



**Personal Development**  
**Autumn Term 2 Overview – YEAR 7**

**To enable you to support and consolidate your child’s learning and continue these vital conversations at home, please see the overview below for Autumn term 2.**

<b>Half Term 2: BUILDING RELATIONSHIPS</b>	
Building Connections (rolled over from autumn 1)	Pupils will explore the meaning of loneliness and connection and learn actions they can take to build connections with themselves, with friends and family and with their wider community.
Bullying	This lesson coincides with Anti Bullying week, with this year’s theme entitled ‘Make a noise about bullying.’ The particular focus this year is on understanding the difference between ‘banter’, ‘arguments’ and ‘bullying.’
Positive Friendships	Friendships are an incredibly important part of growing up, yet it is very common to have challenges when navigating friendships. In this lesson, pupils will learn to identify what makes a positive friendship and what qualities they should look out for and develop in friendships. It is important for pupils to learn that friendships can change over time and like any relationship, take work and effort. A key skill in friendship is active listening, which students will have the opportunity to practise alongside knowing how to seek support if they are worried about their friendships.
Online relationships	This lesson continues to focusing on empowering and supporting young people as they develop relationships. This lesson explores positive and negative emotions and how to cope with these emotions particularly whilst online.