

# PCSHE – Year 7 Term 1 – Resilience and Self-Esteem

<p><b>KPI1 – Key terms</b></p> <ul style="list-style-type: none"><li>- <b>Resilience:</b> the capacity to recover quickly from difficulties.</li><li>- <b>Self-esteem:</b> thoughts about yourself and what you are like as a person.</li><li>- <b>Identity:</b> the fact of being who or what a person or thing is.</li><li>- <b>Unique:</b> being one of a kind.</li><li>- <b>Coping strategies:</b> Specific actions that people use to master, tolerate, reduce or minimise stressful events.</li></ul>	<p><b>KPI3 – What are the British Values?</b></p> <p>Another potential influence can be the British values which are part of all of our lives and influence them in different ways. Fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK.</p> <p>These values are <b>Democracy, Rule of Law, Respect and Tolerance, Individual Liberty.</b></p> <p><b>Democracy:</b> A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities.</p> <ul style="list-style-type: none"><li>• <b>Examples:</b> Leadership and accountability, Joint decision making, the right to protest and petition, receiving and giving feedback.</li></ul> <p><b>Rule of Law:</b> The need for rules to make a happy, safe and secure environment to live and work.</p> <ul style="list-style-type: none"><li>• <b>Examples:</b> Legislation (law making), codes of conduct</li></ul> <p><b>Respect and Tolerance:</b> Understanding that we all don’t share the same beliefs and values. Respecting the values, ideas and beliefs of others whilst not imposing our own others.</p> <ul style="list-style-type: none"><li>• <b>Examples:</b> Embracing diversity, the importance of religion, traditions, cultural heritage and preferences, stereotyping, labelling and prejudice, tackling discrimination.</li></ul> <p><b>Individual Liberty:</b> Protection of your rights and the right of others you work with.</p> <ul style="list-style-type: none"><li>• <b>Examples:</b> Equality and Human Rights, respect and dignity</li></ul>	<p><b>KPI4 – What is self-esteem?</b></p> <ul style="list-style-type: none"><li>- <b>Self-confidence:</b> Having self confidence means that you believe that you are able to do and achieve things. It means that you’re willing to try new things because you know you are capable of making a success of it.</li><li>- <b>Low self-confidence:</b> Doubting your ability to do things</li><li>- <b>Self-esteem is important</b> because it heavily influences people's choices and decisions. In other words, <b>self-esteem</b> serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential.</li></ul>
<p><b>KPI2 – What influences our identity?</b></p> <p>Different aspects can make up our identity including:</p> <ul style="list-style-type: none"><li>- Personality</li><li>- Hobbies</li><li>- Appearance</li></ul> <p>What can influence our identity?</p> <ul style="list-style-type: none"><li>- Family</li><li>- Race</li><li>- Fashion</li><li>- Music</li><li>- Sports Teams</li><li>- Sexuality</li><li>- Gender</li><li>- Social Class</li></ul>		<p><b>KPI5 – How can you be more resilient?</b></p> <ol style="list-style-type: none"><li>1. Develop a positive sense of self by focusing on strengths and accomplishments</li><li>2. Making meaningful connects i.e. with friends/family.</li><li>3. Maintaining a positive outlook i.e. always focusing on the positive aspects of life.</li><li>4. Developing a sense of purpose by supporting your community/moving towards goals.</li><li>5. Gaining self-confidence by embracing new challenges.</li><li>6. Taking care of yourself by: journaling, meditating, exercise etc.</li></ol>
		<p><b>KPII6 – Helpful coping strategies.</b></p> <ol style="list-style-type: none"><li>1. Breathe deeply and/or step away.</li><li>2. Gain perspective – how will this disappointment impact on life tomorrow, new week, next year?</li><li>3. Recognise the strength even when things go wrong.</li><li>4. Remember a time when a similar problem worked out fine.</li><li>5. Can help or speak to someone who might know how to manage it in a different way.</li><li>6. Reframe the negatives and turn them into positives – i.e. look for the silver lining.</li><li>7. Make an achievement or positive qualities log which can be read as a reminder of the positives when things go wrong.</li></ol>
	<p><b>If you need any support...</b></p> <p>Home/school support:</p> <ul style="list-style-type: none"><li>• A friend</li><li>• A teacher</li><li>• Your tutor</li><li>• Parents/carers</li><li>• Mrs Loveridge</li><li>• Mrs Jones</li><li>• Mr Hayward.</li></ul>	<p>Reputable organisations:</p> <ul style="list-style-type: none"><li>• Young Minds - <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></li><li>• Childline - <a href="http://www.childline.org.uk">www.childline.org.uk</a> Phone: 0800 1111</li><li>• Samaritans - <a href="http://www.samaritans.org">www.samaritans.org</a> Phone: 116 12</li><li>• Young Mind Matters – Text 07480635723</li><li>• Kooth – <a href="http://Kooth.com">Kooth.com</a></li><li>• TIC+ - online text chat - 07977334433</li></ul> <p><b>Self-help apps</b></p> <ul style="list-style-type: none"><li>• Calm Harm – Managing self-harm</li><li>• MindShift – to help manage anxiety and urges to self-harm</li><li>• Cove – express your mood with music</li><li>• Stress and Anxiety Companion – helps your manage stress and anxiety</li><li>• Chill Panda – relaxation and breathing exercises.</li></ul>