



Y7: Identity

Y7: Healthy Relationships

What are first impressions?	Who am I?	Healthy Romantic Relationships/Families		Bullying									
<p>First impression definition: 'opinions that you form immediately, before thinking thoroughly' <i>(Macmillan Dictionary)</i></p> <p>What situations may first impressions take place? First day of school, job interviews, first date...</p> <p>What factors may influence first impressions? our actions, body language, the way we look, our voice or accent, what we say to others, our attitude towards others, the environment in which we meet</p>	<p>Values definition: 'principles that help you to decide what is right and wrong, and how to act in various situations.' <i>(The Cambridge Dictionary)</i></p> 	<p>What are the characteristics of a healthy romantic relationship/family/friendship:</p> <table border="1"> <tr> <td>Trust</td> <td>Honesty</td> </tr> <tr> <td>Non-Judgmental</td> <td>Similar Interests</td> </tr> <tr> <td>Respect</td> <td>Loyalty</td> </tr> <tr> <td>Understanding</td> <td>Supportive</td> </tr> </table>		Trust	Honesty	Non-Judgmental	Similar Interests	Respect	Loyalty	Understanding	Supportive	 <p>verbal cyber physical</p> <p>Bullying definition: "Repetitively and/or intentionally seeking to harm, intimidate, or coerce another"</p> <p>Coerce = forceful or threatening behaviour</p> <p>Cyberbullying definition: "Cyberbullying is any form of bullying that is carried out through the use of electronic media devices such as computers, laptops, smartphones, tablets or gaming consoles."</p>	
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<p>Self esteem definition: 'a feeling of being happy with your own character and abilities.' <i>(Oxford Learner's Dictionary)</i></p>	<p>Identity definition: 'who a person is, or the qualities of a person or group that make them different from others.' <i>(The Cambridge Dictionary)</i></p>	<p>Different types of family:</p> <p>Family Definition: 'a couple with or without children, or a lone parent with at least one child, who lives at the same address'</p>											
<p>What factors define a person's identity?</p> <ul style="list-style-type: none"> • where we live • race or ethnicity • skills and talents • social expectations • interests or hobbies • our friends and family • our previous life experiences <p>Just like our identity, values can be affected by our experiences and the people we spend time with.</p>	<p>Characteristics of high self-esteem:</p> <ul style="list-style-type: none"> • will take risks & focuses on strengths • makes, and trusts, their own decisions • comfortable to be themselves • can laugh off mistakes • accepts compliments & constructive criticism • confident in asking for help <p>Characteristics of low self-esteem:</p> <ul style="list-style-type: none"> • focuses on negatives • Self-critical & takes criticism personally • is afraid of making mistakes • does not stand up for themselves • avoids taking risks or trying new things 	<p>Different Types of Family</p>	<p>Adoptive family</p>	<p>Blended family</p>	<p>Extended family</p>								
		<p>Family without children</p>	<p>Foster family</p>	<p>Nuclear family</p>	<p>Single-parent family</p>								