

Welcome to Health and Wellbeing

***Personal Development
Thornden School
Safeguarding Curriculum***

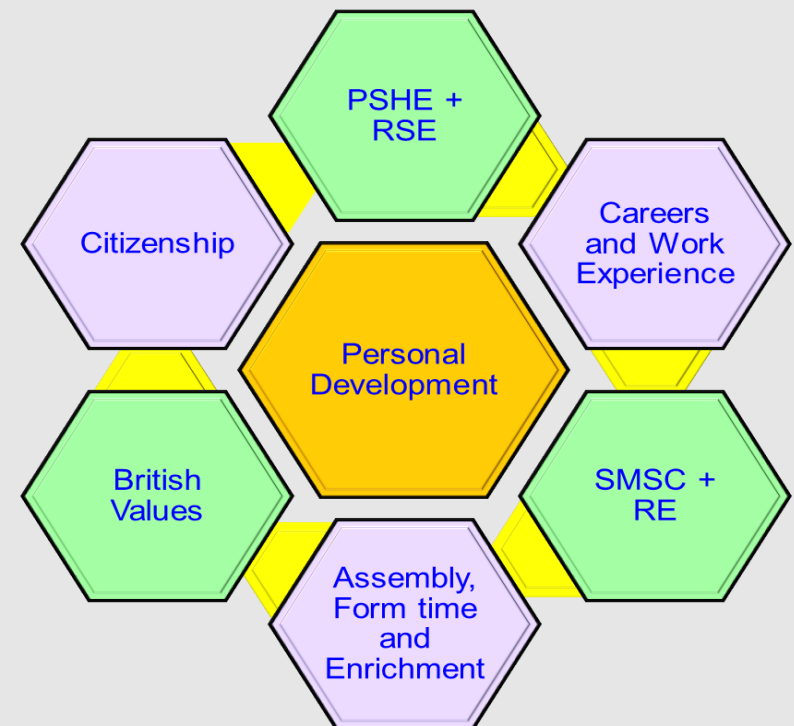
Focusing on Personal Development



You may hear the term 'Personal Development' used in quite a few subjects.

Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

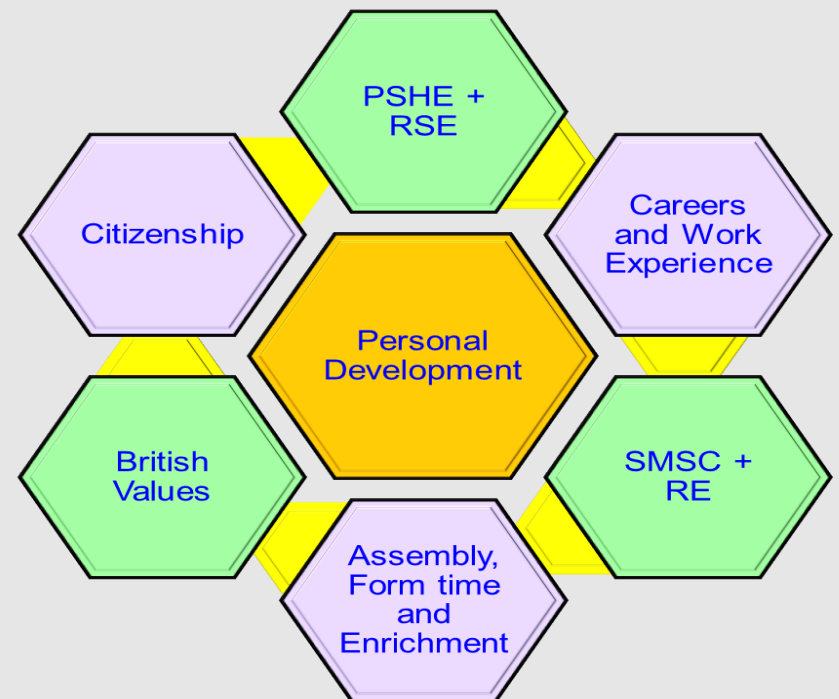
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



Why Do We Learn Health and Wellbeing at School?



At Thornden School we teach Health and Wellbeing education empowers students to understand and manage the physical, emotional, and mental challenges they may face during adolescence and beyond. It promotes informed decision-making around lifestyle choices such as sleep, nutrition, physical activity, and managing stress. Students explore the importance of mental health, how to develop resilience, and how to access support when needed. The topic also helps students identify and respond to unhealthy behaviours, including addiction and risk-taking. Health and Wellbeing education supports students' ability to thrive in school and life, builds self-awareness, and plays a vital role in safeguarding by encouraging proactive, healthy habits and a positive sense of self.



Year 11 Health and Wellbeing – Entry and Exit Quiz

Please rate your confidence for each statement on a scale of 1 to 5:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain what unwanted, obsessive or compulsive behaviours are and how to spot them?
2. On a scale of 1 to 5, how confident do you feel that you can differentiate between everyday habits and mental health conditions such as OCD or impulse control disorders?
3. On a scale of 1 to 5, how confident do you feel that you can identify how mob mentality can influence people's behaviour and lead to criminal activity?
4. On a scale of 1 to 5, how confident do you feel that you can explain how social media can spread misinformation and escalate social unrest?
5. On a scale of 1 to 5, how confident do you feel that you can recognise the signs of reduced fertility in both males and females and know what support is available?
6. On a scale of 1 to 5, how confident do you feel that you can understand the impact of lifestyle choices (such as smoking, diet, stress) on reproductive health and fertility?
7. On a scale of 1 to 5, how confident do you feel that you can describe the difference between gender identity and biological sex?
8. On a scale of 1 to 5, how confident do you feel that you can explain what it means to be transgender and how to show respect and allyship towards trans people?
9. On a scale of 1 to 5, how confident do you feel that you can discuss sensitive topics in a respectful, non-judgemental way, recognising that everyone's identity and health journey is personal?
10. On a scale of 1 to 5, how confident do you feel that you can know where to go for help if you or someone you know is experiencing issues related to any of these topics?



Yr11 Health and Wellbeing Autumn 1 Knowledge Check





Do Now

Unwanted, fixed and obsessive behaviours



Adrian gets stressed very easily. Unfortunately, when feeling stressed, he begins to pull out strands of his hair. Sometimes Adrian doesn't even realise he's doing this, and it's left him with a bald patch.

'I don't get it.' Says his mom.

'Why don't you just stop doing it?'

Discuss: Why doesn't Adrian just stop pulling his hair out?



What do you think we mean when we talk about obsessive or fixed behaviours?

*CLUES: repetitive unconscious
destructive habit compulsion*

Unwanted, fixed and obsessive behaviours



Learning outcomes:

Explain and correctly identify impulse control and compulsion disorders. Describe how to recognise both types of disorder and where to go for help.

Obsessive behaviour – Compulsive, repetitive behaviour or mental acts that you feel you need to do to temporarily relieve the unpleasant feelings brought on by obsessive thoughts.

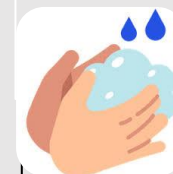
Impulse control disorders - group of behavioural conditions that make it difficult to control your actions or reactions.

Some of you may have heard of compulsive behaviours before. Adrian suffers from trichotillomania (hair pulling disorder) – but what other kinds of compulsions might there be?



*One kind of compulsive behaviour I have heard of is.....
This is when people.....*

What kinds of compulsive behaviours are common amongst humans?



If someone has a compulsive habit, that doesn't mean they have obsessive compulsive disorder. We'll explore more about that shortly.



Checking –
e.g. have I left
a plug or light
switch on?

*One kind of compulsive behaviour I
have heard of is.....
This is when people.....*

What kinds of
compulsive behaviours
are common amongst
humans?



Skin picking – this
is called
dermatillomania.



Nail biting – this is
called
onychophagia.



Some people
compulsively
hoard items.



Some people
compulsively
wash their hands.



OBSESSIVE- COMPULSIVE DISORDER (OCD)

Tanner McQuivey | PSY 1010

POSSIBLE OBSESSIONS

- Fear of Germs
- Having perfect order or organization
- Repeated aggressive urge
- Taboos towards a variety of things.

WHAT IS IT?

OCD is a common disorder in which someone has the same thoughts about something (obsession) and the constant urge or behavior taken in order to maintain or satisfy those thoughts (compulsion). This disorder can be chronic and last for a long time.

This origin of this condition is still unclear but there is much research that is being done to determine if there is a biological or genetic cause. (Shavitt, 2017, 206)

POSSIBLE COMPULSIONS

- Excessive Hand-washing
- Obsessive counting
- Specifically arranging
- Repeated behaviors such as touching, checking, counting, etc.

CITATIONS

RISK FACTORS

One of the major risk factors with OCD is the possibility of also suffering from Bipolar Disorder (BD).

One study finds that 17-18% of those suffering from one of the disorders also suffers from the other. (Amerio, 2015, p. 99)



It's important we recognise the difference between **habits and compulsions**. Compulsive activity can be serious and can indicate mental health conditions. But just because a person washes their hands a lot, does not mean they have OCD. **Any mental health condition must be diagnosed by a genuine medical practitioner (not someone you follow on TikTok).**

<https://www.youtube.com/watch?v=ivyLkTcvanQ&t=171s>

Unwanted, fixed and obsessive behaviours



When Does a Habit Become a Problem?

We All Have Habits...

Most people have habits or routines that help them feel comfortable. You might always sit in the same seat, check your phone before bed or organise things in a particular way.

For most people, these habits are harmless and do not interfere with daily life.

However, some people experience urges or behaviours that feel impossible to ignore. These are known as compulsive behaviours.

What Are Compulsive Behaviours?

Compulsive behaviours are actions that a person feels driven to repeat, often to reduce anxiety or discomfort.

Examples might include:

1. Repeatedly checking things
2. Excessive cleaning or handwashing
3. Pulling out hair
4. Picking skin
5. Biting nails

These behaviours can provide temporary relief but may become difficult to control.

What About OCD?

Obsessive Compulsive Disorder (OCD) is a recognised mental health condition.

People with OCD experience:

1. Distressing, intrusive thoughts (obsessions)
2. Repetitive behaviours (compulsions) designed to reduce anxiety

Unlike everyday habits, OCD can have a significant impact on a person's daily life, relationships and wellbeing.

Discussion Question

Why do you think saying "I'm a bit OCD" can sometimes misunderstand what OCD actually is?

Unwanted, fixed and obsessive behaviours



Understanding and Supporting Others - Different Types of Compulsive Behaviour

Not all compulsive behaviours are the same. Some people may experience **Body-Focused Repetitive Behaviours (BFRBs)**

1. Hair pulling
2. Skin picking
3. Nail biting

Others may experience difficulties controlling impulses, leading to behaviours such as stealing, aggressive outbursts or other harmful actions.

Although these behaviours may look unusual to others, they are often linked to anxiety, stress or underlying mental health difficulties.

People experiencing compulsive behaviours cannot usually "just stop".

Many conditions require:

1. Professional support
2. Therapy
3. Medical advice
4. Time and understanding

Judging someone or telling them to "get over it" is rarely helpful.

If you are worried about yourself or someone else:

- ✓ Speak to a trusted adult
- ✓ Talk to a GP or healthcare professional
- ✓ Avoid self-diagnosing from social media
- ✓ Seek advice from reliable sources

Understanding mental health means recognising that some behaviours may be symptoms of a condition rather than a choice. Showing empathy and encouraging people to seek support can make a huge difference.

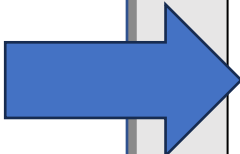
Why is it important to seek advice from qualified professionals rather than relying on social media influencers for medical information?

Unwanted, fixed and obsessive behaviours

Now we know more about compulsive behaviours, we should be able to recognise what is a compulsive behaviour and what isn't. In pairs now, read each of the case studies you've been given.

For each one complete in your booklets:

1. What condition are they showing the symptoms of, if any?
2. How do you know? Explain.
3. What would you advise them to do?



 Carrie is terrified of accidentally hurting someone. She's a single parent girl who would never do anyone harm on purpose. She is worried that leaving items on the floor could trip someone up, or someone could cut their hands on a knife she's left in the sink, or someone could burn themselves on her hair straighteners. She checks her e-scooter about fifty times a day whilst it's charging. Carrie is worried the battery could get too hot and the scooter could explode. She was brought up Catholic and crosses herself after every simple activity she performs, just in case.	 Ken-I started collecting miniature cars when his parents split up. It kept his mind off the divorce and gave him pleasure at a difficult time. He then moved on to posters of cars, car parts, and literally anything to do with motor vehicles. Now in his new flat aged 20, his home is full of car parts and, what his friends describe as 'useless junk' or 'the hoover'. Today he has his pet rabbit in the flat and cannot find her amongst the hoarded items. Ken-I knows his environment is dirty and dangerous and really doesn't want to harm himself, his pet or any visitors.
 Jon used to love watching the open fire at his grandad's when he was little. He would watch it for hours. As he grew, he would steal packs of matches from his parents and just sit watching each one burn, one at a time. It makes him feel hyper-focused to watch something burn. Now he's a teen, sometimes he sets fires in the park at night. No one knows it's him, yet. He feels something really satisfying about it. When he was out yesterday, he saw an abandoned shed in the allotments near his home. Jon is waiting for the right time to burn it down.	 Clara was 18 when, as her dad said, she 'fell in with the wrong crowd'. Clara and her friends would challenge each other to steal the most expensive items from shops. This all stopped for the group when one of the girls was arrested - she was punished harshly, and the rest of the crowd were soon put off. Clara wasn't though - but the odd thing is, Clara doesn't steal expensive items necessarily - Clara steals literally anything. Sometimes she just leaves the items on a park bench afterwards. Clara feels an urge, a sort of buzz as she walks out from a store after a successful theft, even though she knows it's wrong.
 Al is really stressed about his GCSEs. He was thinking about his maths exam whilst he was in the shower, and compulsively started to pick at the skin on his thighs. Although there were only small lumps and bumps on his skin, he scratched and picked at them until they bled. Then he moved on to his arms. Al does this a lot. He has to wear long sleeves to cover up his companion. Al knows the fact he does this, but also, when his mind wanders on to a subject he is concentrating on, so do his fingers, to his skin and before he knows it, he's covered in blood and sores.	 Emma is a worrier. She's often thinking about what could go wrong, in any situation. Her friends say she never looks on the bright side or takes any risks. Emma's had driving lessons - and did really well in passing her test the first time but is scared of going out on her own without an instructor. Emma's so worried she'd crash or damage her mum's car. Although Emma doesn't spend all her time worrying, she was watching some TATV videos and one of them said that if you spend too much time worrying, you might have OCD. Now Emma is worried she has OCD.





Carrie is terrified of accidentally hurting someone. She's a really sweet girl who would never do anyone harm on purpose. She is worried that leaving items on the floor could trip someone up, or someone could cut their hands on a knife she's left in the sink, or someone could burn themselves on her hair straighteners. She checks her e-scooter about fifty times a day whilst it's charging. Carrie is worried the battery could get too hot and the scooter could explode. She was brought up Catholic and crosses herself after every simple activity she performs, just in case.



What did we think? Let's have a volunteer now from one of our pairs to explain what we think is behind this case study and where they should go for help if needed.

ANSWERS BEHIND BOX

Belong - Care - Aspire - Succeed



Jon used to love watching the open fire at his grandad's when he was little. He would watch it for hours. As he grew, he would steal packs of matches from his parents and just sit watching each one burn, one at a time. It makes him feel hyper-focused to watch something burn. Now he's a teen, sometimes he sets bins on fire in the park at night. No one knows it's him, yet. He finds something really satisfying about it. When he was out yesterday, he saw an abandoned shed in the allotments near his home. Jon is waiting for the right time to burn it down.



BELONG CARE ASPIRE SUCCEED

What did we think? Let's have a volunteer now from one of our pairs to explain what we think is behind this case study and where they should go for help if needed.

ANSWERS BEHIND BOX



Ali is really stressed about his GCSEs. He was thinking about his maths exam whilst he was in the shower, and compulsively started to pick at the skin on his thighs. Although there were only normal lumps and bumps on his skin, he scratched and picked at them until they bled. Then he moved on to his arms. Ali does this a lot. He has to wear long sleeves to cover up his compulsion. Ali hates the fact he does this, but also, when his mind wanders on to a subject he is ruminating on, so do his fingers, to his skin and before he knows it, he's covered in blood and sores.

What did we think? Let's have a volunteer now from one of our pairs to explain what we think is behind this case study and where they should go for help if needed.

ANSWERS BEHIND BOX



BELONG CARE ASPIRE SUCCEED

<https://www.youtube.com/watch?v=bg0MUGQ2daU>



Kim-J started collecting miniature cars when his parents split up. It kept his mind off the divorce and gave him pleasure at a difficult time. He then moved on to posters of cars, car-parts, and literally anything to do with motor-vehicles. Now in his own flat aged 20, his home is full of car parts and, what his friends describe as 'useless junk' or 'the hoard'. Today he lost his pet rabbit in the flat and cannot find her amongst the hoarded items. Kim-J knows his environment is dirty and dangerous and really doesn't want to harm himself, his pets or any visitors.

What did we think? Let's have a volunteer now from one of our pairs to explain what we think is behind this case study and where they should go for help if needed.

ANSWERS BEHIND BOX



Clara was 16 when, as her dad said, she ‘fell in with the wrong crowd.’ Clara and her friends would challenge each other to steal the most expensive items from shops. This all stopped for the group when one of the girls was arrested – she was punished harshly, and the rest of the crowd were soon put off. Clara wasn’t though – but the odd thing is, Clara doesn’t steal expensive items necessarily – Clara steals literally anything. Sometimes she just leaves the items on a park bench afterwards. Clara feels an urge, a sort of buzz as she walks out from a store after a successful theft, even though she knows it’s wrong.



BELONG CARE ASPIRE SUCCEED

What did we think? Let’s have a volunteer now from one of our pairs to explain what we think is behind this case study and where they should go for help if needed.

ANSWERS BEHIND BOX

Belong - Care - Aspire - Succeed



Emma is a worrier. She's often thinking about what could go wrong, in any situation. Her friends say she never looks on the bright side or takes any risks. Emma's had driving lessons – and did really well in passing her test the first time but is scared of going out on her own without an instructor. Emma's so worried she'd crash or damage her mom's car. Although Emma doesn't spend all of her time worrying, she was watching some TikTok videos and one of them said that if you spend too much time worrying, you might have OCD. Now Emma is worried she has OCD.



What did we think? Let's have a volunteer now from one of our pairs to explain what we think is behind this case study and where they should go for help if needed.

ANSWERS BEHIND BOX

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

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

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

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

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>