



Welcome to Health and Wellbeing

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

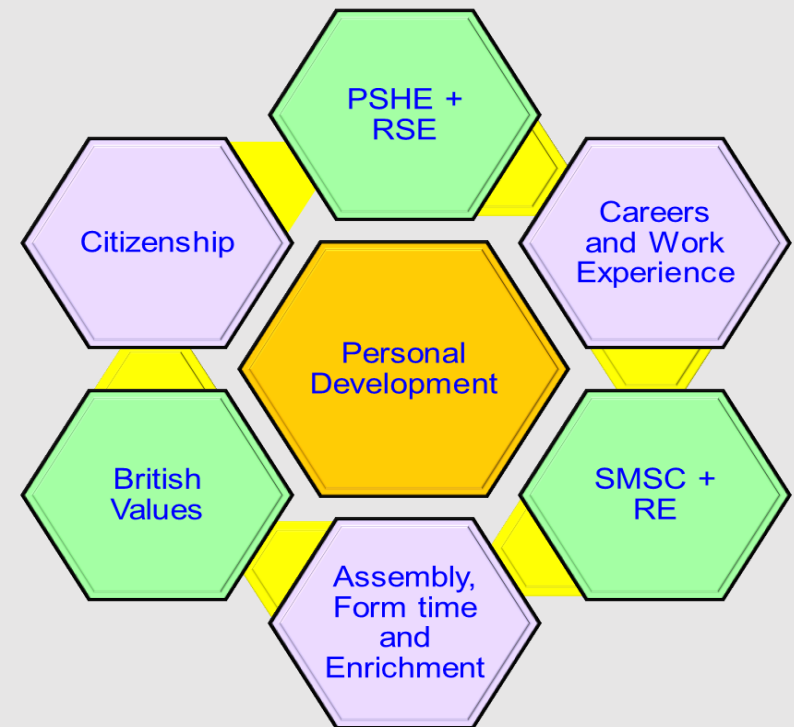
Focusing on Personal Development



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.

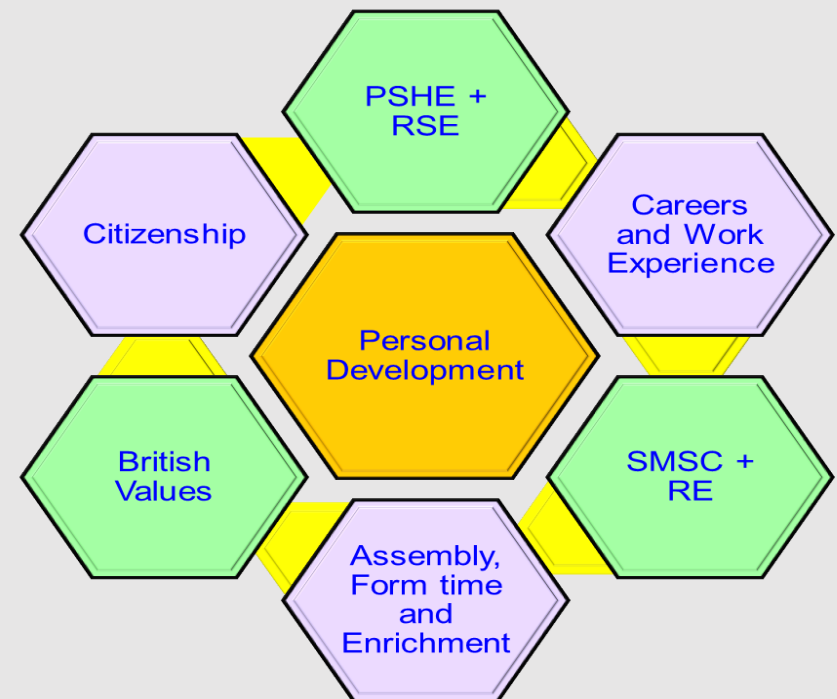
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



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 9 Spring 2 Knowledge Check – Health and Wellbeing

1. On a scale of 1 to 5, how confident do you feel that you can explain what prescription drugs are and describe how they differ from over-the-counter medicines?
2. On a scale of 1 to 5, how confident do you feel that you can understand and explain why it is important to follow medical guidance when taking antibiotics or prescription medication?
3. On a scale of 1 to 5, how confident do you feel that you can recognise signs that someone might need emergency first aid and know how to respond in basic first aid situations (e.g., burns, bleeding, unresponsiveness)?
4. On a scale of 1 to 5, how confident do you feel that you can describe what FGM (Female Genital Mutilation) is, and understand why it is illegal and considered a form of abuse in the UK?
5. On a scale of 1 to 5, how confident do you feel that you can identify safe and appropriate ways to report concerns about someone who may be at risk of FGM or another form of abuse?
6. On a scale of 1 to 5, how confident do you feel that you can explain the emotional, psychological, and physical impact of FGM and breast ironing on victims?
7. On a scale of 1 to 5, how confident do you feel that you can understand the definition of gambling and explain how gambling and gaming apps can present hidden risks to young people?
8. On a scale of 1 to 5, how confident do you feel that you can describe the signs of gambling addiction and explain how it can affect a person's financial, social, and mental wellbeing?
9. On a scale of 1 to 5, how confident do you feel that you can evaluate how online platforms, marketing, and technology increase young people's exposure to gambling-related risks?
10. On a scale of 1 to 5, how confident do you feel that you can explain where and how to seek help or advice if you, or someone you know, is affected by any of the issues covered in this unit?



**Please
complete
this home
learning that
has been
set on
Satchel this
week**

Do Now

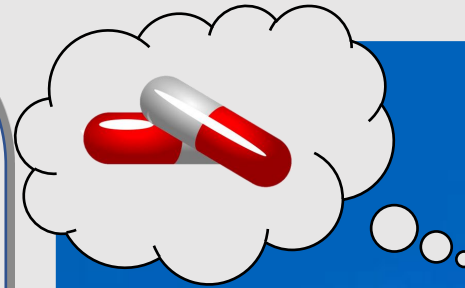
How can I use prescription medicines and antibiotics safely?



BELONG CARE ASPIRE SUCCEED

Shira has had a migraine all day. 'Can I have another tablet yet?' She asked her mom. 'No, it hasn't been four hours yet.' She replied. 'Why does that matter?' Asked Shira. 'Well, it's got paracetamol in it, you have to be very careful not to have too much of that stuff.' Her mom reminded her.

Discuss: Why do you have to still be very careful, even with a common medicine like paracetamol?



Why is it essential to always follow the correct instructions for medicine?

It is essential to always follow the correct instructions for medicine because.....

How can I use prescription drugs and medicines safely?



BELONG CARE ASPIRE SUCCEED



Learning outcomes:

Describe the safe use of prescribed and over the counter medicines and responsible use of antibiotics.

Prescription drugs – drugs (medicines) which can be legally given (prescribed) by a medical professional. They are only legal to take in such cases.

Antibiotics - Medicines that fight infections caused by bacteria in humans and animals by either killing the bacteria or making it difficult for the bacteria to grow and multiply.

Any legitimate medicine, which is prescribed by a doctor, or bought from a pharmacy, will have a leaflet inside, or text printed on the outside of the box, with very clear instructions.

There are many paracetamol-based products out there – it's the most common form of painkiller in the UK. However, even that, if you don't take it according to the instructions, can be dangerous. This is why in the UK, you can usually only purchase two packets at a time.



You have been put into groups of five. Using the instructions on the outline sheets in your booklet record the effects of each prescription drug on the body and what conditions they are prescribed for (each group member focuses on one and writes it on their body outline in their booklet).

Anabolic steroids

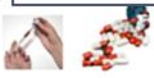
Anabolic steroids come as tablets or injections. They are sometimes used by doctors to help with muscle weakness after surgery. They are also used by some people to build muscle mass. They can be taken as tablets or as injections. They are often used by bodybuilders to increase muscle mass and strength. They can be taken as tablets or as injections. They are often used by bodybuilders to increase muscle mass and strength.

- Begin to look more muscular
- Be able to train harder and longer

However, taking steroids carries risks:

- Testicular shrinkage in males
- Erectile dysfunction and other sexual problems
- Breast growth in males
- Developing masculine traits in females, such as enlarged clitoris
- High blood pressure
- Liver failure
- Stroke or heart attack
- Fertility, rape and violence

Alongside these risks are others, such as contracting HIV or hepatitis, and becoming psychologically addictive.



Benzodiazepines

Benzodiazepines, also known as tranquilizers or sedatives, are a class of drugs that give the user a feeling of calm and relaxation. They are sometimes prescribed by doctors in small amounts to help with anxiety, insomnia, and other conditions. They are available as tablets, capsules or injectable liquids. They include diazepam, clonazepam, temazepam and Xanax. Benzodiazepines can make the user feel good in the short term, but there are significant risks, such as:

- Withdrawal symptoms. You may become addicted, and be unable to stop. When you do, you may experience nausea, vomiting, anxiety, panic attacks, and in extreme cases, death.
- Overdose, leading to hospitalisation or death.
- Sexual or physical assault. Because benzodiazepines knock a person out, often in an instant, they can be used by someone who is either unaware of an assault taking place or unable to defend themselves.
- Short term memory loss. Users may have no idea what they have done whilst under the influence of the drug, or what has happened to them.


These types of drug can easily cause both physical dependence and psychological addiction, making it very difficult to stop taking them, even if you really want to.

GHB and GBL

GHB and GBL are very similar drugs with similar effects. When GBL is consumed, it acts on the body, which is short for Gamma Hydroxybutyrate. Sometimes referred to as liquid ecstasy, GBL, look the same, and normally come in white powder form, and are normally taken using a pipe or syringe. People taking these drugs, users may feel less severely aroused than usual. However, there are risks, such as:

- Overdose. It's very difficult to get the right amount to take, and taking a very small amount can be too much.
- Internal chemical burns from swallowing the liquid.
- Unconsciousness. This puts users at risk of sexual assault.
- Confusion and disorientation.

There is also no way to determine how much it has been mixed with anything else, so users both physical dependence and psychological addiction, leading to withdrawal symptoms, such as confusion, seizures and unconsciousness.

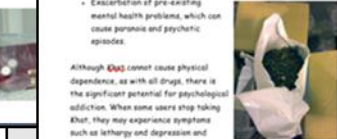


BZP

BZP, or piperazines, are a broad range of chemical compounds designed to mimic the effects of amphetamines. They come in different colours, and may sometimes be used as a heart or a smiley face. They are available as tablets, capsules or liquids. Taking BZP can be euphoric, sexually aroused, or sleepy.

- Taking BZP is often followed by a crash.
- Agitation, stomach pain, vomiting, and heart palpitations.
- It can lead to severe problems such as high blood pressure or heart attack in previously healthy people.
- Death.

In addition, there's no way to be sure of the right amount to take, and taking a very small amount can be too much. The drug is always changing, so you can never be sure you're taking the right amount, making the user want to take them in larger amounts.

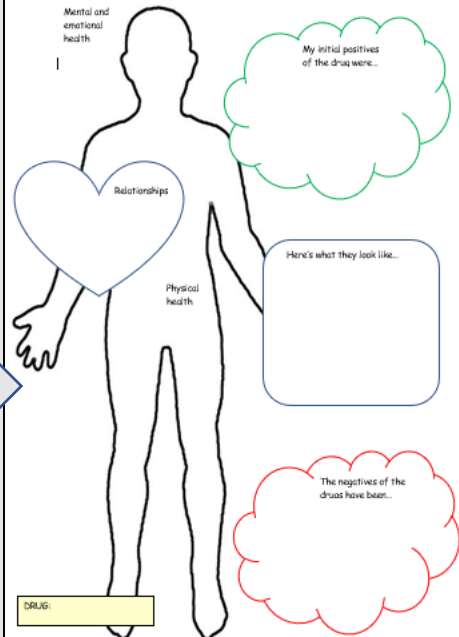


Khat

Khat is a green, leafy drug containing two main stimulant drugs which speed up your mind and body. It is similar to speed, but slightly less powerful. It is mostly used in North East Africa and the Arabian Peninsula, but is known to be used by some members of the Somali community in the UK. It is taken by chewing the leaves of the plant. This can make the user feel more alert and talkative, stop them feeling hungry, and produce a feeling of calm. It is, however, associated with significant risks, such as:

- High blood pressure, heart palpitations and other cardiovascular problems.
- Mouth inflammation and teeth damage.
- Liver disease and toxicity.
- Insomnia and confusion.
- Anxiety and aggression.
- Exacerbation of pre-existing mental health problems, which can cause paranoia and psychotic episodes.

Although Khat cannot cause physical dependence, as with all drugs, there is the significant potential for psychological addiction. When some users stop taking Khat, they may experience symptoms such as lethargy and depression and nightmares.



Mental and emotional health

My initial positives of the drug were...

Relationships

Physical Health

Here's what they look like...

The negatives of the drug have been...

DRUG:



Anabolic steroids

Anabolic steroids come as tablets or as a liquid to inject. They are sometimes used by doctors to treat various conditions such as muscle weakness after surgery. They are popular as a recreational drug due to their ability to build muscle mass and improve sports performance. If you take anabolic steroids, you may:

Begin to look more muscular

Be able to train harder and for longer

However, taking steroids carries significant risks, such as:

1. Testicular shrinkage in males
2. Erectile dysfunction and sterility in males
3. Breast growth in males
4. Developing masculine traits in females, such as breast shrinkage, an enlarged clitoris, hair loss and voice deepening
5. High blood pressure
6. Liver failure
7. Stroke or heart attack
8. Paranoia, rage and violence.

Alongside these risks are others that arise from injecting any drug, such as contracting HIV or damaging veins. Although steroids will not cause physical dependence, many users find them highly psychologically addictive. Some turn to illegal online sites to source steroids – but all many users end up with are harmful counterfeit chemicals, packaged up to look like the real thing. Not only is sourcing these illegal, it's also

extremely dangerous to your health. In the UK, anabolic steroids are classified as Class C controlled drugs under the Misuse of Drugs Act 1971. Buying online, sourcing illegally or possessing with intent to supply are criminal offences punishable by up to 14 years in prison and/or an unlimited fine.

Benzodiazepines

Benzodiazepines, also known as tranquillisers or 'benzos', are medical drugs that give the user a feeling of calm and relaxation. They are sometimes prescribed by doctors in small amounts to treat panic attacks, insomnia, and other conditions. They normally come as tablets, capsules or injectable liquids. They include medications such as diazepam, clonazepam, temazepam and Xanax.

Although taking benzodiazepines can make the user feel good in the short term, there are significant risks, such as:

1. Withdrawal symptoms. You may become addicted in a short time, and be unable to stop. When you do, symptoms can include nausea, vomiting, anxiety, panic attacks, headaches and, in extreme cases, death
2. Overdose, leading to hospitalisation or death
3. Sexual or physical assault. Because benzodiazepines can easily knock a person out, often in an unsafe situation, they are either unaware of an assault taking place or are unable to defend themselves
4. Short term memory loss. Users may have no idea what they have done whilst under the influence of the drug, or what has happened to them.

These types of drug can easily cause both physical dependence and psychological addiction, making it very difficult to stop taking them, even if you really want to. It's essential to remember that drugs which can be abused, or become addictive must only ever be legally prescribed by a UK doctor. If you use dodgy illegal websites, or the dark web, thinking you can save money – you are gambling with your life. Often these prescription drugs are fake, and contain harmful chemicals.



Common Opiate-based drugs:

Opiate-based prescription drugs are medications derived from opium, a substance extracted from the poppy plant. While these drugs serve various medical purposes, they also pose significant risks due to their potential for abuse, dependence, and adverse effects.

Codeine:

- *Purpose:* Codeine is often prescribed for pain relief and as a cough suppressant.
- *Side Effects:* Common side effects include drowsiness, constipation, and nausea. Prolonged use can lead to tolerance, dependence, and addiction.

Morphine:

- *Purpose:* Morphine is a potent pain reliever commonly prescribed for severe pain, such as after surgery or in advanced medical conditions such as cancer, or recovery from serious operations.
- *Side Effects:* Side effects may include drowsiness, constipation, and respiratory depression. Long-term use can lead to physical dependence.

Tramadol:

- *Purpose:* Tramadol is prescribed for moderate to moderately severe pain.
- *Side Effects:* Common side effects include dizziness, nausea, and constipation. Tramadol has a lower risk of dependence compared to other opiates.
- Long-term use of opiates, like certain painkillers, can seriously affect your body. It can make your breathing slow down dangerously, and mess with your heart rate and blood pressure, which might be risky if you have heart issues. Opiates often lead to constipation, and they can harm your liver and kidneys, affecting how your body processes waste and fluids. Using these drugs for a long time might also make it harder for you to think clearly and can mess with your hormones, affecting things like your period or your mood. Plus, it could weaken your immune system, making you more prone to getting sick. Remember - trying to procure opiates online—even allegedly for personal use—can easily trigger charges for importation, possession with intent to supply, or supply, all of which carry severe penalties that may include life imprisonment. Possession alone carries up to 7 years.



ADHD Medications

Abuse of ADHD (Attention Deficit Hyperactivity Disorder) medication, such as stimulants like methylphenidate (e.g., Ritalin) is a concern in various parts of the world, including the UK. It's important to note that using these medications without a prescription or in ways other than prescribed by a healthcare professional is considered abuse. Many ADHD meds fall under the Class B category and so even possession of these without a prescription can land you with 5 years in prison.

How and Why People Abuse ADHD Medication in the UK:

1. **Recreational Use:** Some individuals may abuse ADHD medications for their stimulant effects, seeking increased alertness, energy, or euphoria. These drugs can enhance focus and concentration, making them attractive to individuals without ADHD who believe they can benefit from improved cognitive performance.
2. **Academic or Work Performance Enhancement:** There is a perception among some students and professionals that using ADHD medications can boost academic or work performance by improving concentration and productivity.
3. **Weight Loss:** Stimulant medications can suppress appetite, and some people may abuse them with the goal of achieving weight loss.
4. **Peer Pressure and Social Reasons:** Peer influence and societal pressures to excel in various areas of life may contribute to the misuse of ADHD medications.

Effects on your internal organs:

1. Abusing ADHD medications can have serious health consequences and may negatively impact various organs and systems in the body. However, it's important to note that the extent of damage can vary from person to person, and long-term effects may be more pronounced. Some potential effects include:
2. **Cardiovascular System:** Stimulant medications can elevate heart rate and blood pressure. Prolonged abuse may increase the risk of cardiovascular issues, including hypertension and heart problems.
3. **Nervous System:** Abuse of ADHD medications can lead to overstimulation of the central nervous system, causing issues such as insomnia, anxiety, and, in extreme cases, seizures.
4. **Gastrointestinal System:** Stimulants may cause appetite suppression, leading to potential nutritional deficiencies and weight loss. Gastrointestinal upset, nausea, and abdominal pain can also occur.
5. **Psychological Effects:** Misuse of ADHD medications can contribute to mental health issues, including mood swings, irritability, and even psychosis in severe cases.
6. **Dependence and Addiction:** Continued abuse of stimulant medications can lead to dependence and addiction, with withdrawal symptoms such as fatigue, depression, and cravings.



Gabapentinoids

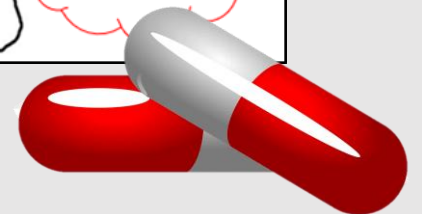
Gabapentinoids, such as gabapentin and pregabalin, are prescription medications commonly used to treat neuropathic pain, epilepsy, and other neurological conditions. However, there have been reports of misuse and abuse of these medications, particularly in the United Kingdom. Gabapentinoids are relatively easy to obtain, as they are prescription medications. In the UK, there have been instances of these drugs being obtained illicitly through various channels, contributing to misuse and people falling ill because of counterfeit pills being sold in legitimate packaging.

Effects of Gabapentinoid Abuse on Organs:

- 1. Central Nervous System (CNS):** Gabapentinoids affect the central nervous system, and misuse can lead to drowsiness, dizziness, and impaired coordination. In extreme cases, it may lead to seizures.
- 2. Respiratory System:** Misuse of gabapentinoids, especially in combination with other respiratory depressants like opioids, can suppress the respiratory system. This poses a risk of respiratory failure, particularly in high doses or when combined with other substances.
- 3. Liver:** Pregabalin is primarily eliminated from the body through the kidneys, while gabapentin undergoes renal excretion as well as some hepatic metabolism. However, organ damage, including potential liver issues, can occur in cases of overdose or chronic misuse.
- 4. Kidneys:** Both gabapentin and pregabalin are excreted by the kidneys, and excessive use can contribute to kidney problems. Individuals with pre-existing kidney conditions may be at a higher risk.
- 5. Cardiovascular System:** Misuse of gabapentinoids may lead to cardiovascular issues such as low blood pressure and heart problems. Combining them with other substances can exacerbate these effects.

Be the teacher!

You will now take it in turns to teach all the other group members about your focus prescription drug and record the information on your body outline sheet

A worksheet featuring a central human silhouette. To the left of the silhouette, there are three labels: "Mental and emotional health" at the top, "Relationships" in the middle (with a heart icon), and "Physical health" at the bottom. To the right of the silhouette, there are three distinct shapes for notes: a green cloud-like shape at the top with the text "My initial positives of the drug were...", a blue rounded rectangle in the middle with the text "Here's what they look like...", and a red cloud-like shape at the bottom with the text "The negatives of the drug have been...". At the bottom left of the silhouette, there is a yellow rectangular box labeled "DRUG:". The entire worksheet is enclosed in a black border.

Common over-the-counter or prescription drugs investigation.

How can they help us?

Where do they target the body?

How do we take them responsibly?
(What do the instructions say?)

Here's what they look like...

What could happen if we don't take them responsibly / according to medical advice?

DRUG:



BELONG CARE ASPIRE SUCCEED

Antibiotics and safety bingo game:

You have been given a bingo card in your booklet. Whilst listening carefully to the clip, you need to circle all the positives about antibiotics that you hear and cross out all the negatives about antibiotics that you hear. **Some statements are false.** The first person to circle all the true positives, will shout 'bingo'. If you really have heard them all, and won the bingo game, you will go first to break today.

| | | |
|--|---|-----------------------------------|
| They inhibit growth of bacteria | Antibiotics are expensive | Bacteria can become resistant |
| It is hard to produce antibiotics | They kill bacteria | Children can't use antibiotics |
| They always work on all illnesses | They can't be used on animals | They are safe for use |
| Some bacteria can break down antibiotics | Antibiotic resistance is a huge issue for society | Viruses are immune to antibiotics |

https://www.youtube.com/watch?v=OqQxtFcXN_Gk





BELONG CARE ASPIRE SUCCEED

Antibiotics and safety quickfire bingo game:

I hope you read the instructions carefully 😊

Remember, we were only crossing out and circling the answers that we heard – as seen below.

Class discuss: Should we try to limit our use of antibiotics? Why?

| | | |
|--|---|-----------------------------------|
| They inhibit growth of bacteria | Antibiotics are expensive | Bacteria can become resistant |
| It is hard to produce antibiotics | They kill bacteria | Children can't use antibiotics |
| They always work on all illnesses | They can't be used on animals | They are safe for use |
| Some bacteria can break down antibiotics | Antibiotic resistance is a huge issue for society | Viruses are immune to antibiotics |



How can I use prescription drugs and medicines safely?



Useful and appropriate helplines and charities:

If you, or someone you know, are affected by any of the issues raised today, you can contact the following organisations for further help and guidance:

<https://www.supportline.org.uk/problems/drugs/>

<https://www.talktofrank.com/>

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

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



The Crimestoppers hotline is anonymous – **0800 555 111**

Always call **999** if you think there is an immediate danger.



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

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/>