YEAR 8
PSHE
Autumn Term

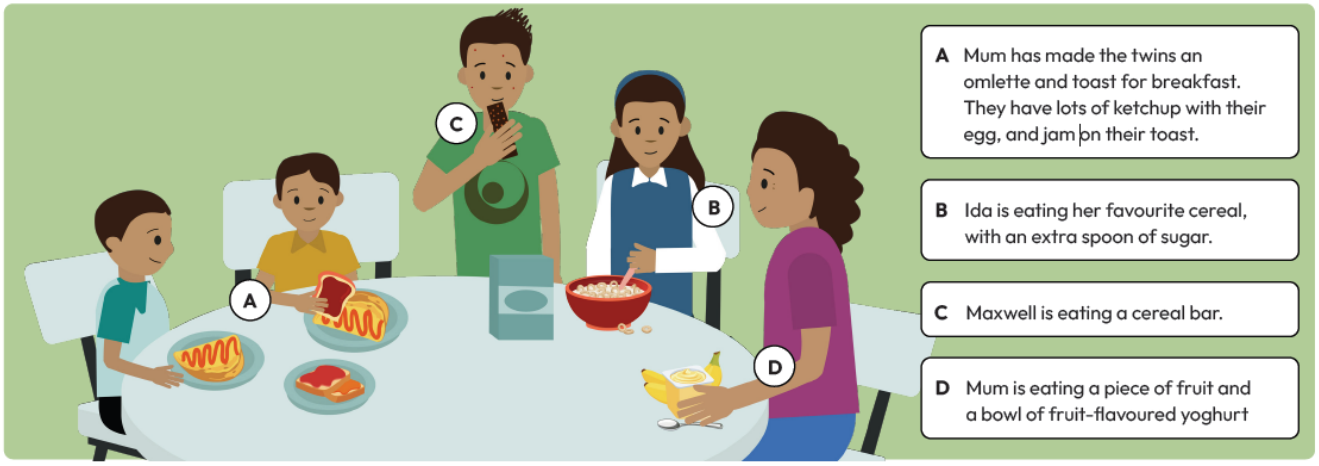
Name:…….. Form: …….



Making Healthier Choices:

Food, Dental Health, Being Active and Sleep:

How healthy do you think each family member's breakfast is? Write each of their names on the scale to show your opinion.

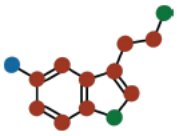


A Mum has made the twins an omlette and toast for breakfast. They have lots of ketchup with their egg, and jam on their toast.

B Ida is eating her favourite cereal, with an extra spoon of sugar.

C Maxwell is eating a cereal bar.

D Mum is eating a piece of fruit and a bowl of fruit-flavoured yoghurt

Cooking healthier foods can be a good way to spend time with others. Cooking together, or for others, can make people feel good. 	Healthier foods such as fruits and vegetables have important nutrients, including vitamins and minerals, which help the body to work well. For example, vitamin C for healthy cells, or calcium for healthy bones. 	Sometimes buying healthier foods can be expensive. 
Eating healthier foods can help the brain to stay focused. 	Sometimes it can be easier to find less-healthy foods in the shops, which don't take long to prepare. 	Eating healthier foods helps the body make hormones which make people feel good. 
What is another benefit or barrier you can add? How might people feel about making food at home?	What is another benefit or barrier you can add? What might make someone excited or nervous about food?	What is another benefit or barrier you can add? How can food affect someone's body?

Make notes on food types and how food helps us (food types and nutrients):

What strategies could Ida, Mum or Maxwell use to make healthier food choices this week, and in the future?

Dental Health

- What can someone do to keep their teeth and mouth healthy?
- What is the difference between dentistry for health purposes and dentistry for cosmetic purposes?
- What might a young person need to know about visiting an NHS dentist?

Task 1

Task 2

Task 3

Task 4

Sleep – Draw your person:

STATEMENT	T/F
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	

Climate Change and Wellbeing

DNA: Look at the images on the views on climate change and answer the following questions:

1. Where might people get information about climate change from?
2. What else might influence people's views about climate change?
3. How can people with different views about climate change discuss the topic constructively and respectfully?
4. How might someone feel about climate change and how might these feelings affect them?
5. What are some benefits of connecting with nature?

- Connecting with nature: How does it make you feel? What can you **see** that's beautiful? What different **colours** or **textures** do you notice? What sounds can you **hear?**

- Make a note of words or phrases to describe how focusing on nature made you feel.

Refuse:

Reuse:

Recycle:

Repurpose:

Reduce:

Private reflection:

Navigating Different Views

1. 'People would be happier if they could spend more time in nature.'

   Disagree ◄——————————————► Agree

2. 'Taking a break from the news and climate-related media is one of the best things people can do to help manage challenging emotions about climate change.'

   Disagree ◄——————————————► Agree

3. 'Social media is the biggest influence on people's views about climate change.'

   Disagree ◄——————————————► Agree

4. 'Even if people have different views, it's important to talk about climate change.'

   Disagree ◄——————————————► Agree

5. 'The most important thing to do in any discussion about climate change is listen.'

   Disagree ◄——————————————► Agree

What makes a constructive and respectful conversation?

What have we learned?

- What shapes our views?

Kole: It really gets to me because I care about it so much and I think everyone has a responsibility to do their best to help. Recently, my cousin inspired me to do a challenge where you eat vegan one day a week and now I'm fully vegan. I follow some people online, including environmental charities, who keep me motivated and share vegan recipes! It's difficult with my mum though, I feel like she doesn't get it. The other day she sighed and said I was being 'fussy' when I asked if something was vegan. I feel like she thinks I'm trying to be dramatic or difficult, but I just want to do what I can to help. Sometimes I wish I could talk to her about how I feel because it's such a big part of my life and I think about it so much. But it's hard to know what to say.

Nic: It's so tough seeing the news about how bad things are – it feels like every day there's another extreme weather event and it can just be too much to deal with! I chat about it a lot with my friends. Me and my best friend, Levi, watched a documentary about how communities around the world are being affected by climate change. Seeing how unfair things are really made me want to do more. So me and Levi are now part of the eco-committee at school, focused on raising awareness and we run events like clothes swaps, which is fun! At home I recycle and I walk as much as possible. The only thing is, sometimes Levi makes comments that make me feel like I should be doing more. She was telling people I wasn't that committed because I got a plane to go on holiday last year. Her family gets trains, but my dad says they're expensive and he doesn't have enough time off work. I'm doing what I can, but yeah I guess sometimes I feel guilty that I should be doing more.

Louisa: I think we should all have the freedom to live how we want and enjoy our lives. I don't think the government should be telling us what we can and can't do. From posts and articles I read online, humans aren't causing climate change anyway. My grandad was a gardener and loves nature so he's always sending me petitions and really worries about the future. I'm not really that interested in plants and flowers, but I do care about my grandad's feelings, so I try to talk to him about these things. I don't want him to worry about the future though – it won't change anything, so what's the point?

Reflection:

Safety: Fireworks, Road and Water

DNA

1. What do you think Rio and Dora are talking about?
2. What concerns might Rio have?
3. How might Rio be feeling?
4. What might they do next?

Quiz answers:

Notes from quiz:

Resource 2: The firework code



Never throw a firework (including sparklers). It is also illegal to use a throwdown firework in a public place.



Don't return to a firework once it has been lit as it may still go off. Fireworks should be soaked in water overnight before being thrown away.



Keep pets indoors when fireworks are being used outside.



Carefully read the instructions on all types of fireworks, including sparklers and 'fun snaps'.



Stay behind any fences or barriers when attending an official display or bonfire. A bonfire should always be put out with water.



Wear gloves when holding a sparkler and keep it at arm's length. Always put sparklers in a bucket of cold water without touching the end as this will be very hot.

Remember, outdoor fireworks are only to be used by adults aged 18+, who must...



Only use fireworks that say 'CE' or 'UKCA'



Only use outdoor fireworks at official displays, or in private gardens.



Keep fireworks in a closed box and only take them out one at a time.

1) How is the firework code being broken in each scenario?
2) Is the law being broken in each? If so, how?
3) What risks or dangers are present?
4) Who might be most at risk?

Scenario 1:

Scenario 2:

Scenario 3:

Roads

Statement	Level of risk 1 to 10 (1 is the lowest and 10 the highest)									
	1	2	3	4	5	6	7	8	9	10
Crossing the road when a green man is not showing.										
Not wearing a seatbelt in a car.										
Getting into a car with a driver who has had an alcoholic drink or taken drugs.										
Listening to music when crossing the road.										
Using a phone (eg texting) when crossing the road.										
Not crossing the road at a designated crossing point.										
Cycling on a pavement.										
Walking in a big group when crossing the road.										

Responsibilities		Driver, passenger or pedestrian? (Please tick icons below)
1	Being aware of and alert to the surrounding environment.	
2	Checking for other road users before opening a car door.	
3	Looking before crossing the road.	
4	Being aware of road conditions (eg icy roads).	
5	Being aware of cyclists.	
6	Keeping to the right-hand side on a road.	
7	Keeping to the left-hand side on a road.	
8	Helping other road users see them.	
9	Giving way to emergency vehicles.	
10	Wearing a seatbelt.	

Reflection:

Water safety: what are the risks when you are near water?

Scenario 2: Gav, Danny, Jakub and Ahmed

Gav, Danny, Jakub and Ahmed have been friends since they started secondary school. They first met on the basketball team and have always been risk-takers and like pulling pranks to make each other laugh.

It's a really hot day today, so they are all going to the riverside to cool off. Gav and Danny are good swimmers and know a great shady spot to hang out by the bridge. They're all laughing and joking on the way there, teasing each other about who is the bravest in the water.

When they get to the river, the banks are more slippery than usual, but they find a spot and are sunbathing in their shorts. They start running in and out of the water, leaping between rocks, splashing each other and trying to push each other in.

Jakub tells the others he's jumped off the bridge before, and it was a real rush. Gav and Ahmed don't believe him.

"You're gonna have to prove it, mate," jokes Danny.

Thinking about your water safety talks with Ms Payne in the Summer term: What should you do if you or someone else is in trouble in the water?

Reflection: What might you say to someone who is trying to persuade you to do something unsafe? When and where is this learning most relevant to you?

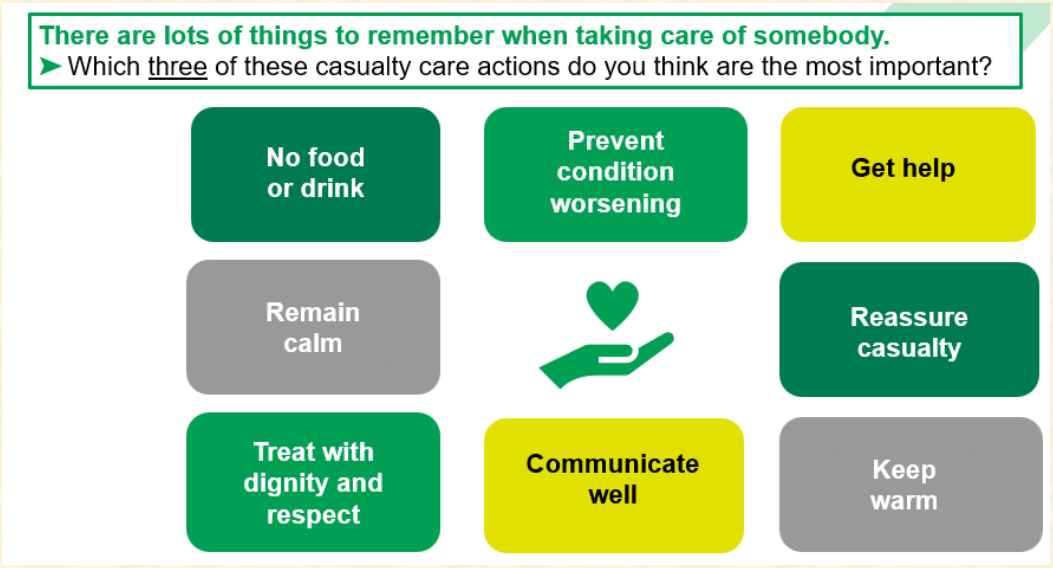
Basic Life Support – St John's Ambulance

DNA

1. What would you do if someone suddenly collapsed in front of you?
2. Who would you call in an emergency in the UK?
3. What information might an emergency operator need from you?
4. Why do you think acting quickly is important if someone's heart stops beating?

Which three are most important and why?

There are lots of things to remember when taking care of somebody.
➤ Which <u>three</u> of these casualty care actions do you think are the most important?



Activity 2

Give examples of how someone could have a breathing or circulation emergency

Circulation (blood travelling around the body):
1.
2.

Breathing (air in and out via the lungs):
1.
2.

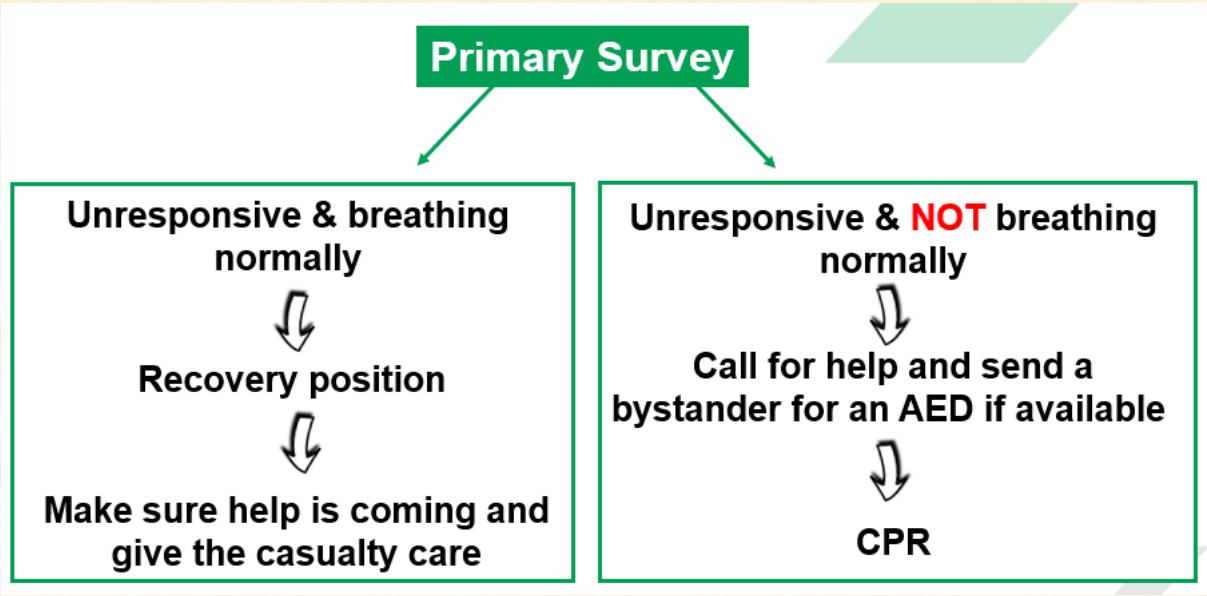
What does DR ABC stand for?

D	R	A	B	C

Describe each link of the chain of survival and explain why it is important

Early Access:
Early CPR:
Early Defibrillation:
Early Advanced Care:

What is CPR?



Review: Roll the dice

Health – Alcohol, Smoking & Drugs

What are the negative effects of alcohol? Complete the mindmap below



Write down the short term and long term effects of alcohol in the boxes below:

Short term effects

Long term effects

In pairs complete the quiz below and be ready to discuss your answers

1. It is illegal to give an alcoholic drink to a child who is under the age of 5.
   ☐ True ☐ False

2. At what age can a young person be bought an alcoholic drink with a meal which will be eaten in a restaurant?
   ☐ 18 ☐ 16 ☐ 14

3. Are there any parts of the body that alcohol does not affect?
   ☐ Yes ☐ No

4. Alcohol is a drug.
   ☐ True ☐ False

5. Some religions ask their followers not to drink alcohol.
   ☐ True ☐ False

6. Alcohol is not a health worry for people in the UK.
   ☐ True ☐ False

7. Estimate how many children live in a home where one or both parents are problem drinkers.
   ☐ 112,000 ☐ 540,000 ☐ 920,000

8. Alcohol raises a lot of money in taxes for the government.
   ☐ True ☐ False

9. How many 15 year olds in the UK drink alcohol?
   ☐ 63% ☐ 46% ☐ 99%

10. Which drug causes the most problems among young people in the UK today.
    ☐ Cannabis ☐ Alcohol

11. More young men than women drink alcohol frequently and to excess.
    ☐ True ☐ False

12. Young people find it difficult to buy alcohol.
    ☐ True ☐ False

What are the negative effects of smoking? Complete the mindmap below

Smoking & Vaping

Write down the short term and long term effects of smoking and vaping in the boxes below:

Short term effects

Long term effects



Complete the sentences below with the key words that are in bold

carcinogen	**brain**	**cigarettes**	**heart**
addicted	**lung cancer**	**chemicals**	**quarter**
20	**emphysema**	**bronchitis**	**oxygen**

Smokers are _ _ times more likely to die from _ _ _ _ _ _ _ _ _ than non-smokers. There are thousands of different _ _ _ _ _ _ _ _ _ in _ _ _ _ _ _ _ _ _ _, some of them are poisons. 3 of these chemicals include:

Nicotine: is a stimulant which affects the _ _ _ _ _, it is this that causes people to become _ _ _ _ _ _ _ _ _ to cigarettes.

Tar: is a _ _ _ _ _ _ _ _ _ _, which means it is a poison that causes cancer. About a _ _ _ _ _ _ _ of smokers die from some sort of cancer.

Carbon Monoxide: stops blood cells being able to carry as much _ _ _ _ _ _ around the body as normal which harms cells, including the _ _ _ _ _ and blood vessels.

Lung Diseases

Regular smokers get infections in their lungs, for example _ _ _ _ _ _ _ _ _ _ _. Another long term effect of smoking is the lung disease _ _ _ _ _ _ _ _ _, which makes getting enough oxygen into the blood very difficult.

:

Drug Use and Misuse

Alcohol	A beverage that contains ethanol. Reduces attention and slows reaction speed	**Crack**	A form of cocaine that gives immediate effects of raising the body temperature. Risks include heart failure.
Ecstasy	A tablet that creates a sense of euphoria. Side effects can be post-traumatic stress disorder (PTSD) and anxiety	**Cannabis**	A plant that makes you relaxed an happy. It can also create a feeling of anxiety.
Magic Mushrooms	A fungi that can make it feel like you're dreaming when you're awake. They can make any mental illness worse	**Cocaine**	Makes people feel wide Awake and on top of their game. Can cause heart failure and depression

Paracetamol	A tablet used to reduce the pain of headaches and fevers	**Tranquilisers**	Can induce periods of calmness, relaxation and sleep. withdrawal symptoms, can include tremors, nausea, panics and depression.
Cigarettes	A highly addictive plant That contains nicotine. Can cause cancer and heart related illnesses	**LSD**	Users experience a distorted view of objects and reality, including seeing and sometimes hearing things that aren't there
Ketamine	A powerful general anaesthetic that can cause a loss of feelings in the body and paralysis of the muscles	**Heroine**	Slows down the way the body works and is a very strong pain-killer. Overdoses can lead to death

Enter the drugs above into the column that you feel most appropriate. Class A drugs should be the drugs that create the most harm and carry the highest prison sentence if you are caught with them.

CLASS A	CLASS B	CLASS C	LEGAL (Should be freely available)

Write down the side effects of taking illegal drugs

Lesson 6: Safeguarding Lesson: Harmful Sexual Behaviours Notes: