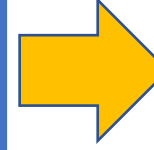


Year 7-Transition to Secondary School



Next time: Careers



PSHE=Personal, Social, Health and Economic Education

Tips for getting organised

- Check Classcharts every day
- Complete homework the day it is set
- Pack your school bag before you go to bed
- Make a checklist of what you need to remember each day
- Clear out your school bag every Sunday
 - Put reminders on the front door/fridge
- Set an alarm to remind you of something important

PSHE Rules

1. Everyone has the right to be heard and **respected**
2. We will use **language** that won't offend or upset other people
3. We will use the correct terms, and if we don't know them, we'll **ask** the teacher
4. We will comment on what was said, **not the person** who said it
5. We won't **share** our own or our friends' personal experiences
6. We won't put anyone on the spot and we have a right to **pass**
7. We won't **judge** or make assumptions about anyone else

Critical thinking is *"the process of thinking carefully about a subject or idea, without allowing feelings or opinions to affect you"*

Cambridge English Dictionary

Hidden Agenda-A hidden plan or ulterior motive

Thinking critically and staying safe online.

Ask yourself these questions:

Author-Who is the author? Can you trust them?

Reliability-Is it a reliable organisation? How up to date it is? Is it regularly updated?

Balance-Is it fact or opinion?

Is it just giving one point of view?

Could they have their own agenda?

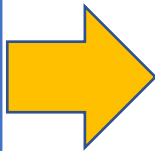
Check other sources, both online and offline

Trust your gut feeling. If something doesn't feel right, it probably isn't.

Cross Curricular links

In PSHE we learn life skills that can relate to every subject and all aspects of your life!

Year 7-Transition to Secondary School



Next time: Careers



Quality of a good friend
A good listener
Kind
Makes you laugh
Helps you
Accepts you for who you are

Safe things to say to a friend in need
"If you ever want to talk let me know"
"I'm sorry, I feel for you"
Encourage them to speak with their form tutor or parent.

What not to do
Don't give advice unless you have been through something similar
Don't try and change the subject
Don't try and be cheery

Where to go for help in School:

- Form tutor.....
- Head of Year
- Deputy Head of Year
- School nurse: Every Wednesday break and lunch time in the Well-being room
- Click on the well-being button on Classcharts
- The Pastoral Team in College
- The Chaplain

Other places to find help:

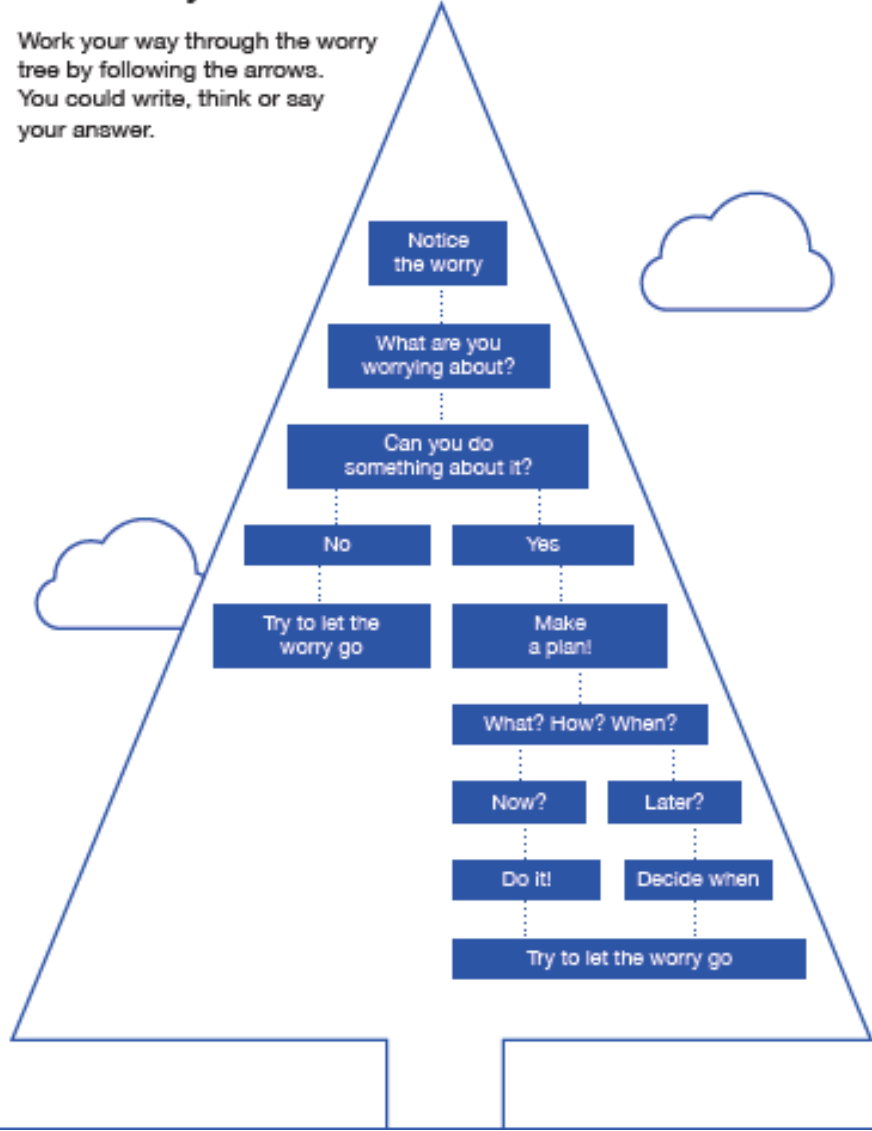
Parents
Childline: 0800 1111

Thoughts, feelings and actions are all connected. Use the **Worry Tree**

- Report anything that worries you online on the platform where it was shared
- Block people who are unkind to you online
- Screen shot unkind behaviour online
- Report unkindness to a parent or teacher so they can help you to deal with it.

The worry tree

Work your way through the worry tree by following the arrows. You could write, think or say your answer.



NHS