



BRAMHALL
HIGH SCHOOL

NAME:

Teacher:

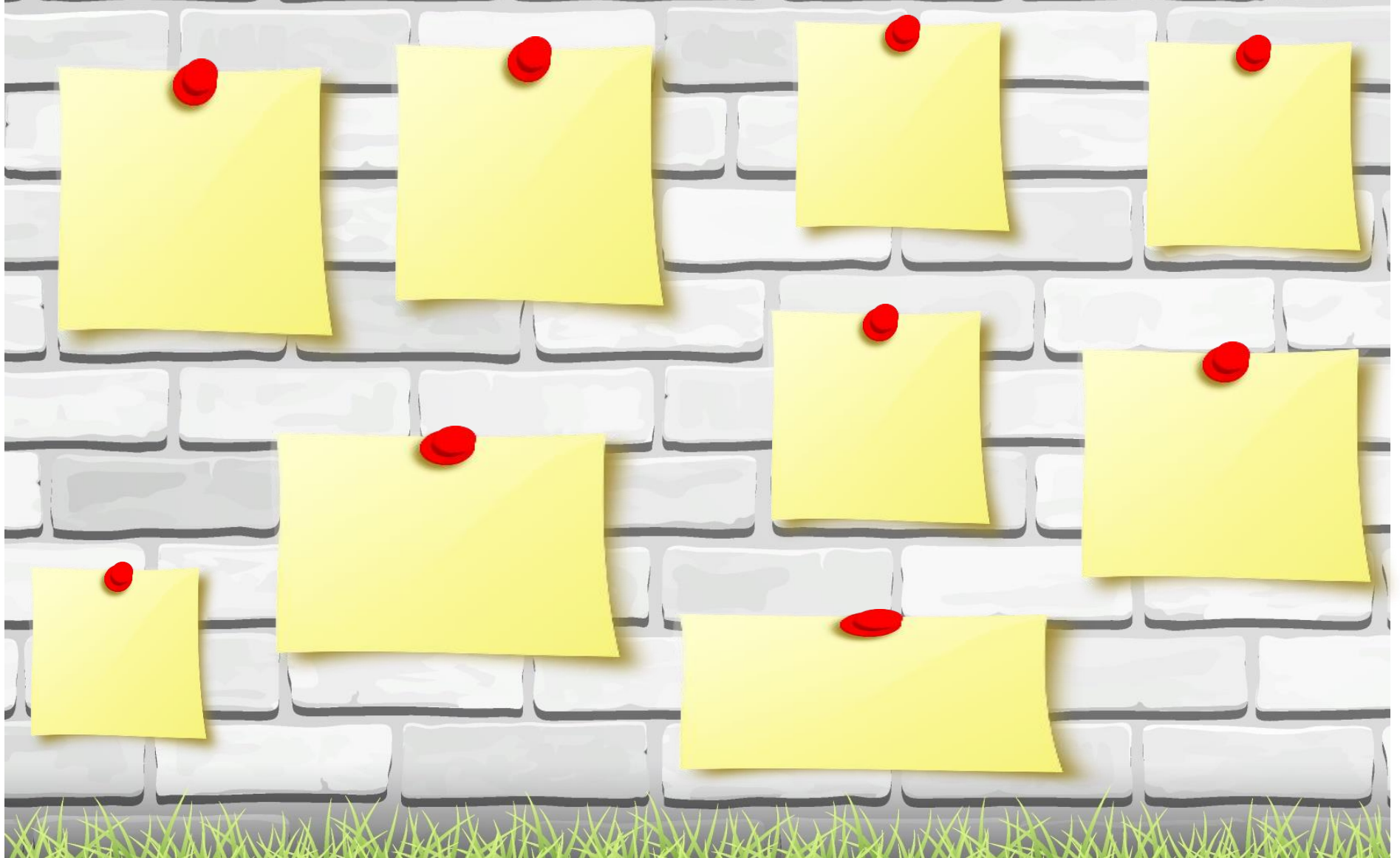
Form:

RELATIONSHIPS
& SEX EDUCATION

Yr 7 Work booklet 1 - Sept- Oct 2026

FRIENDSHIPS RESPECT & RELATIONSHIPS





DOES THIS MAKE SOMEONE A GOOD FRIEND?

A friend must share your interests



A friend should always stick up for you



A friend is someone who will forgive you



A friend is someone you can trust



A friend should always cover for you



A friend is someone who won't disagree with you



A friend should have a similar personality to you



A friend is someone who won't annoy you



A friend must be approved by your parents



Task- Look at the board for the colours- circle..

red if you disagree
amber if you are not sure
green if you agree



Right Behaviour

Wrong Behaviour

IN SCHOOL

IN FRIENDSHIPS/RELATIONSHIPS



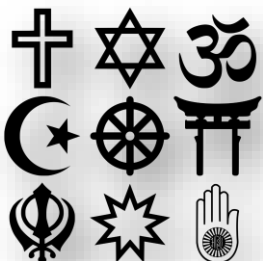
Hobbies

**Gender &
Sexuality**



Disabilities

**Friends &
Family**



School

Religion



Name some invisible disabilities

Write 4 key sentences about how we can help

**Hobbies****Gender &
Sexuality****Disabilities****Friends &
Family****School****Religion****POLICE.UK**

It is _____ to make, _____ and possess indecent photographs and pseudo photographs and/or _____ including deepfakes of someone under _____.

It does not matter if the person depicted is real or it's a fake that's been digitally created or _____.

You will NOT be in trouble if you ASK for help, if you have had an image shared, you MUST speak to your family, someone here at school or a trusted adult. They will know what to do.

INDIVIDUAL WORK – Agony Aunt

Sarah

I'm having arguments with my best friend from primary. Now we are high school we don't get on anymore, what should I do? (Age 11)

Jordan

My parents don't let me go on technology at home and all my friends are playing online together, I have tried to tell them about my homelife, but they are not bothered and are leaving me out even when we are at school

Natalie

I have a good group of friends, sometimes they get in trouble at school, my parents don't like me hanging around with them, what shall I do?(Age 13)

Faluk

My girlfriend will not spend any time with me in public anymore she doesn't even acknowledge me anymore. (Age 15)

How do they feel? Why? Has respect been broken?

Offer them advice and tips to help reassure them. Discuss first

Then, write a reply starting with Dear.....

[illegible]



Consent is an _____ which is given willingly and _____ without exploitation, threat or _____, and by a person who has the capacity to _____ their agreement.

**Individual
choice**

Is the individual capable of understanding what is happening?

Freely

A moral standard of behaviour accepted by society.

Values

A choice made without manipulation, exploitation or duress

**Capacity to
consent**

A deliberate and active choice made by an individual. The individual has ownership and agency all the time.

Identity

Characteristics that determine what or who a person is. (e.g. Social class, heritage or gender.)

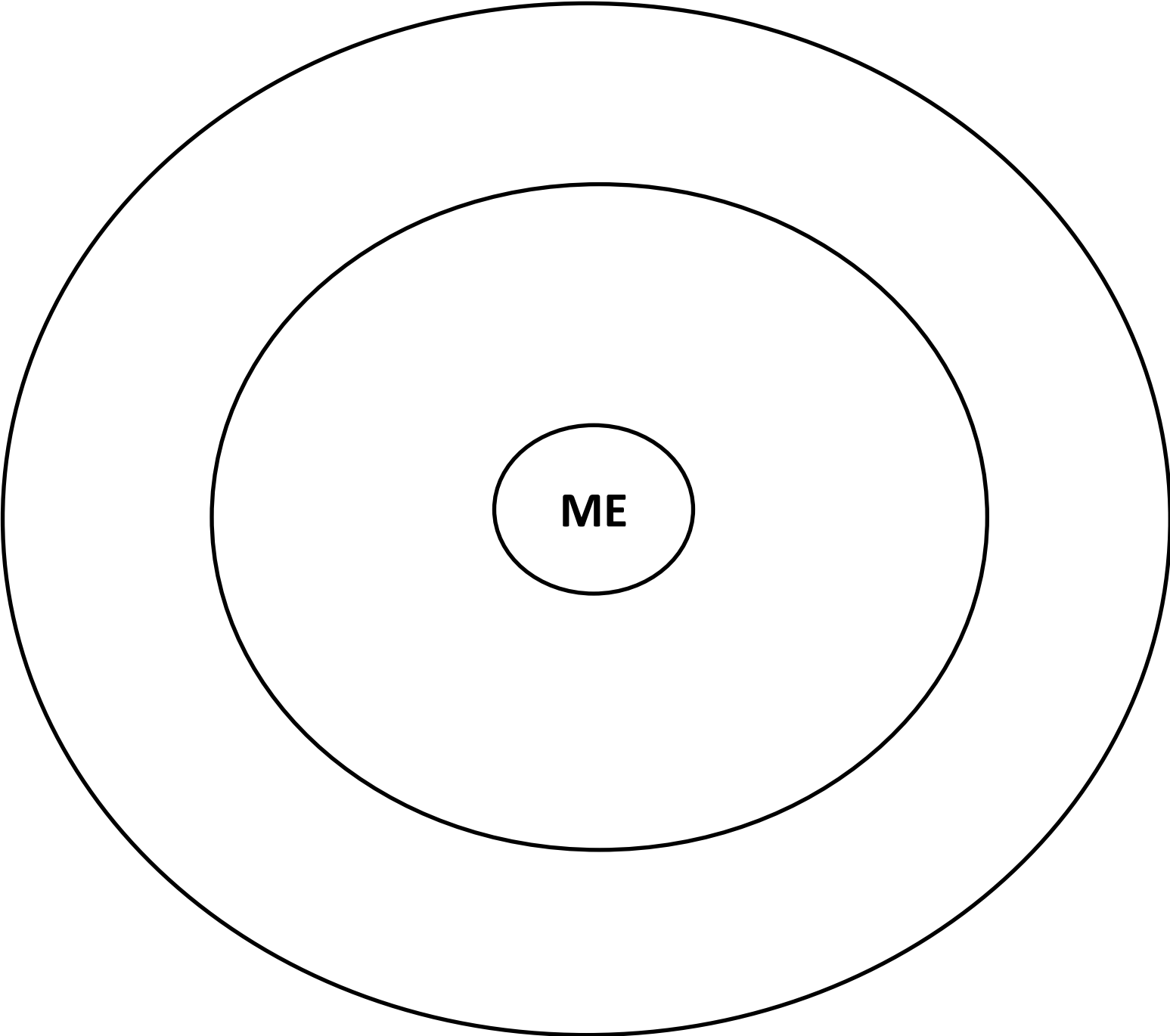
SCENARIOS- If you are uncomfortable...

Top Tips

Serious and strong
Reasons
Walk away afterwards
Calm and certain
Assertive not aggressive
Definite body language

UDEAL strategy to being assertive

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements



PEER PRESSURE

Primary School

YEAR 7
Vaping

Year 12/13
Driving faster on the roads

YEAR 11
Having Sex

YEAR 8
Asking someone out

YEAR 10
Experimenting with alcohol

YEAR 9



Explain why it is important not to give in to pressure

THE RIGHT WAY TO COMMUNICATE WITH SOMEONE ABOUT WHAT YOU WANT

ASSERTIVE

UDEAL strategy to being assertive

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements

- ## **UDEAL** strategy to being assertive
- ✓ **U**se a reasonable voice
 - ✓ **D**escribe the problem
 - ✓ **E**xpress how you feel
 - ✓ **A**sk for a specific change
 - ✓ **L**ist the improvements

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Nosebleed

- 1. Sit**
- the casualty down leaning



- 2. Ask**
- them to pinch the part of their nose for 10 minutes

- 3. Check**
- if the bleeding has stopped
 - if still bleeding

- 4.**
- if still bleeding pinch for a further 10 minutes

- 5.**
- if bleeding has not stopped after a maximum of 30 minutes seek medical help

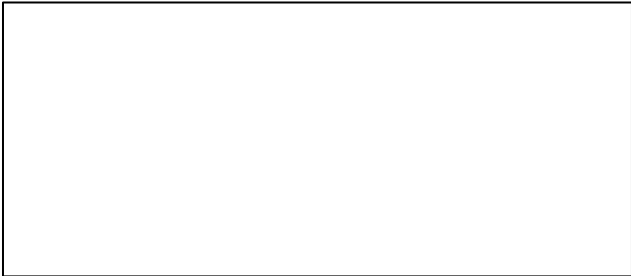
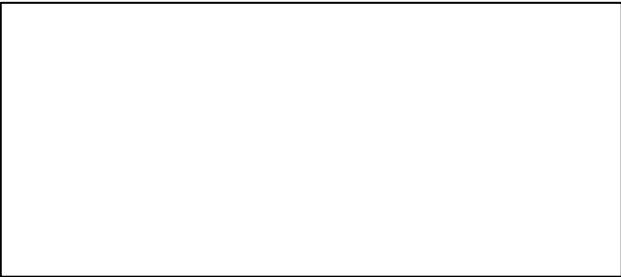


Your turn: Dealing with shock Draw pictures

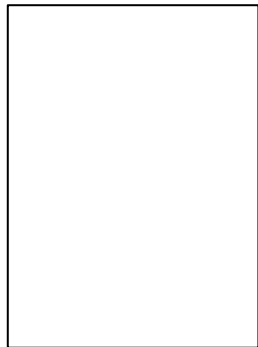
- 1 Treat**
- any injuries that may have caused shock

- 2 Help**
- the casualty to sit down, then lie down

- 3 Raise**
- and support the casualty's legs if possible



- 4 Call**
- 999/112



- 5 Reassure**
- them and loosen any
 - tight clothing



- 6 Keep**
- the casualty warm

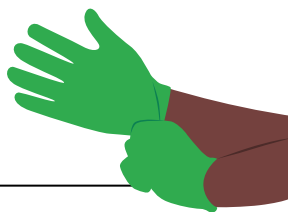


Starter Activity

Severe Bleeding

Step 1.

Put on g _ _ _ _ _



Step 2.

Apply p _ _ _ _ _ to the wound

➤ (but only if there is nothing stuck in it)



Step 3.

Apply a d _ _ _ _ _ to the wound

➤ the pad goes o _ _ _ the injury

➤ use b _ _ _ _ _ to secure it in place

➤ make sure the bandage

is not t _ _ t _ _ _ _

➤ call _ _ _ /112



Step 4

Apply s _ _ _ _ _ dressing, if needed

➤ n _ m _ _ _ than two dressings at a time

Step 5.

If an object is in the wound, D _ N _ _ remove it

➤ put a pad on either side of the

o _ _ _ _ _

➤ bandage carefully o _ _ _ the pads without

p _ _ _ _ _ the object in any further

10 questions covering all PD sessions. Circle True or False, or circle the correct letter.

1. PSHE stands for Personal, Social, Health and Economic education.

True / False

2. Which best describes “assertive” communication?

- A) Explosive and threatening B) Too nice, ignoring your own needs
C) Clear, calm and confident about what you want D) Ignoring the situation completely

3. Which of these is NOT one of our PD classroom ground rules?

- A) Show respect by listening
B) Make personal comments about people in the class
C) It's OK to get things wrong

4. A good friend will always agree with everything you say.

True / False

5. An unhealthy online relationship might involve someone who...

- A) Respects when you say no B) Demands access to your social media accounts
C) Encourages your other friendships

6. Consent means agreeing to something freely, without being pressured or tricked.

True / False

7. Apps and websites now have to check ages and stop under-18s seeing harmful content.

True / False

8. Sharing a photo of someone else without their consent is...

- A) Just against school rules, not the law B) A crime, even between friends
C) Only illegal for adult s D) Fine if they never find out

9. What is the FIRST step when helping someone with severe bleeding?

- A) Apply a bandage
B) Put on gloves
C) Call 999

10. If someone is showing signs of shock, help them sit or lie down and keep them warm.

True / False