



# PSHCE Knowledge Map – YEAR 7



## HEALTH & WELL BEING



'Bullying -The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face to face or online.'

The different roles involved in bullying

The target - The person at whom the bullying is aimed.

The ringleader ('Bully') - Initiating and leading the bullying

Outsider/Bystander(s) - Ignores any bullying and doesn't want to get involved.

Reinforcer(s) - Supports the bullying, might laugh or encourage other people to 'collude'

Assistant(s) - Actively involved in 'doing' the bullying.

Defender(s) - Stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to do something about it. This might involve talking to an adult.

**Trust and respect**  
All relationships require an element of trust, it is an essential part of bonding with others.

- Trust means sharing your thoughts and feelings.

A relationship without trust is at risk of disagreements, suspicion and ultimately, breaking apart.

- Respect is essential in all relationships - brother, sister, parents, friends or partner.
- So much of life is shared with our family, friends and eventually our partner that it's easy to show disrespect even when you think you're not.
- You might make fun of your friend or family member's attitudes or beliefs without realizing that you have hurt them.
- More seriously, you might treat them in a way that doesn't value them as a person.
- That attitude can lead to an abusive relationship.

PHYSICAL

Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.

Types of Bullying

VERBAL

Includes name-calling, threatening, teasing, saying nasty or rude things to someone.

PSYCHOLOGICAL

Includes spreading lies about someone, playing nasty jokes or excluding people

ONLINE

Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.

### Top Tips

- Always look your best and dress smartly.
- Work hard and make a good first impression for all your teachers.
- Be positive.
- Always behave well.
- Don't worry about the size of the school – it will appear big at first but you will know your way around in about two weeks. If you get lost in the first few weeks just ask another student or teacher and they will help you find the room you are looking for.
- Speak to your form tutor or your Head of House if you are upset or worried; they are great and will help you.
- Enjoy your time at Glyn - it is amazing!
- Do your homework on the day that you get it – don't leave it to the last minute.
- Work hard from the start.
- Make a good impression from the start – work hard, have the right equipment, complete your homework on time and dress smart.
- Get to school by 8.20am at the latest so you are not late for your first lesson.
- Make new friends with the students from other schools, don't just stay with your Primary school friends.