

Year 7 Personal Development

Unit 1: Personal Safety.

What will I learn about this term?

This term you will learn about your personal safety. You will learn about mental wellbeing, physical safety and digital safety. You will learn about risk, and how to take responsible risks. You will learn about your own strengths and how to apply them to your education. You will learn the British values that underpin everything that we learn about in Personal Development

Key Words	Meaning
Safety	The condition of being protected from danger, risk or injury
British Values	The fundamental values of Britain.
Wellbeing	The state of being comfortable, happy and healthy
Risk	A situation involving exposure to danger
Physical Safety	The condition of being protected from threats to your physical health, such as cuts, bruises and other injuries.
Digital Safety	The condition of being protected from threats online, such as scams, hacking and cyber bullying.
Peer Influence	Choosing to do something you wouldn't do otherwise due to wanting to be accepted by friends or peers.



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Top 6 internet safety rules

- Use complex passwords
- Be careful what you post
- Be careful when you are browsing
- Back up your data
- Keep your software up to date
- Look out for the latest scams