messaging apps, or online games.

**What I will know by the end of the unit:**  
**How prejudice and bullying can have an impact on others.**

<p><b>Examples of Prejudice</b></p> <p>Racism: Discrimination or prejudice against people based on their race or ethnicity.          Sexism: Prejudice or discrimination based on gender.          Ableism: Prejudice or discrimination against people with disabilities.          Homophobia: Prejudice or discrimination against people who identify as LGBTQ+.          Religious Discrimination: Prejudice against people based on their religious beliefs</p>
<p><b>Why Diversity is Important</b></p> <p>Celebrates individuality: Promotes respect for people’s unique traits and backgrounds.          Encourages acceptance: Teaches students to appreciate others’ differences.          Promotes fairness and equality: Helps create environments where everyone is treated equally and with respect.</p>
<p><b>The Impact of Bullying and Prejudice</b></p> <p>Emotional and psychological harm: Low self-esteem, anxiety, depression, and feelings of isolation.          Physical harm: Bullying can sometimes lead to physical injuries.          Social exclusion: The victim might feel left out, lonely, or rejected by peers.          Negative impact on society: Prejudice and bullying can create divisions in communities and workplaces.</p>



# Relationships.

## Year 7 term 3- PHSE: Managing on and off line friendships

### PHSE Golden Concepts

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#### Key Vocabulary

Friendship:	What defines a good friendship (trust, respect, shared interests, communication, support).
Offline Friendships:	The importance of face-to-face interaction, body language, and personal connection.
Online Friendships:	Understanding the differences between online and offline interactions, how friendships develop in the digital world (social media, online games, messaging apps).
Cyberbullying:	Recognizing, preventing, and responding to online bullying or inappropriate behaviour.
Boundaries:	Setting healthy boundaries in both offline and online friendships.
Peer Pressure:	How peer pressure can affect friendships, especially in online spaces.
Conflict Resolution:	Ways to resolve disagreements or misunderstandings, both online and offline.

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

#### How to manage friendships including conflict.

The Role of Social Media in Friendships: Social media can enhance or hinder relationships. It's important to know the potential risks of oversharing or misinterpreting online messages.

Impact of Digital Communication: Emojis, tone, and body language are harder to interpret in texts, so misunderstandings can arise easily online.

Online Safety: The importance of keeping personal information private and recognizing safe and unsafe online spaces.

Changing Dynamics: Friendships can change as interests shift, particularly as students mature and their digital lives expand.

Offline Tips: Spend time together, listen actively, be supportive, express feelings, and handle conflicts in person.  
 Online Tips: Communicate clearly and respectfully, never share personal details with people you don't know well, report inappropriate content, and always think before posting.



**Relationships.**  
**Year 7 term 3- PHSE: Managing long term relationships and raising a family.**

PHSE Golden Concepts

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**Key Vocabulary**

Commitment	Being dedicated to doing something.
Trust	Being reliable
Respect	A feeling of deep admiration for someone or something
Equality	Having equal opportunities and rights
Emotional Support	Providing and receiving care, love, trust
Conflict	Disagreement or argument
Resolution	The process of ending a dispute and reaching an agreement that satisfies all parties involved

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

**How a long term relationships may change and how to cope with these changes.**

Family Structures: Exploring different family structures (nuclear family, extended family, single-parent families, blended families, etc.).

Types of Relationships: Exploring various relationships (family, friendships, romantic, and others) and how they evolve over time.

Commitment: What it means to be committed to a relationship or a family, including shared responsibilities, support, and consistency.

Respect and Equality: The importance of mutual respect, equality, and understanding in long-term relationships.

Long-Term Relationships: The importance of commitment, trust, respect, and effective communication in relationships such as romantic partnerships, friendships, and family connections

Life Changes: How relationships and families change over time (e.g., growing older, having children, life transitions like moving away or losing loved ones).



