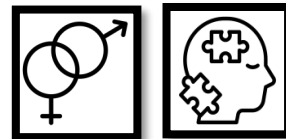
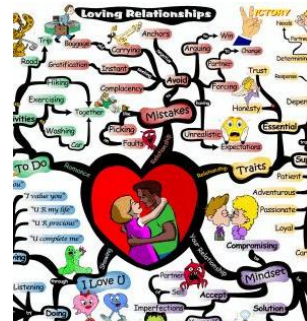
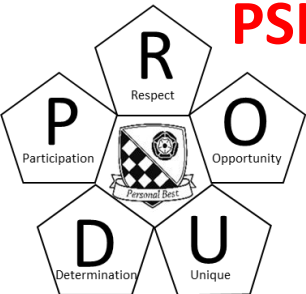


# PSHCE Knowledge Map – YEAR 7



## HEALTHY RELATIONSHIPS



**Define: Intimate Relationship** A relationship which can include a sexual attraction and sexual activity. Boyfriend. Girlfriend, Married Couples

**Define: Platonic Relationship** A friendship or relationship where there is no romantic, intimate or sexual feelings. Friends and Colleagues.

**Define: Toxic Relationship** A relationship that has a negative impact on your mental health and self esteem.

**Define: Familial Relationship** A relationships with someone who has a blood, kinship or legal tie to you. Parents, Siblings etc

### Being Safe →

- How to avoid danger & recognise the signs that something may be wrong.
- Develop empathy & kindness

### What makes a good friend?

- Good friends make you feel. Good
- A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
- Good friends support each other. Good friends are trustworthy. If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental. Good friends handle conflict respectfully and respect boundaries
- A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again. Friends not followers

**Define: Hormones** A chemical substance produced in the body that controls and regulates the activity of certain cells or organs

**Define: Puberty** The process of physical maturity in a person that takes place in adolescence

### Define:

**Menstruation** Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.



**Who Can you turn to for help and Support** Parents or trusted family members Teachers or school Staff Your Doctor or Practice Nurse School Nurse  
NSPCC Helpline: 0808 800 5000 (24 hours, every day)  
Childline Helpline: 0800 1111(24 hours, every day)

### Physical Changes during Puberty

**Boys only**

- Starts between 10 and 12 years of age
- Facial Hair
- Voice Breaking
- Erections
- Wet Dreams
- Widening of chest and Shoulders

**Girls Only**

- Starts between 9 and 11 years of age.
- Menstruation / Periods begin
- Breast growth
- Stretch Marks
- Cellulite
- Hips widen
- Both
- Grow taller
- Sweat more
- Changes to hair and skin
- Spots and Pimples

### Things to Remember

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people,
- Everyone goes through puberty, you are not alone.
- Good diet and exercise can help deal with some of the physical changes
- Puberty is normal despite feeling very abnormal

Mood seems to change a lot

Can feel teary or angry for no reason

Feeling intense emotions

Confusion about maturity

Sexual feelings may begin

Changes during puberty



'Consent is agreement by choice made by someone with the freedom and capacity to consent.'

the choice must be made without pressure



the person must be able to make the choice, e.g. be old enough, and in a clear state of mind