

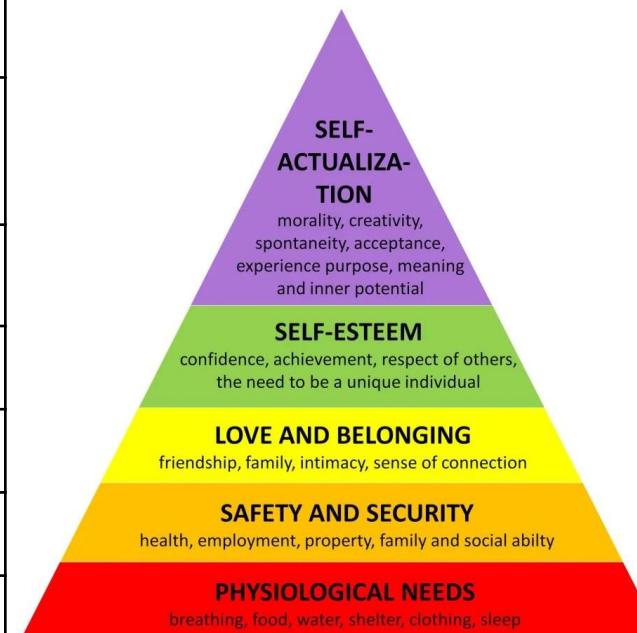
Year 7 Personal Development

Unit 5: Building Relationships

What will I learn about?

You will learn about building relationship this term. It's about making friends and feeling good about yourself, called self-esteem. Having big dreams is called aspiration. Positive relationships are happy friendships. Unhealthy ones can make you sad or unsafe. Consent means agreeing freely. Online safety is important to avoid online abuse.

Key Words	Meaning
Aspiration	Having big dreams and goals for what you want to achieve in your life.
Self-Esteem	Feeling good about yourself.
Positive relationships	Happy, supportive friendships.
Unhealthy relationships	Bad relationships that make you feel unhappy.
Consent	Agreeing freely to something.
Online safety	Being careful online to stay safe.
Online abuse	When someone says or does mean things to hurt or upset others using the internet.



8 tips to stay safe online

- 1 Be nice to people online.
- 2 Take care with what you share.
- 3 Keep personal information private.
- 4 Check your privacy settings.
- 5 Know how to report posts.
- 6 Keep your passwords safe.
- 7 Never meet anyone in person you've only met online.
- 8 If you see anything online that you don't like or you find upsetting, tell someone you trust.

Self-Care Tips for Better Self-Confidence

