



Welcome to Health and Wellbeing

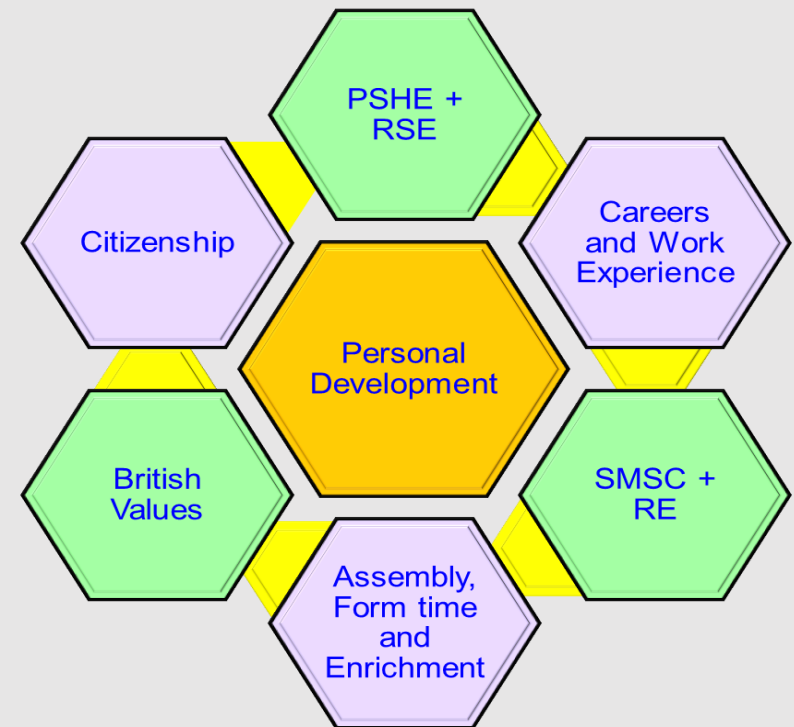
***Personal Development
Thornden School
Safeguarding
Curriculum***

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.

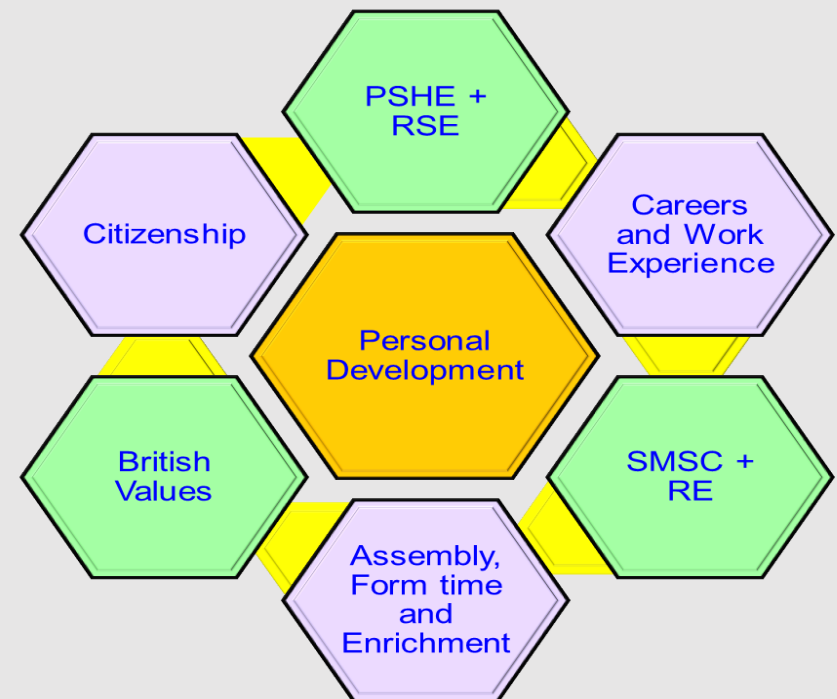
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



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.



Please complete this on Satchel





Unplanned pregnancy – What are a young person’s choices?



Cameron and Alicia have just done a pregnancy test. They are both 16. Both are due to start college in September. They are in an on-off relationship but do care about each other. They are almost always careful with contraceptives and Alicia’s pregnancy has come as a complete shock to them both.

Discuss: what do you think their options are?



No contraception is ever 100% effective. With that in mind, explain in one paragraph different ways we can reduce the risk of unplanned pregnancies.

Various can help reduce pregnancy risk. One of these is

.....

..... works by..... which means

that.....

Learning outcomes:

Describe options available to young people who find themselves in the situation of having an unplanned pregnancy, where help can be found and what help is available.

Explain why it is harder to be financially stable when you are a young parent.

Teenage Pregnancy – When a girl aged 13-19 gets pregnant. However, when people talk about ‘teen mothers’ they are usually talking about ages 12-17. Pregnancy can happen as early as 9, however.

CSA – Child Support Agency – this service helps young parents gain funds they are entitled to, for example if one parent is absent.

Contraception – the different items couples can use to avoid unwanted pregnancy – the pill, condoms – we will look at these in detail in other lessons.

Watch the following clip and complete the questions in your booklet.

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



(teacher note - 2 mild swear/slang terms are used)

1. Why does Amber still feel awkward going to hospital appointments?
2. What financial support could Amber apply for?
3. Why does Amber think she's had a lucky escape?
4. Why does Amber say she shouldn't have put herself in this position in the first place?
5. Why will going back to college be difficult for Amber?
6. Why do you think teenage pregnancies often run through generations of families?
7. Do you think it sounds like Amber's dad was much of a role model when it came to Amber choosing boyfriends?
8. How hard do you think it will be for Amber to work her way out of poverty now? Explain.



DISCUSS –
What are your thoughts about this?

Unplanned pregnancy – What are a young person's choices?



Unplanned pregnancy useful helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544
(parents' helpline)

[Pregnant? | Pregnancy Crisis Helpline](#) Website specifically for those with crisis pregnancies

[Brook](#) – visit your nearest Brook service for free confidential advice if you're under 25, or use the [Ask Brook](#) online service

[Family Lives](#) – visit the website or call 0808 800 2222 for support for families, including young parents

[Tommy's](#) – visit this website led by midwives for the latest information for parents-to-be



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/>