

## **SMSC and BV Umbrella**

### **Term 2: Health and Wellbeing Unit for all year groups**

### **Medium term plan in summary and the impact it will have on all students**

1. How to manage transition
2. How to maintain physical, mental and emotional health and wellbeing including sexual health\*
3. About parenthood and the consequences of teenage pregnancy
4. How to assess and manage risks to health and to stay, and keep others, safe
5. How to identify and access help, advice and support
6. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; emotional health and wellbeing and sexual health
7. How to respond in an emergency including administering first aid
8. The role and influence of the media on lifestyle

### **Impact**

- They become more self-aware and appreciate other people's feelings in their community
- They learn how to build good relationships for the future and keep themselves safe and healthy
- They can recognise features of poor mental health, what to do about it and where to seek help
- They recognise their role in society and how to be tolerant of others with differences
- They are informed on making better choices for themselves and how to support others
- They are informed on different types of drugs, alcohol and tobacco and the impact they can have on them

## Medium term plan – Term 2: Health and Wellbeing Unit

	Learning Outcomes	Resources needed/ Method of delivery	Links to other areas
7	<ul style="list-style-type: none"> <li>Smoking – the effects of tobacco and smoking on the body, laws relating to smoking. Peer pressure surrounding smoking and trying what your friends want to try</li> <li>Alcohol – why people drink alcohol, effects of alcohol on the body, laws relating to alcohol</li> <li>Drugs – basic types of drugs, what are volatile substances, laws relating to volatile substances</li> <li>Healthy eating and the importance of exercise</li> <li>Food labelling and discussions around why people ignore health messages</li> <li>Personal hygiene and tolerance of others</li> <li>Sun safety</li> <li>Self-awareness – starting to reflect on your personal strengths, coping with change and responding to challenges and disappointment</li> <li>E – safety – what I should be putting online, how do I portray myself and how do I report someone</li> <li>Personal aspirations, making the right choices in and out of school, right choices with friends and positive surroundings</li> </ul>	<p>Registration activities</p> <p>Discussions</p> <p>PPT's</p> <p>(scenario's student plays role of the parent and how they might respond)</p> <p>Short video clips</p> <p>Worksheets</p> <p>Information for diaries</p> <p>Display information</p> <p>Current affairs</p>	<p>British values – British Laws, making a positive contribution to society</p> <p>Social – the laws and what you can and can't do in society</p> <p>Moral – right and wrong choices</p> <p>Spiritual – self-awareness and their mental and physical development</p> <p>Cultural – tolerance and awareness of others with different health issues</p> <p>Drama lessons – SOW on bullying</p> <p>PE/Dance – qualities that people have and how effective teamwork can build effective relationships</p> <p>MY PB – Character building</p> <p>Into University – life skills and raising aspiration</p>



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## NOTTINGHAM GIRLS' ACADEMY

- Alcohol – different types of alcohol, units recommended per week
- Drugs – what is cannabis and the effects of taking cannabis and over the counter medicines. Laws relating to cannabis.
- Assertiveness and 'saying no' to drugs and alcohol and other risks
- Different types of relationships and marriages
- Sexuality – different gender relationships and tolerating different needs and desires
- All about me, body image, influences from the media and self-esteem
- The benefits of physical activity and exercise and the importance of sleep
- What constitutes a balance diet and its benefits (including the risks associated with both obesity and dieting)
- To be able to accept helpful feedback or reject unhelpful criticism
- E – safety – what I should be putting online, how do I portray myself and how do I report someone
- Recognising anger problems and knowing who to talk to try and find ways of coping with it

Registration activities

PPT's

Assemblies

Discussions

Worksheets

Short video clips

Information for diaries

Display information

Current affairs

Pintsize Production – Kids having Kids

Into University – life skills and raising aspirations

Nottingham Trent University – life skills workshops

British values – British Laws, making a positive contribution to society

Developing an assertive personality and resilience

Social – the laws and what you can and can't do in society

Moral – right and wrong choices

Spiritual – self-awareness and their mental and physical development

Cultural – tolerance and awareness of others with different health issues

MY PB – Character building

Developing an assertive personality and resilience



9	<p><b>NOTTINGHAM GIRLS' ACADEMY</b></p> <ul style="list-style-type: none"> <li>• Drugs and alcohol – understand the terms dependence and drug addiction, understand the risks associated with illegal substances going to prison.</li> <li>• Different types of drugs and the effects on the body</li> <li>• Facts and figures about types of drugs, alcohol units and the effects of gambling</li> <li>• How the media portrays young people, body image and health issues – recognising eating disorders and strategies to help yourself and others</li> <li>• Health risks surrounding cosmetic procedures</li> <li>• Basic understanding of STI's and contraception (pill and condom)</li> <li>• Understanding unwanted behaviours and unwanted attention from others</li> <li>• Food choices, diet, self-image</li> <li>• Begin to identify the risks associated with female genital mutilation (FGM) the criminal act and sources of support</li> <li>• E – safety – what I should be putting online, how do I portray myself, how to stand up to grooming and how / where do I report someone</li> <li>• Personal aspirations, making the right choices in and out of school, right choices with friends and positive surroundings – starting to think about option choices</li> </ul>	<p>Registration activities</p> <p>Online safety with relationships</p> <p>PPT's</p> <p>Assemblies</p> <p>Discussions</p> <p>Worksheets</p> <p>Short video clips</p> <p>Information for diaries</p> <p>Display information</p> <p>Current affairs</p> <p>External agencies</p>	<p>British values – British Laws, making a positive contribution to society. The prison system in the UK.</p> <p>Social – the laws and what you can and can't do in society</p> <p>Moral – right and wrong choices</p> <p>Spiritual – self-awareness and their mental and physical development</p> <p>Cultural – tolerance and awareness of others with different health issues</p> <p>Prison Me No Way day run by guest speakers</p> <p>Into University – life skills workshops and raising aspirations</p> <p>Nottingham Trent University – life skills workshops</p> <p>Developing an assertive personality and resilience</p>
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## NOTTINGHAM GIRLS' ACADEMY

- Alcohol – risks associated with drink driving, effects of alcohol on the body
- Drugs – long term effects of drug use
- Information on drugs, effects, types and real life stories and scenarios
- HIV and Aids
- The term pornography and the legality of it
- STI's and contraception (specialist member of staff JSA)
- Issues surrounding unplanned pregnancies and the abortion debate
- Healthy Eating monitor x2 weeks of your diet and discuss – nutrition, effects of bad diets and making better choices
- Importance of exercise – bigger impact on the NHS
- Health risks- cosmetic surgery
- To evaluate the extent to which your self-confidence and self-esteem are affected by judgements of others
- Develop self-awareness further of your own choices, words and actions and how they can impact others wellbeing

Registration activities

Online safety with relationships

Teenage baby resource

PPT's

Assemblies

Discussions

Worksheets

Short video clips

Information for diaries

Display information

Current affairs

External agencies

British values – British Laws, making a positive contribution to society, tolerance of other peoples decisions

Social – the laws and what you can and can't do in society

Moral – right and wrong choices

Spiritual – self-awareness and their mental and physical development

Cultural – tolerance and awareness of others with different health issues

Drugs and Alcohol Awareness day run by guest speakers who have been addicts

Peace by piece Day – contraception awareness

Pint size production – Child Sexual Exploitation

Into University – life skills workshops and raising aspirations

Nottingham Trent University – Mentoring programme

Developing an assertive personality and resilience



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## NOTTINGHAM GIRLS' ACADEMY

- Alcohol – signposting concerns for self and others
- Drugs – consequences of long term use on career, relationships, future lifestyle
- Identifying the risks and consequences of experimental and occasional substance use. Being strong enough to say no under peer pressure
- Understanding the terms habit, addiction, dependence and the consequences of long term use on career
- Health risks and consequences of second-hand smoke. Develop an understanding about how to prevent cancer – healthier lifestyle choices
- Nutritional information on calories, balancing energy expenditure and making better choices with food
- Different types of exercise that we can access at this age such as attending the gym, where and what to do
- Managing mental health – stress, anxiety and depression issues – work life balance to help with this
- Causes, symptoms and treatment of mental health disorders – support services available
- Raising aspirations to be in a good frame of mind to achieve and achieve well – understanding the impact of your actions on your future

Registration activities

Registration activities

Online safety with relationships

PPT's

Assemblies

Discussions

Worksheets

Short video clips

Information for diaries

Display information

Current affairs

External agencies

British values – British Laws, making a positive contribution to society, tolerance of other opinions

Social – the laws and what you can and can't do in society

Moral – right and wrong choices

Spiritual – self-awareness and their mental and physical development

Cultural – tolerance and awareness of others with different health issues

Into University – life skills workshops and raising aspirations

Nottingham Trent University – life skills workshops

Developing an assertive personality and resilience

Careers and employability



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## NOTTINGHAM GIRLS' ACADEMY

- Selected student mentors go into tutor groups and discuss strategies for saying no to drugs and alcohol
- Adult perspective on binge drinking and drug use, impact of it and long term effects of alcohol. Where to go if someone needs help - Accessing this abroad
- FGM – risks, incidents, political intervention – casualty clip (first coverage of issue)
- Breast checks linked with cancer
- Questions around sex and a healthy lifestyle – of all levels
- Mental health issues to be covered: Where to find support? Should we adhere to the medical model? How to recognise the signs in others? Develop an understanding for mental health issues and tolerance of your peers who have them
- Triggers, signs and interventions of understanding suicide
- Adult perspective on self-esteem and how to help others
- The adult body and changing your diet to accommodate; types of meals, the right fuel and how exercise can improve this
- Cooking workshops how to be efficient with food at University
- Mental Health issues – Alzheimer's, schizophrenia and bipolar
- How to find sources of emergency help and how to give basic first aid

Registration activities

PPT's

Assemblies

Discussions

Worksheets

Short video clips

Information for diaries

Display information

Current affairs

External agencies

Workshops

British values – British Laws, making a positive contribution to society

Encourages use of leadership skills

Adult perspective

Social – the laws and what you can and can't do in society

Moral – right and wrong choices

Spiritual – self-awareness and their mental and physical development

Cultural – tolerance and awareness of others with different health issues

Into University – life skills workshops and raising aspirations

Nottingham Trent University – life skills workshops

Developing an assertive personality and resilience

Careers and employability