



YEAR 7

Health and Wellbeing (Mental and Physical)



Name: _____

Tutor Group: _____

School is not just about boosting your knowledge and getting good grades, it is also a chance for you to **learn new skills, develop as an individual** and get a **good understanding of the world around you.**

In your Personal Development lessons you will learn lots of **new skills and knowledge** which will help you in school, and get **involved in lots of different issues** which **will help you in life.**



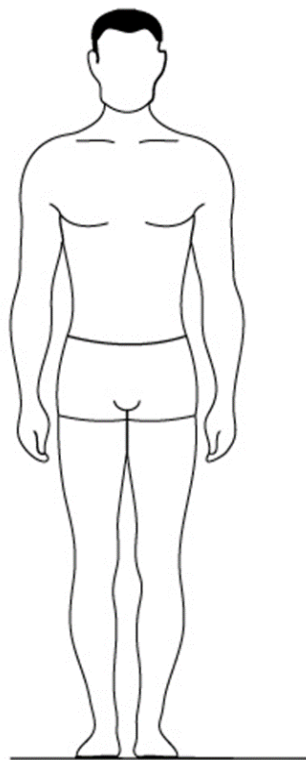


Lesson 10—What is puberty?

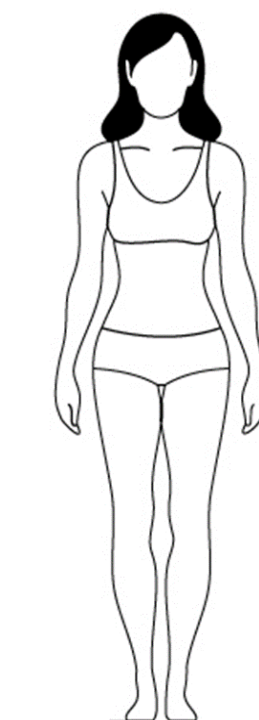


Puberty changes

How does puberty affect the male body?



How does puberty affect the female body?

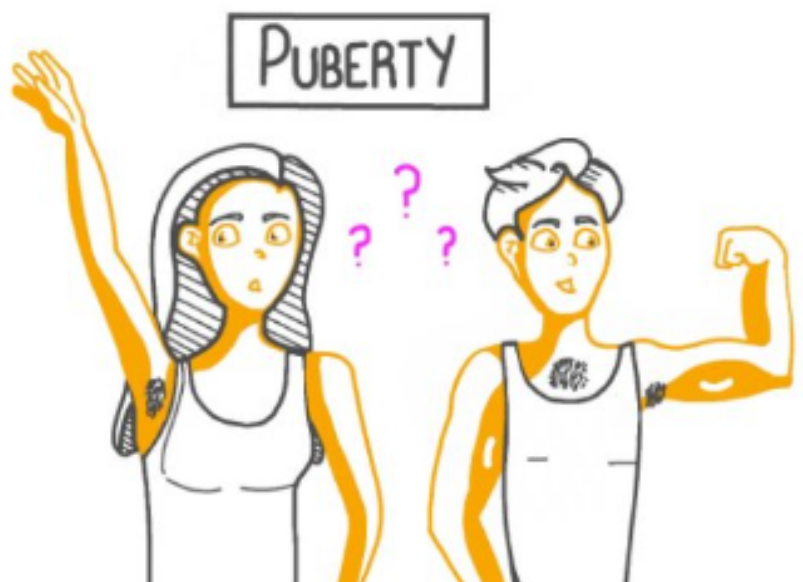


How does puberty affect your emotions?



Myth or Fact

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____





Where to find out more information or gain support and help outside of school?



Mental Health and Emotional Wellbeing

Young Minds

<https://www.youngminds.org.uk>

→ Clear advice on anxiety, stress, and wellbeing, plus where to get help.

NHS Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

→ Practical tips for mental health, sleep, and coping strategies.

Bereavement and Loss

Child Bereavement UK

<https://www.childbereavementuk.org>

→ Support and guidance for young people dealing with loss.

Winston's Wish

<https://www.winstonswish.org>

→ Child-friendly explanations of grief and coping tools.

Puberty and Growing Up

BBC Bitesize (Puberty & PSHE)

<https://www.bbc.co.uk/bitesize>

→ Age-appropriate explanations about puberty and body changes.

Brook (Relationships & Sexual Health)

<https://www.brook.org.uk>

→ Honest, accessible information about puberty, bodies, and relationships.

Physical Wellbeing

NHS Better Health

<https://www.nhs.uk/better-health/>

→ Advice on exercise, healthy eating, and staying physically well.

FGM, Virginity Testing and Harmful Practices

NSPCC

<https://www.nspcc.org.uk>

→ Explains FGM and harmful practices in a safe, age-appropriate way and how to get help.

Forward UK (Foundation for Women's Health Research and Development)

<https://www.forwarduk.org.uk>

→ Information about FGM, why it's harmful, and support services

Gov.UK – FGM & Virginity Testing Guidance

<https://www.gov.uk>

→ Clear information that these practices are illegal in the UK and how people are protected.

