

# RAS: Year 7 Autumn Learning Journey 2: Positive Friendships & Healthy Lifestyles + Careers

## What are we learning about?

We will continue our input into the Keeping Safe strand of RAS, by finishing our study of positive relationships by considering how to go through a break-up. We'll then look at healthy lifestyles, including the importance of brushing teeth.



## Why are we learning about it?

It's important to consider our own health and well-being, so our first Keeping Safe unit considers the best ways to be healthy. This is a really important foundation for the rest of our RAS units, particularly about our own safety.



## What new KNOWLEDGE will I gain?

- Break-ups
- Healthy lifestyles
- Consequences of an unhealthy lifestyle
- Importance of dental hygiene
- Alcohol and cigarettes
- Sleep and mental health.



Citizenship

Keeping Safe

Careers



## How does this build on the SKILLS I already have?

You will have seen Resilience and confidence in primary school, but may have had different terms for them.

By working on these skills in particular, it will utilise your current ability to work with your peers.



## What new SKILLS will I develop?

We will develop our understanding of Resilience, Aspiration and Success, which are also in other lessons.

We will be working specifically on confidence, independence and having personal pride. You'll also develop your ability to debate with your peers in most of your lessons.



## How does this build on the KNOWLEDGE I already have?

In primary school, you should have already looked at what healthy foods are and what a healthy diet is. This will build on this and give you the opportunity to apply your learning to case studies. We'll also link to form time Success Sessions on Mental Health.