

LYMM HIGH SCHOOL
YEAR 7
Health and Wellbeing

Pastoral Curriculum
Life programme
Spring term



Health and wellbeing session 1: Drugs Education: Caffeine, Alcohol and Tabaco

LO: Do I know how common substances can impact my health and how I can keep myself safe?

DO NOW:

Draw a stick person teenager.

- Add drugs a typical teenager may use
- Draw or write what the drugs looks like and how they are used
- Add any ideas you have about why this person uses them
- Add any of the effects of taking the drugs
- Add what the consequences might be for the person using the drugs

Health and wellbeing session 1: Drugs Education: Caffeine, Alcohol and Tabaco

LO: Do I know how common substances can impact my health and how I can keep myself safe?

What do you know or believe about caffeine?

What do you want to know about caffeine?

How is it the same or different from other drugs?

How is caffeine advertised/marketed, including to young people?

Scenario:

Jordan started drinking energy drinks as he wanted to make the school first team but often felt too tired to stay for training. After using the drinks for a while, he found his energy levels and mood were very 'up and down' and he got in trouble at school for being disruptive. By bedtime he struggled to sleep and spent most of the night wide awake, anxious about how little sleep he was getting. But if he tried not to drink energy drinks, he felt too tired to do anything.

1. Why is Jordan drinking energy drinks?

2. How do you think they are affecting his health?

3. What are the risks if he continues to consume them?

4. Are there any laws or recommendations on caffeine Jordan should be aware of?

What percentage of young people aged 11-13:

1. said they have never tried alcohol?
2. said they had drunk alcohol in the last week?
3. said they usually drank alcohol at least once a month?
4. said they thought it was OK to drink alcohol once a week?

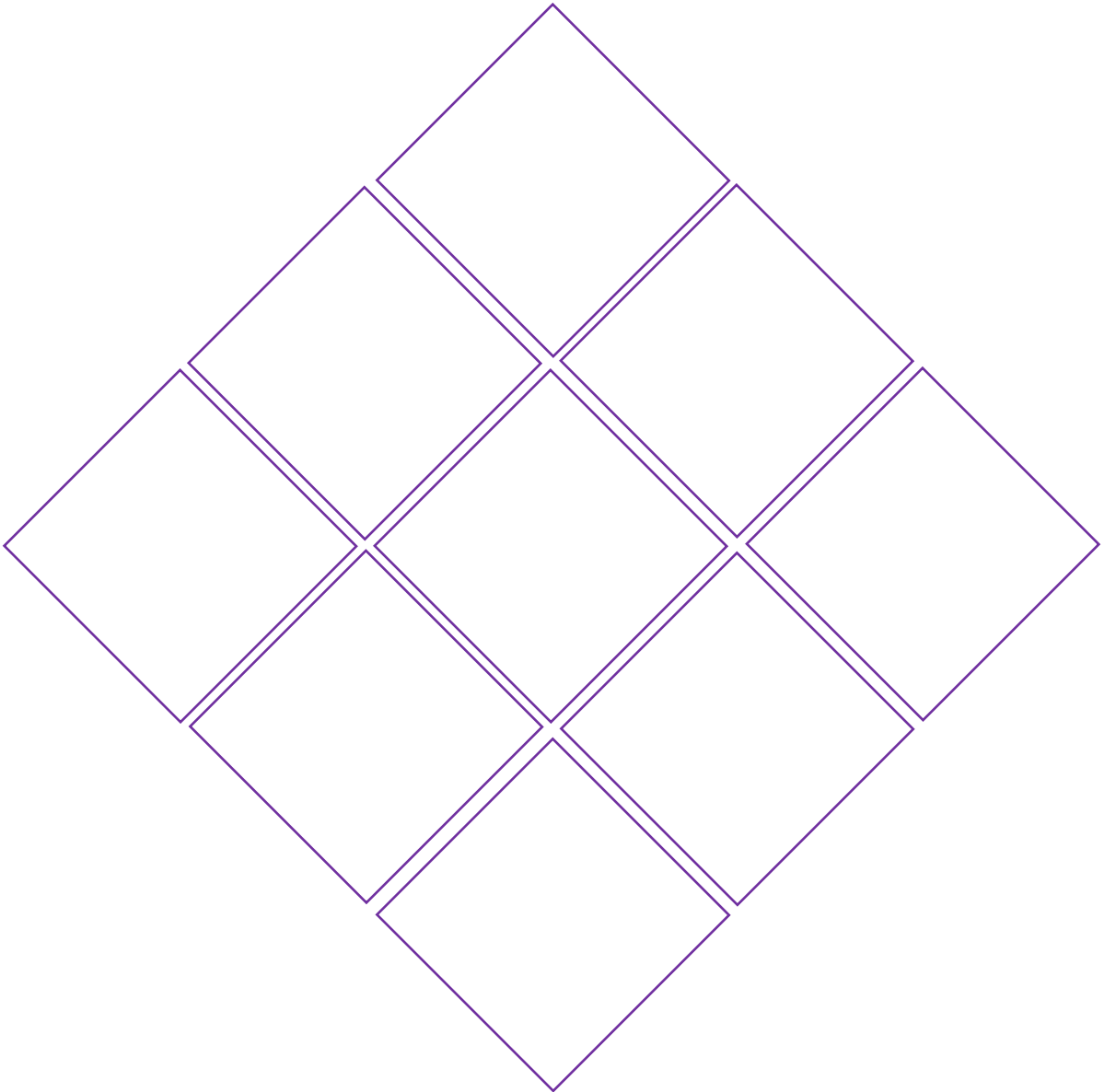
Reflection on the correct answers:

1. Were the actual answers different from your guesses? How?

2. Were there any answers that surprised you?

| | | |
|---------------------------------------|--|--|
| memory loss | falling out or breaking up with someone | stroke |
| alcohol dependency | feeling and/or being sick | acne |
| drowsiness | alcohol poisoning | illnesses related to high blood pressure |
| regret or guilt about their behaviour | obesity | dizziness |
| cancer | feeling sociable | accidents and injuries due to falling over |
| diarrhoea | dental health issues | poor judgments and decisions |
| a 'hangover' the following day | embarrassment from doing something they wouldn't have usually done | dehydration |
| liver disease (cirrhosis) | headache | fertility issues |
| depression | lack of inhibitions | |

Fill in the diamond 9 below with how you rank the influences (from the board) as to why young people may consume alcohol.



What is your estimate?

Write in the correct answers as we go through them!

1. What percentage of young people aged 11-13 have never tried smoking cigarettes?
2. What percentage of young people aged 11-13 say they are regular smokers?
3. What percentage of young people aged 11-13 are regular users of e-cigarettes/vapes?

I've never smoked anything before but my dad used to smoke cigarettes and is trying to quit. The other day, I found one of his e-cigarettes and thought I might give it a try.

I've known for a while that a friend smokes. Yesterday they offered me a cigarette on our walk home from school. The rest of our group tried one and then it felt like it was my 'go'.

Last week, I was at my best friend's party and walked into his older sister's bedroom. The air was full of smoke and she and her friends were all sitting in a circle smoking. They invited me to join them.

I went to my auntie's wedding which was held at a shisha bar. My cousin called it a "hookah lounge" and said they are part of our cultural heritage. There was a hookah at each table. Lots of people were smoking from them.

I've never smoked anything before but recently my favourite YouTuber was seen smoking a vape. I've noticed the fruity, sweet smell when I've walked past people on the street vaping. I'm starting to think vaping isn't a big deal.

What influences young people's decision to smoke?

1. Curiosity
2. Peers
3. Intimidation or 'impressing' others
4. Perceptions
5. Role models



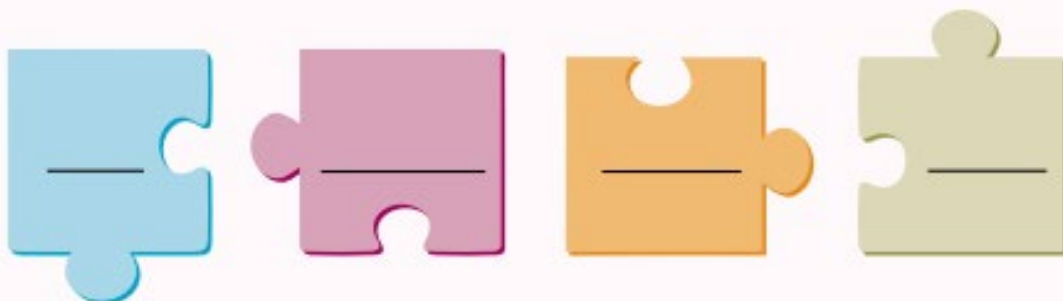
Your Advice:

| | | | |
|--------------------------|----------------------|------------------|---------------------------|
| Alcohol | Caffeine | Drugs | Short term effects |
| Long term effects | Healthy | Help | Overdose |
| Heart | Mental health | Influence | Role model |

Your summary

Mental health as a spectrum worksheet

What are the components of good mental health?



The mental health spectrum:



What does good mental health mean?

Who can I speak to in school?



Case study

Part 1



Joey is being bullied at school. Some people in their class have been calling them names and it doesn't seem to be getting any better. Joey has a few close friends they can spend time with at lunch times. Joey tries to stay away from the bullies

SLIDE 14

- How did the mental health of the character in the case study change?
- What kind of help did the character need, and did they get it?
- What could the character have done to support themselves?
- What don't we know about this character and their situation?



SLIDE 13

Case study

Part 2



The bullying is now taking place outside of school as well. Joey is receiving unfriendly messages and calls. They feel unsafe and have been off school two days this week. Joey feels really overwhelmed

SLIDE 14

- How did the mental health of the character in the case study change?
- What kind of help did the character need, and did they get it?
- What could the character have done to support themselves?
- What don't we know about this character and their situation?



Reflection worksheet

Lesson 2

MENTAL HEALTH

Good mental health / coping well



Mental health problems / not coping well

One thing I have learned:

One thing I would do differently:

One question I would like an answer to:

Guess my favourite self-care activity

10
questions

Yes or no
answers

YES!



How can we show ourselves kindness?

Be your own friend:

Check in with
how our mind and
body is feeling.



Touch base
with our thoughts,
feelings and
emotions.



Recognise how
our words and actions
towards ourselves
make us feel.



Thought swaps worksheet



I'm not good enough



I am enough as I am

I can't



I'm trying

I've failed



One thing I have learned.

One thing I will do differently.



One question I would like an answer to.

One thing I have learned.

One thing I will do differently.

One question I would like an answer to.

What does a healthy relationship with ourselves mean to you?



How can we develop a healthy relationship with ourselves?



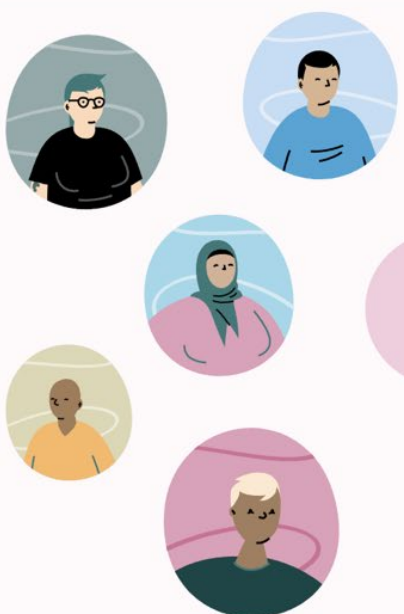
How can we develop a healthy relationship with ourselves?



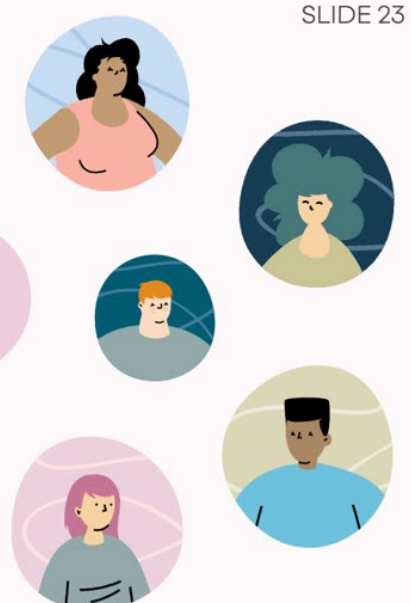
What might the barriers be to developing a healthy relationship with ourselves?



What support from ourselves or others would be needed to reduce these barriers?



Reflect on the things that make you, you.



Challenging Appearance Pressures (Private Reflection)

Name: 

What could you do to show that you don't agree with the way professional media emphasises an unrealistic 'ideal' way to look?

What could you or others do differently on social media when creating or sharing pictures, films and messages?

How could changing your behaviour help people to feel better about the way they look?

Feeling stuck?

How could you let companies know that you are unhappy with the unrealistic images they use to sell products? Could you use social media to let others know you are unhappy? How would you do this?

Think about what you could do differently when you comment on your friends' photos? Could you change the type or style of photos you choose to upload?

How might it feel to see more realistic, unedited photos on social media? Would this reduce the appearance pressures people face?

Be a Champion for Change!

Work by yourself. Write down one thing you will start doing, or do differently, to champion what is 'real' in yourself and others as a result of today's workshop.

I pledge to

Feeling stuck?

Think about what will help you challenge the pressure you and your friends feel to look a certain way. Try to choose a simple action

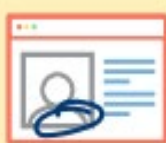
Celebrate your individuality and the diversity of the people you know. We are all one of a kind!



Pressure to look a certain way comes from the world around us.



It's important to remember images of people that we see in all types of media aren't always real.



It's unfair for people to compare themselves to this media.



Reflection worksheet



WHAT DO I UNDERSTAND BY MENTAL HEALTH?

One thing I have learned:

One thing I would do differently:

One question I would like an answer to:

What is Body Confidence?

Appearance Ideals

The way our society tells us is the ideal or 'best' way to look at a certain point in time.



What appearance pressures might young people face?

Make a list or a mind map below and be ready to share:

TIF- Mind map ideas about the statement below

**What Appearance
Pressures Might
Young People Face?
Activity 2**

Appearance Ideals

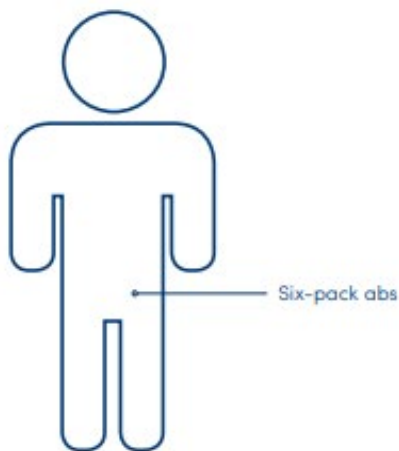


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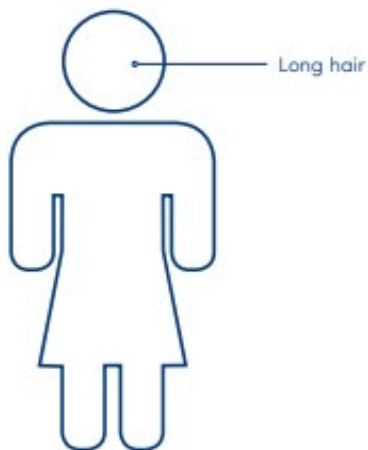


Label the body below with as many features as you can that make up today's appearance ideals.

What are appearance ideals for males?



What are appearance ideals for females?



What can trying to match appearance ideals cost someone?

Time (e.g., late for school because of spending too much time styling hair)

Money (e.g., buying all the latest 'must-have' products)

Emotions (e.g., not feeling good enough)



Where Might Young People find out about Appearance Ideals?



Make a list or a mind map below and be ready to share:

Blank space for creating a list or mind map.

What impact does the media have on self-esteem?

Mindmap your ideas and discussions, ready to share





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Extension Activity

How do you Respond to Professional Media?

Work in pairs and label yourselves Person A and Person B.

Read the situations below and practise how to respond when you see images in professional media.

01

Person A

Imagine you are advising the friend described below. Share with Person B what you would say or do to support the friend.

A friend is watching this popular television programme and says: 'Look at those bodies! I wish I had abs like that.'



02

Person B

Imagine you are advising the friend described below. Share with Person A what you would say or do to support the friend.

On the bus journey home, a friend sees this bus stop and says: 'Wow, she looks so attractive - especially her full lips. I wish I looked like that.'



Feeling stuck?

It's not possible to look like them because... Think back to the 'Dove: Selfie' films you watched.

Life Programme Health and Wellbeing. Lesson 4: How Important is sleep?

LO: Do I understand the importance of sleep and the impact it has on my health?

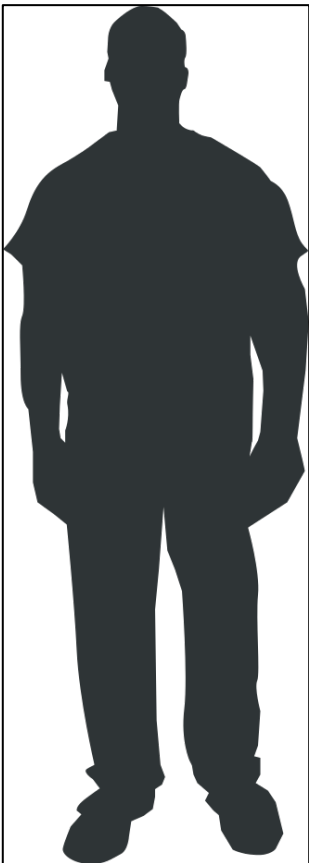
DO IT NOW:

Complete the short True or false sleep quiz on your own.

| STATEMENT | T/F | COMMENTS |
|--|-----|----------|
| Teenagers need more sleep than adults | | |
| Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday | | |
| Most teenagers on average get the right amount of sleep | | |
| It is recommended to eat a small snack before bedtime | | |
| It is helpful to use a phone app to help track and promote sleep | | |
| Naps should be no longer than 30 minutes | | |
| It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks | | |
| Getting healthy sleep can improve school results | | |
| Using the night setting on a phone means it doesn't have any effect on sleep | | |

Fill in the confidence tracker below for yourself.

| BASELINE CONFIDENCE CHECKER | | | | | | | | | | |
|---|---------------|---|---|---|-----------|---|---|---|----------------|----|
| BEFORE THE LEARNING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | NOT CONFIDENT | | | | CONFIDENT | | | | VERY CONFIDENT | |
| I can talk about my own sleep habits and patterns | | | | | | | | | | |
| I can explain the difference between good and bad sleep | | | | | | | | | | |
| I know some strategies that help nurture good sleep | | | | | | | | | | |
| I know the impact bad sleep habits can have on the body | | | | | | | | | | |



Being sleep deprived can have a massive impact on our general health.

Do you ever feel this way?

What do you think could be wrong with this person?

I've been really struggling to concentrate at school - even with tasks I would usually find simple.

My weight has been fluctuating a lot.

I have been very easily irritated and I end up snapping a lot.



I've been snacking on sugary foods and drinking lots of coffee.

My memory hasn't been great recently.

I keep getting colds.

Sleep deprivation can impact the following:

- Organ functions
- Cardiovascular system (heart)
- Metabolism
- Digestive system
- Skin health
- Weight
- Immune System
- Mental health
- Growth Hormone production



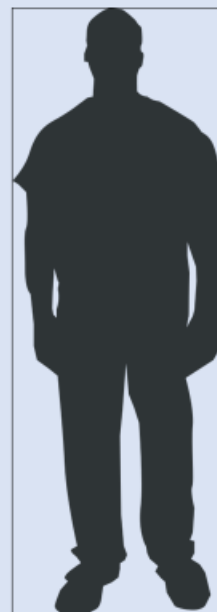
Do we actually need sleep?

During sleep, pathways form between nerve cells (neurons) in your brain that help you remember new information you've learned. Sleep deprivation leaves your brain exhausted, so it can't perform its duties as well.

The signals your body sends may also be delayed, decreasing your coordination and increasing your risk for accidents.

Sleep deprivation also negatively affects your mental abilities and emotional state. You may feel more impatient or prone to mood swings.

It can also compromise decision-making processes and creativity.



KLAUDIA (12 YEARS OLD)



Klaudia has a really busy after school schedule. She finishes school at 3.30pm, and stays behind for homework club most days, until 4.30pm. She then helps out in the family shop until 7pm before she goes to basketball training three times a week (between 7.30 and 9pm). So when she gets back home she needs to shower, wash her hair and usually eats dinner at about 9.30 or 10pm. Then she relaxes by watching TV or chatting on social media before falling asleep around midnight. She is always tired when her alarm goes off at 7am to get ready for school, and usually snoozes it for at least half an hour.

BENJI (13 YEARS OLD)

Benji feels tired all the time. He finds it really difficult to wake up in the morning so gets into an argument with his parents most mornings and gets blamed for making everyone late. He often gets into trouble for being late to school, too. He drinks a caffeine drink on the way into school to help him wake up and usually has three or four more

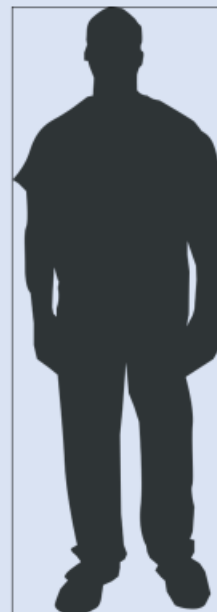


during the day. He sometimes finds himself falling asleep during lessons, and most days he has a nap when he gets home from school, between about 4.30pm and 6pm. The only time he feels energetic or awake is in the evening, and doesn't feel tired when he tries to go to bed! At the weekend he usually has a lie in until 1pm to catch up on sleep, but stays out late with friends on Friday and Saturday nights.

So how can good sleep benefit us?

LIFE
PROGRAMMEHEALTH AND
WELLBEING

1. Can improve short and long term memory
2. Can improve mood and feeling more upbeat
3. Makes it easier to pay attention and stay focused
4. Helps keep skin looking fresh and clear
5. Supports healthy brain growth and development
6. Reduces stress
7. Improves athletic performance and reaction speeds
8. It increases academic performance
9. Can help develop creative thinking



Review your knowledge

BASELINE CONFIDENCE CHECKER

| BEFORE THE LEARNING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---------------|---|---|---|-----------|---|---|---|----------------|----|
| | NOT CONFIDENT | | | | CONFIDENT | | | | VERY CONFIDENT | |
| I can talk about my own sleep habits and patterns | | | | | | | | | | |
| I can explain the difference between good and bad sleep | | | | | | | | | | |
| I know some strategies that help nurture good sleep | | | | | | | | | | |
| I know the impact bad sleep habits can have on the body | | | | | | | | | | |

Healthy sleep campaign

Create an advertising campaign to promote healthy sleep.

This could include ...

- A poster or flyer to raise awareness
- A tagline or slogan
- A logo
- An information leaflet

