

Question: What is PSHE?

PSHE stands for **Personal, Social, Emotional and Economics**. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

The bigger picture:

This term you will be learning about bereavement, **exploring the nature of grief** and the many emotions **someone might feel** when a person they care about dies. The ways in which we can **remember** someone who has died and some **ways to handle grief and loss**. You will also be learning about Building Body Confidence and Self-Esteem, Healthy Relationships and Building Safer Relationships online.

**Key words & Definitions:****Loss and bereavement**

- **Grief** is the term used to describe how we feel when someone dies. People will experience many different feelings as part of their grief.

Sometimes people describe grief as a tangled ball of emotions.

- **Death** is a normal process at the end of life.

Relationship Sex Education:

- **Consent** is defined in law as *an agreement made by someone with the freedom and ability to decide something*. Under the law, it is the person seeking consent who is responsible for ensuring that these conditions are met
- **Self-esteem:** Confidence in one's own worth or abilities; self-respect.
- **Body image:** Is a person's perception of their physical self and the thoughts and feelings, positive, negative or both, which result from that perception.
- **Social media:** Websites and applications that enable users to create and share content or to participate in social networking.

Where can you find support?**Where can I get help?**

- Tutor, pastoral manager, learning lead, Ms.Ramson, teachers, family or carers.
 - **Online chat and crisis messenger**
 - You can access bereavement support via online chat on the Winston's Wish website.
- Online chat is designed to help you talk about your grief and manage your grief when you do feel like you need help. If you want to speak to someone urgently, please contact the **Winston's Wish Crisis Messenger**: text **WW** to **85258**
- Winstonswish.org
 - **Childline**: 0800 1111: Online chat available at www.childline.org.uk
 - **Relate Relationships Advice**: 0300 100 1234: Online chat available at www.relate.org.uk
 - **Brook**: Website www.askbrook.org.uk

SOCIAL MEDIA

Consent is:

1	Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
2	Reversible. It's okay to say yes and then change your mind — at any time!
3	Informed. You can only consent to something if you have all the facts.
4	Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
5	Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

Age Restrictions On Social Media



These are in the websites terms and conditions and are not legal restrictions.

Define: *WhatsApp*

WhatsApp is a messenger app for smartphones. WhatsApp uses the internet to send messages, images, audio or video. The service is very similar to text messaging services, however, because WhatsApp uses the internet to send messages, the cost of using WhatsApp is significantly less than texting.

Define: *Twitter*

Twitter is known as a micro-blogging site. Blogging has been around for some time. Usually blogging consists of people setting up basic websites where they write about whatever they want, whether it be politics, sport, cooking, fashion etc. Posting a message is known as a tweet. People make connections by following other people's twitter feeds. Once you click follow, anything that person or organisation says will appear on your timeline.

Define: *Facebook*

Facebook is a website which allows users, who sign-up for free profiles, to connect with friends, work colleagues or people they don't know, online. It allows users to share pictures, music, videos, and articles, as well as their own thoughts and opinions with however many people they like.

Define: *Instagram*

At its most basic, Instagram is a social networking app which allows its users to share pictures and videos with their friends. Once a user snaps a picture, Instagram filters – of which there are dozens – can transform images in a manner reminiscent of old-fashioned Polaroid prints.

Define: *YouTube*

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. Users can search for and watch videos, Create a personal YouTube channel, Upload videos to your channel, Like/Comment/share other YouTube videos, Users can subscribe/follow other YouTube channels and users, Create playlists to organize videos and group videos together

Define: *TBH*

short for To Be Honest — is a polling app that lets your friends answer questions anonymously. Essentially it is a big popularity contest, where people received "gems" when they are picked in a poll.

Define: *Snapchat*

Snapchat is a mobile messaging application used to share photos, videos, text, and drawings. It's free to download the app and free to send messages using it. There is one feature that makes Snapchat different from other forms of texting and photo sharing: the messages disappear from the recipient's phone after a few seconds.

Define: *TikTok (formally Musical.ly)*

TikTok is an app for creating, sharing and discovering short music videos (15 sec), think Karaoke for the digital age. It used by young people as an outlet to express themselves through singing, dancing, comedy, and lip-synching.

Top tips for keeping safe online:

1. Use a strong password. The longer it is, the more secure it will be.
2. Use a different password for each of your social media accounts.
3. If you have social media apps on your phone, be sure to password protect your device.
4. Be selective with friend requests. If you don't know the person, don't accept their request. It could be a fake account.
5. Click links with caution. Social media accounts are regularly hacked.
6. Be careful about what you share. Don't reveal sensitive personal information ie: home address, financial information, phone number.
7. Become familiar with the privacy policies of the social media channels you use and customize your privacy settings to control who sees what.
8. Remember to log off when you're done.
9. Report any inappropriate behaviour to the site.

