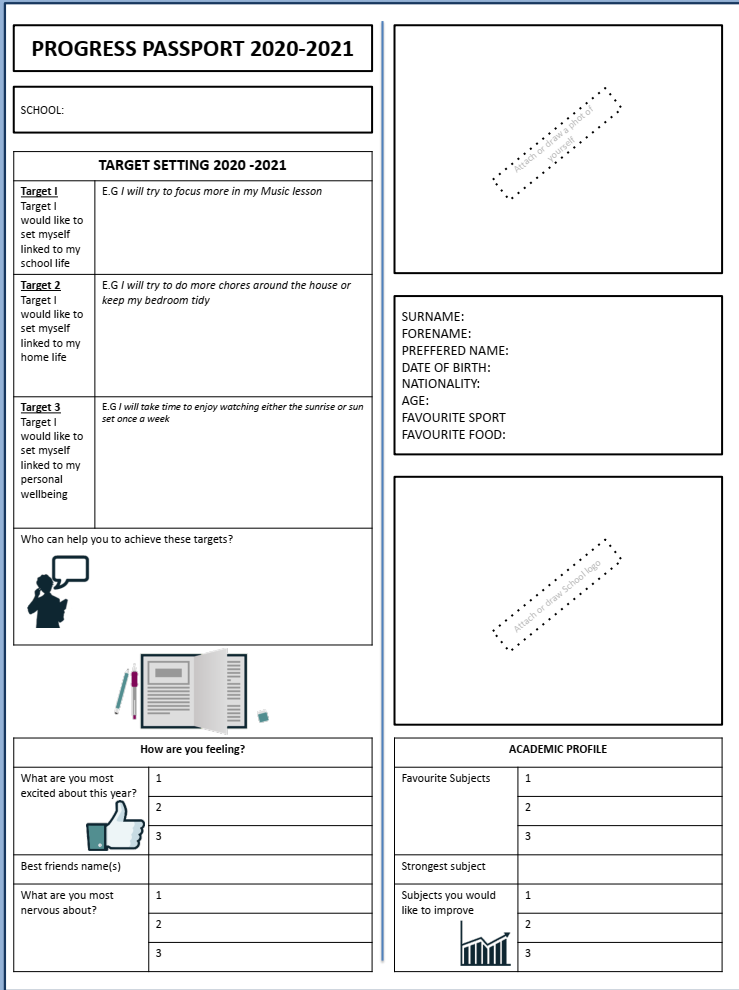
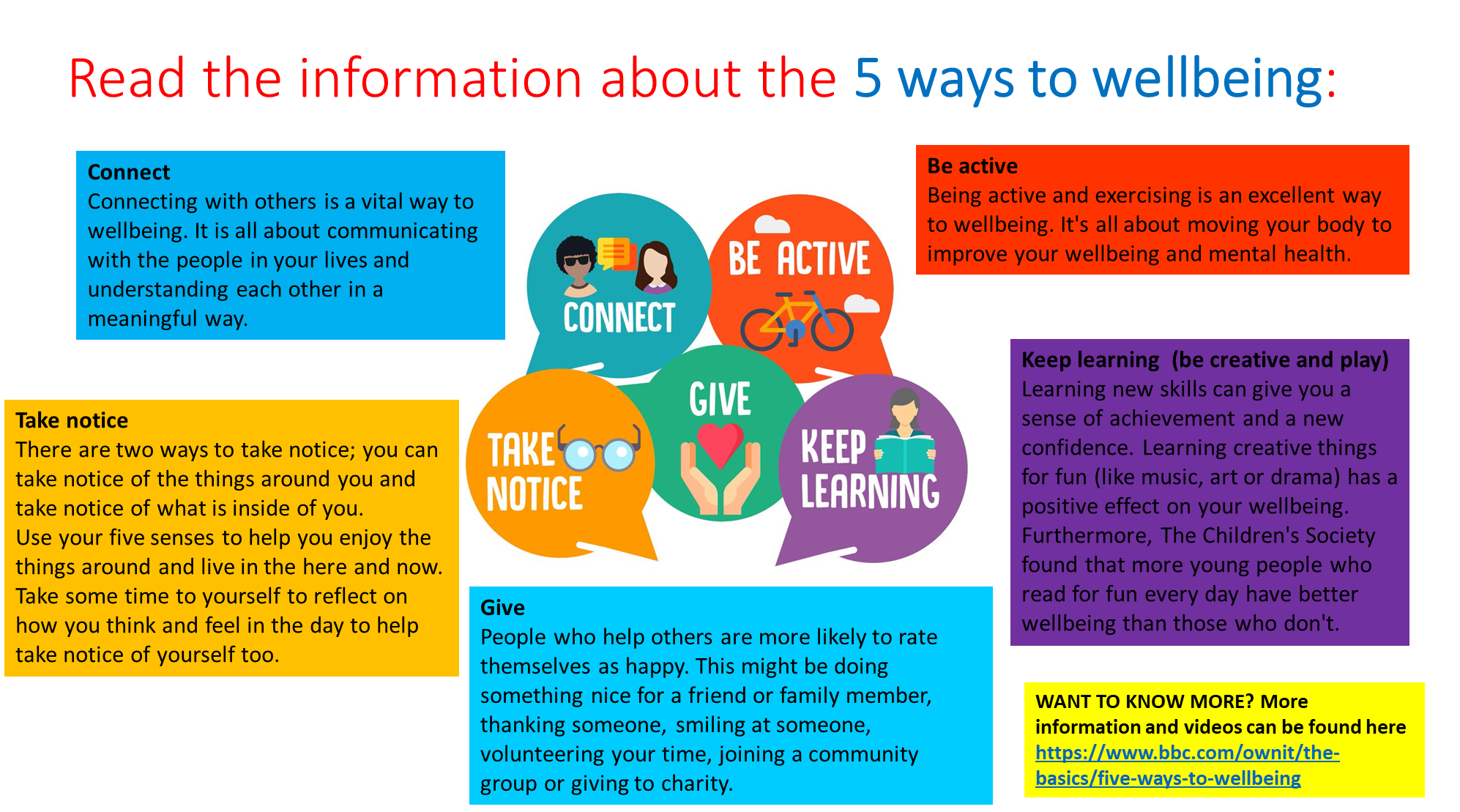
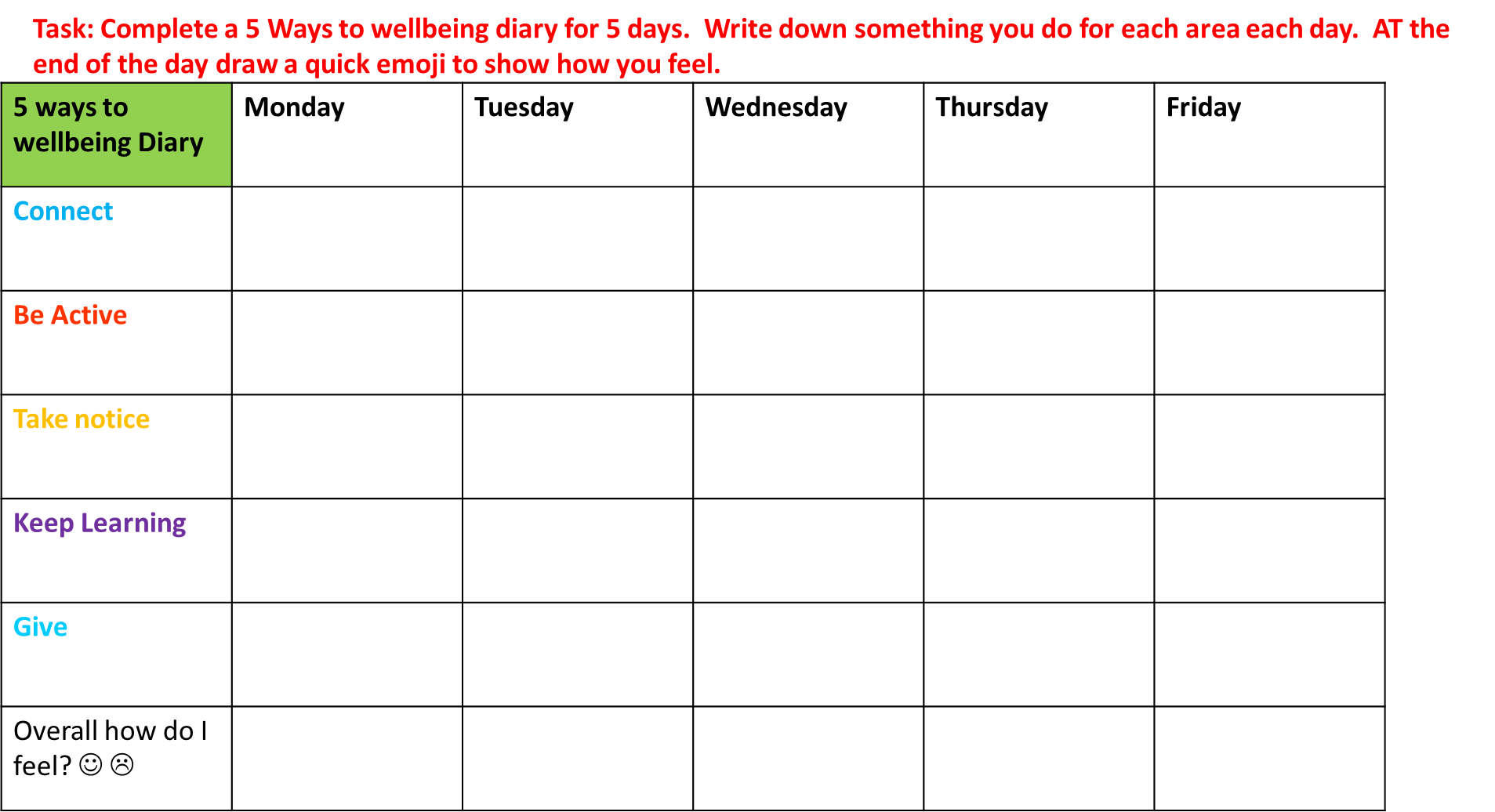
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**PSHE work booklet – Year 7**

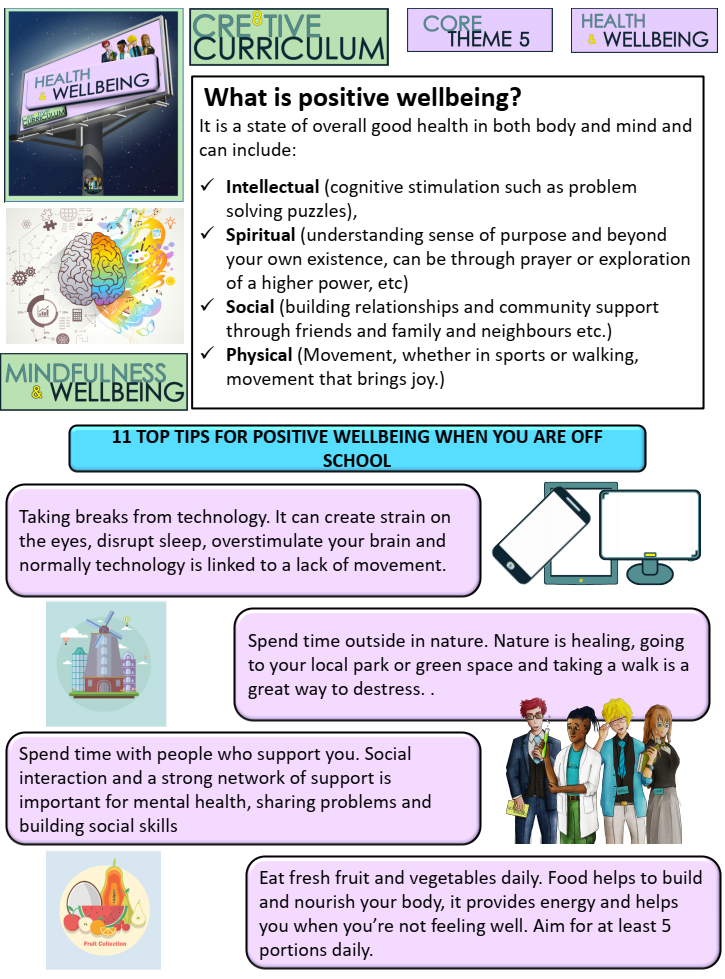
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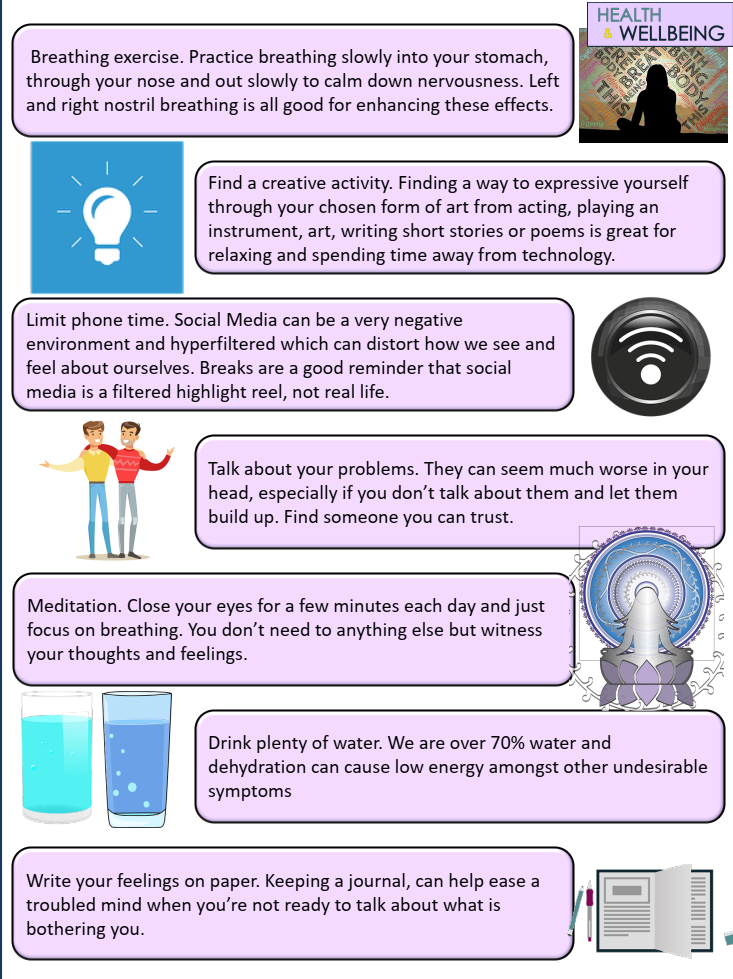
**Contents:**

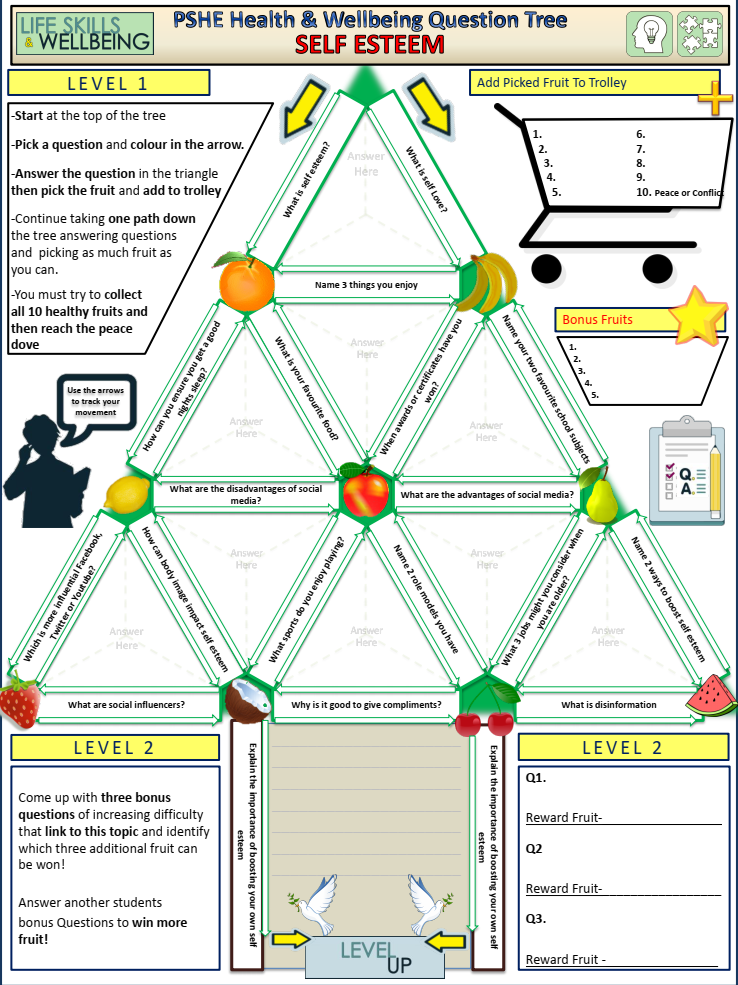
1. **Target setting sheet**
2. **5 Ways to wellbeing diary**
3. **Self-esteem activity**
4. **Dangers of smoking**
5. **Budgeting**
6. **Target setting- Fill in the following worksheet about you – think about your hopes and targets for the new school year.**
7. **5 ways to wellbeing**

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1. **Self esteem – Read through the information and complete the self esteem task sheet.**



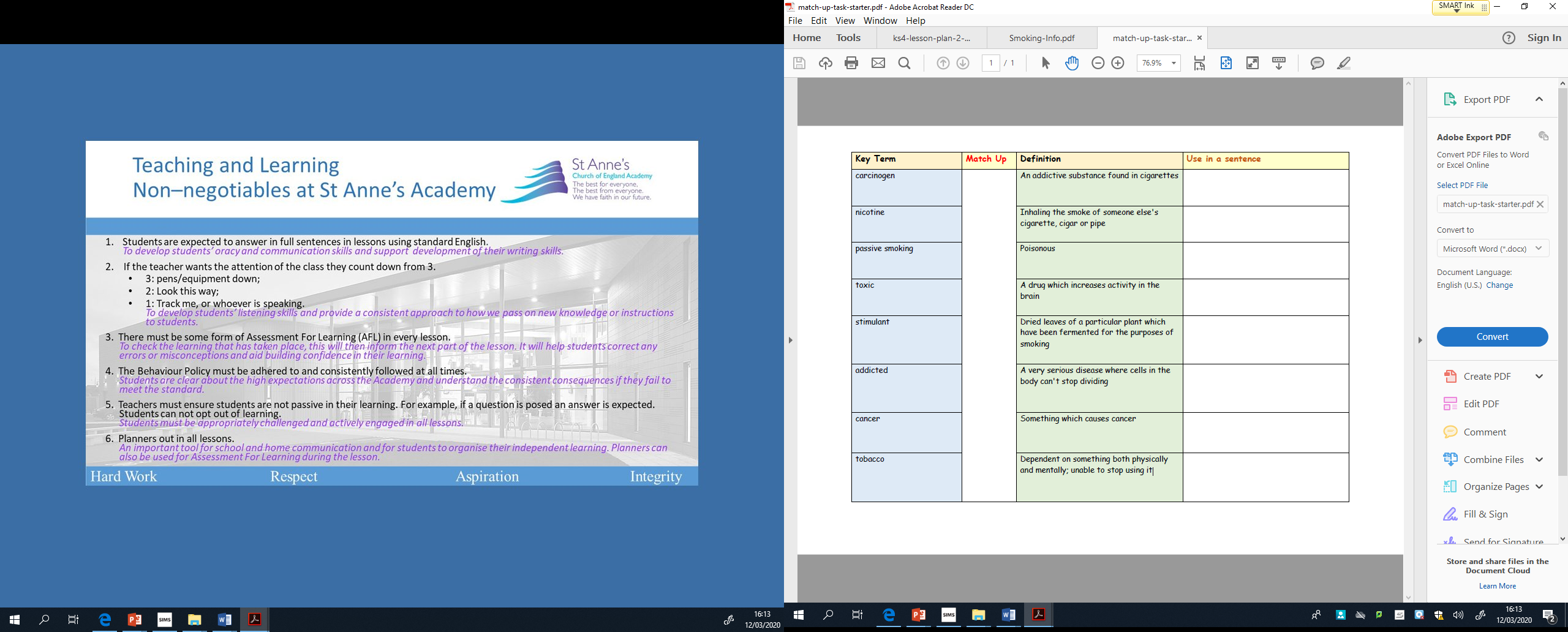




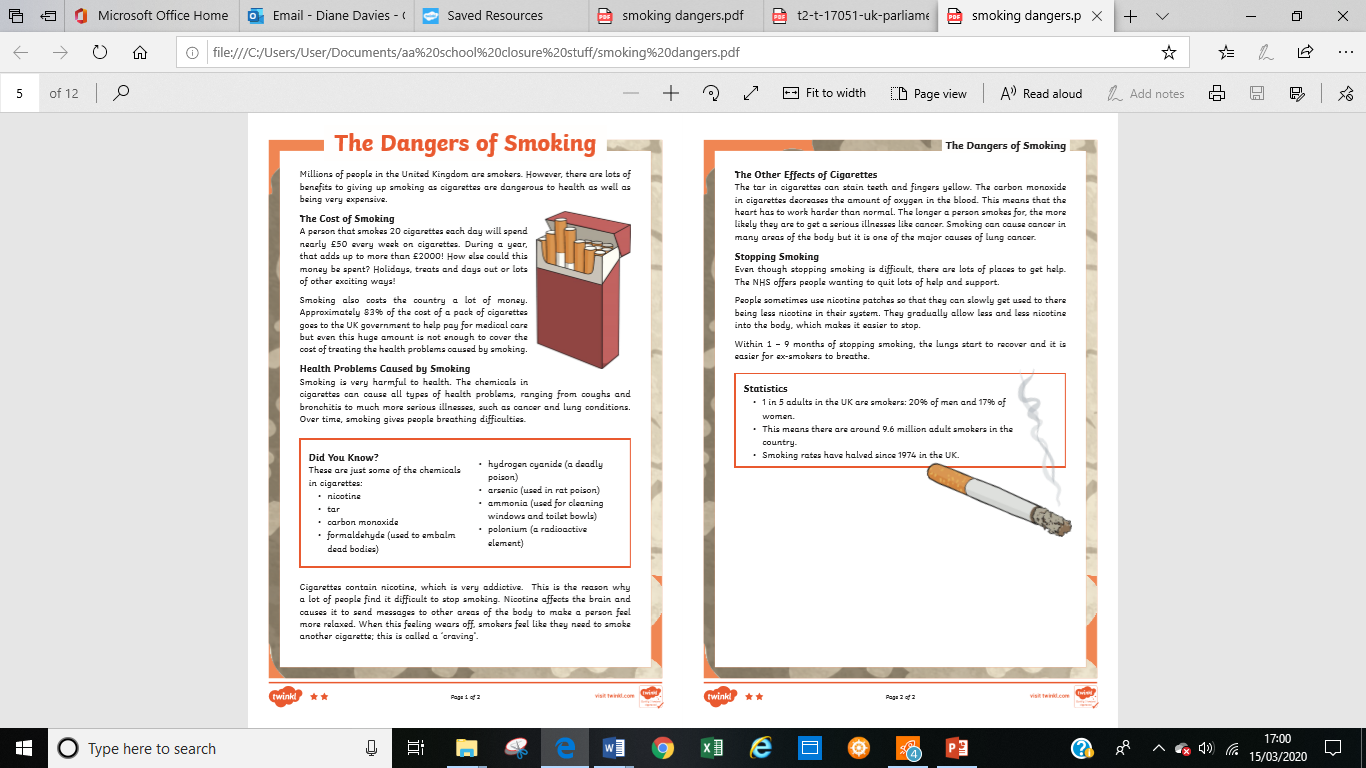
1. **Dangers of smoking**

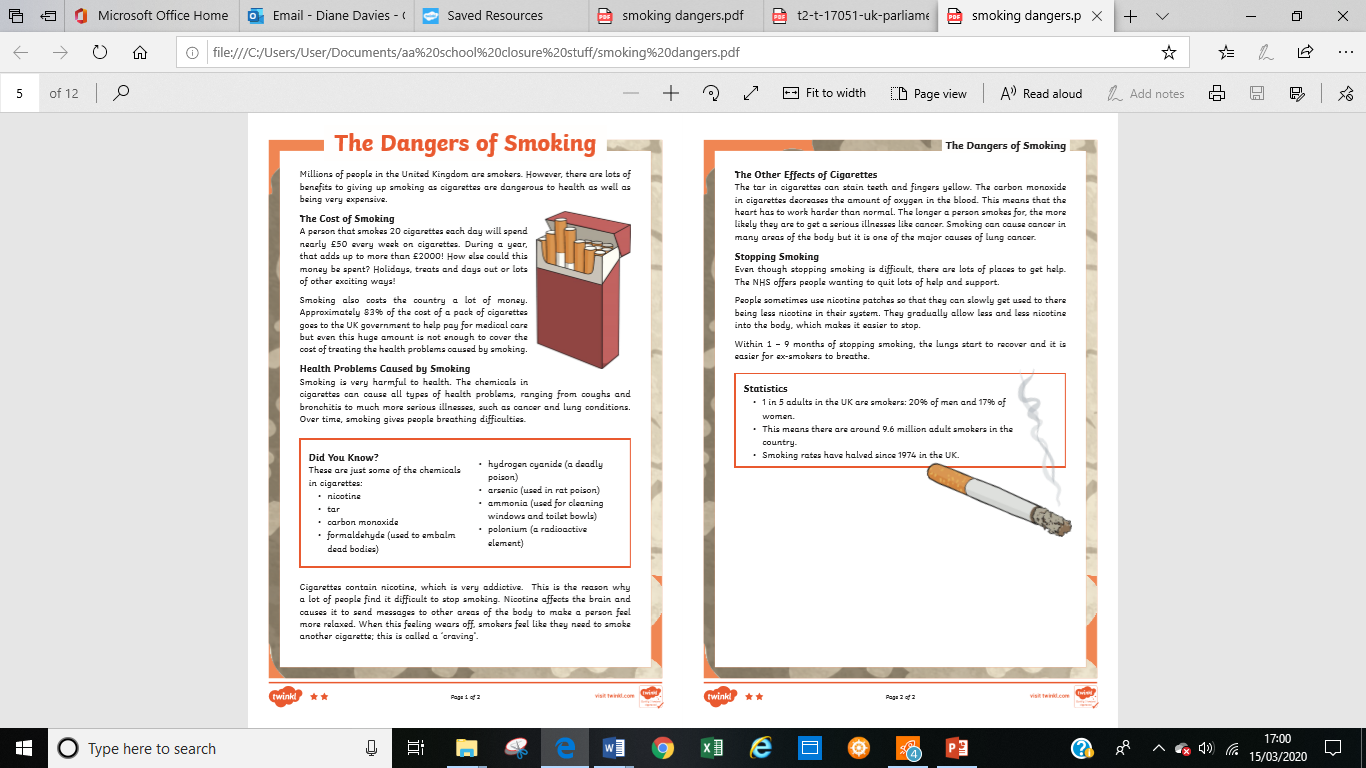
Year 7 PSHE :Dangers of smoking

L.O: To know the dangers of smoking

Task – Match up the key words with their meanings.

Task: Read this information about the dangers of smoking.





Task: Using the information above, answer the following questions in full sentences:

1. Why is smoking expensive for the UK government?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. How much does smoking cost an individual?

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1. What percentage of adults in the UK are smokers?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Why do people find it difficult to give up smoking?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. How is the brain affected by cigarette smoke?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. What is a craving? Explain why smokers experience craving?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Why do you think smoking in the UK has halved since 1974?

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1. What do some people use to help them stop smoking?

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1. Why does the heart have to work harder when someone is smoking?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Budgeting

A budget is a plan which helps you to manage your money by keeping track of how much you have (your income) and how much you spend (expenditure).

Task: Answer the following questions:

1. Where do you get your money from now?

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1. Where will you get your money from in the future (in 10-15 years time)?

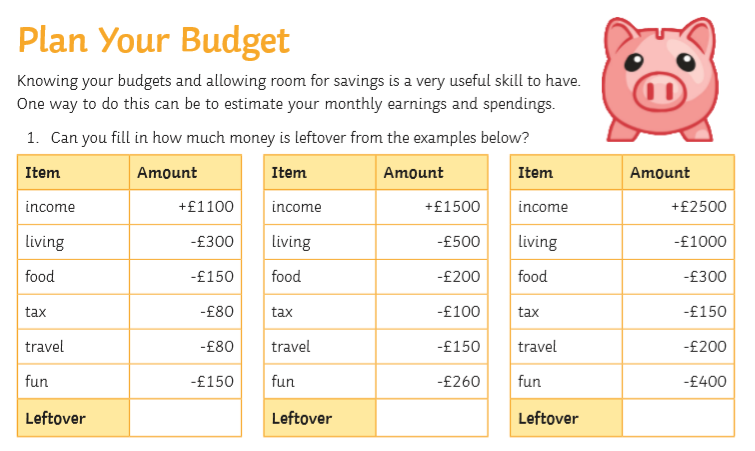
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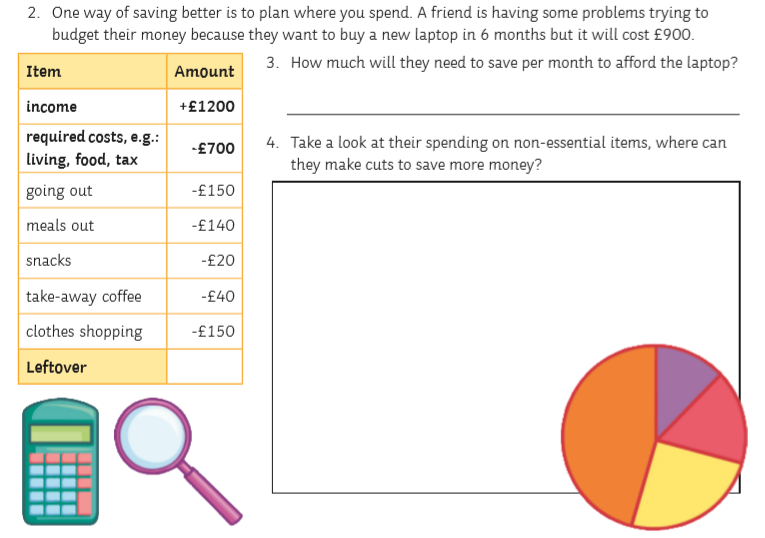
1. List five things you will NEED to spend your money on in the future?

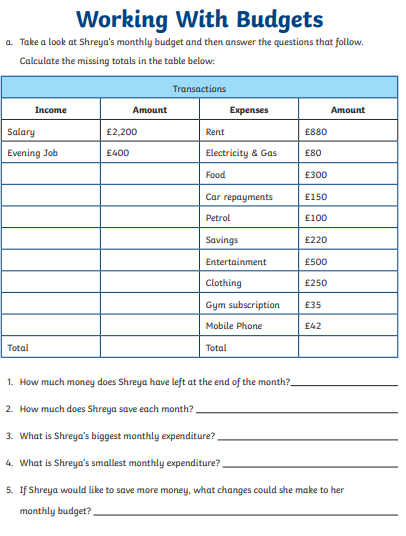
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Budgets are important because:

* Budgets allow you to keep easy control over your money.
* It ensures that money is not wasted or spent on frivolous things.
* It helps people save.
* It helps you monitor your spending habits.
* It helps you stay out of debt.







**TASKS:**

1. How much money does Shreya have left at the end of the month?
2. How much does Shreya save each month?
3. What is Shreya’s biggest monthly expenditure?
4. What is Shreya’s smallest monthly expenditure?
5. If Shreya would like to save money, what changes could she make to her monthly budget?

