

Welcome to Health and Wellbeing

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





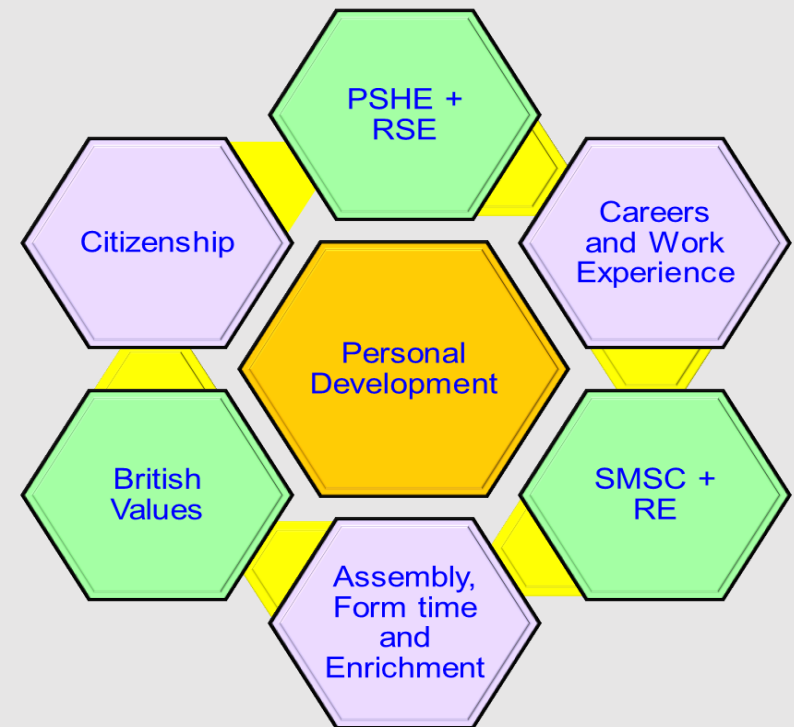
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Focusing on Personal Development



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.

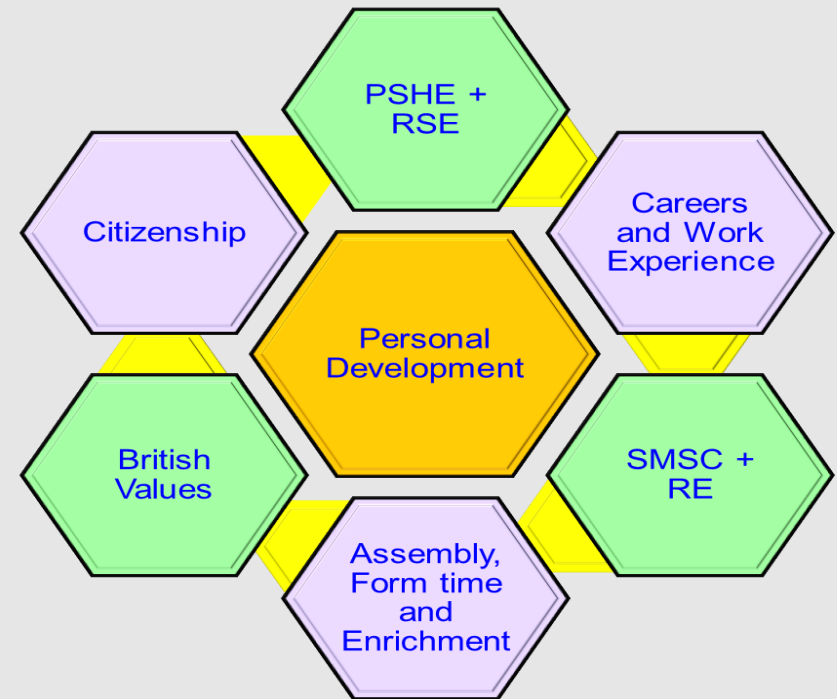
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



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.



Do Now

What are illegal drugs and what harm can they do?



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Alex was round his friend Ben's house for a gaming night. Ben offered Alex a rolled up cigarette which smelt weird. Alex refused, so Ben smoked it himself. Alex noticed Ben started laughing at silly things and ate a lot more than usual. He then fell asleep before it was time for Alex to go home.

Discuss: What did Ben offer Alex? Is this an illegal drug? How do you know?



What is a drug and why are some drugs illegal?

Drugs can be defined as...

Some drugs are illegal because...

What are illegal drugs and what harm can they do?



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Learning outcomes:

Describe some negative effects of both legal and illegal drugs and explain how both legal and illegal drugs affect and can harm the body.

Illegal drugs - a drug is a substance that affects the way the body functions. If a drug is classified as 'illegal', this means that it is forbidden by law.

Stimulants (uppers) - drugs which make you more energetic

Depressants (downers) – drugs which make you more relaxed



■ Year 7 Spring 2 Knowledge Check – Health and Wellbeing

1. On a scale of 1 to 5, how confident do you feel that you can explain the emotional and physical changes that happen during puberty?
2. On a scale of 1 to 5, how confident do you feel that you can identify ways to manage the challenges of puberty in a healthy and positive way?
3. On a scale of 1 to 5, how confident do you feel that you can describe what periods are, why they happen, and how they affect emotional and physical health?
4. On a scale of 1 to 5, how confident do you feel that you can identify the different menstrual hygiene products and how to use them appropriately?
5. On a scale of 1 to 5, how confident do you feel that you can understand and explain how gratitude and thankfulness can support positive mental health?
6. On a scale of 1 to 5, how confident do you feel that you can reflect on situations in your life where being grateful can improve your perspective?
7. On a scale of 1 to 5, how confident do you feel that you can explain what drugs are and why some substances are harmful or illegal?
8. On a scale of 1 to 5, how confident do you feel that you can describe the difference between helpful medicines and harmful drugs?
9. On a scale of 1 to 5, how confident do you feel that you can recognise how peer pressure might influence someone to try drugs or risky behaviours?
10. On a scale of 1 to 5, how confident do you feel that you can explain who you can speak to and where to go for help if you're worried about puberty, periods, or drugs?

**Please
completed
this home
learning
this week.
It has
been set
on Satchel**

Alex was offered cannabis (often called weed) by his friend, Ben.

This is a very common way for young people to be introduced to drugs, which is why cannabis is sometimes called a 'gateway drug'.



On your MWB write down other illegal drugs have you heard of?

How do **illegal drugs** affect people's lives? .Be ready to make as many notes as you can – remember alcohol and prescribed painkillers are not illegal (if used within the law).

Watch the clips below and complete your table:









[Substance Use Disorder – YouTube](#)

[Scotland's drugs crisis: Hundreds die every year from deadly 30p pills | ITV News – YouTube](#)

Positive effects of illegal drugs	Negative effects of illegal drugs

Positive effects of illegal drugs	Negative effects of illegal drugs	WRITE DOWN ANY YOU DIDN'T GET
The brief and risky high the first couple of times you do the drug.	It takes over your life – you make dangerous decisions and take more risks e.g. driving.	
	You develop a tolerance and need more of the drug to feel the same effect.	
	You go through withdrawals (which are painful) when you stop taking the drug.	
	You think about the drug all the time	
	You stop doing meaningful things, e.g. hobbies, education and work, spending time with family and friends	
	You crave the drug, which is painful, you want to cut down but you can't. It's expensive, all your money goes on feeding your addiction.	
	You don't always know if what you are taking is even the drug you think it is – drugs are often cut with other drugs, which can leave you with multiple addictions.	
	Parents die, leaving children behind, or risk having children taken from them by Social Services.	
	Even the first time you take certain drugs, you could die. Certainly further down the line, with drugs like heroin, when people take more and more, you risk death.	

Type of drug	What it looks like (sketch)	Other names for it	Class?	How it affects you
Cannabis				
Ecstasy				
Speed				
Cocaine				
Poppers				
Heroin				

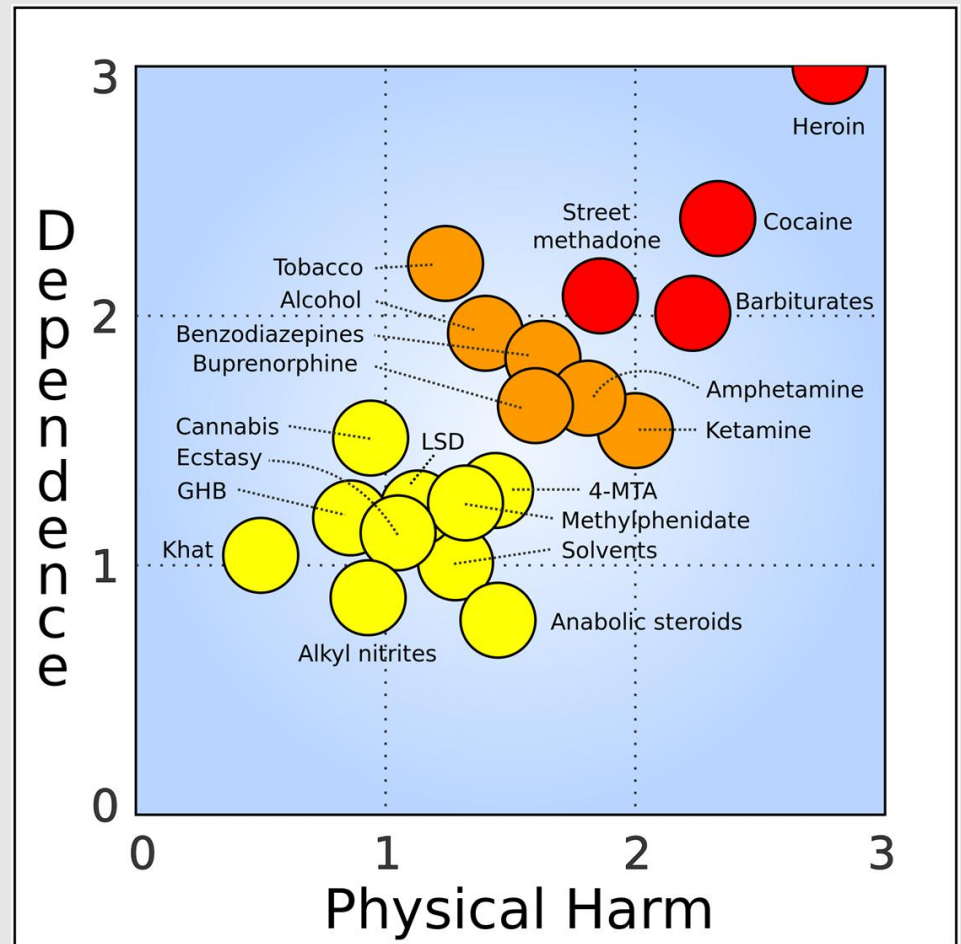
	<p>weed, skunk, sinsemilla, sensi, resin, pot, puff, marijuana, herb, hashish, hash, grass, ganja, draw, dope, bud, bhang</p>	<p>B</p>	<p>Can be pleasant or unpleasant: feel chilled out, relaxed and happy, giggly, talkative. can freak you out - it can cause feelings of anxiety, suspicion, panic and paranoia.</p> <p>Increase in the risk of later developing psychotic illnesses including schizophrenia, difficult to learn and concentrate, poor exam results.</p>
	<p>XTC, rolexs, pills, mitsubishis, MDMA, mandy, E, dolphins, crystal, cowies, brownies</p>	<p>A</p>	<p>Energy buzz, feel alert, alive, sounds and colours more intense. Temporary feelings of love and affection for the people/strangers. Negative side effects from other drugs and ingredients added to the E. The comedown from ecstasy can make people feel lethargic and depressed. Long-term users can suffer memory problems and may develop depression and anxiety</p>
	<p>amphetamine</p>	<p>Class B However, speed prepared for injection is a Class A drug</p>	<p>Feel wide awake, excited and chatty. Difficult to relax or sleep. The 'comedown', can last a number of days, can make users feel really lethargic and down, and you can develop difficulty concentrating and with learning. Puts a strain on your heart. People with high blood pressure or a heart condition have died from overdoses.</p>
	<p>white, wash, toot, stones, snow, rocks, percy, pebbles, freebase, crack, coke, ching, charlie, chang, C</p>	<p>A</p>	<p>Feel wide-awake, confident and on top of the world. Take very careless risks. Its effect is much like speed, but stronger and doesn't last as long. High risk of death from overdose. Raises body temperature, makes the heartbeat faster, reduced feelings of hunger. Can cause convulsions and heart failure. Snorting cocaine seriously damages the cartilage in your nose that separates the nostrils; can lose it and end up with just one really big nostril and a mis-shapen nose. Highly risky for anybody with high blood pressure or a heart condition. Perfectly healthy, young people can have a fit or heart attack after taking too much.</p>
	<p>alkyl nitrite</p>	<p>legal</p>	<p>A short, sharp head-rush like high, enhanced sexual experiences, chemical burns to body tissues, a rash around the nose and mouth, possible death due to injury to red blood cells and reduced oxygen supply to vital organs,, lose consciousness and could die through choking on your vomit</p>
	<p>smack, skag, horse, H, gear, brown</p>	<p>A</p>	<p>Feeling warm, well, sleepy and very relaxed. Slows down the body works and a very strong painkiller. Can bring about dizziness and vomiting. Overdoses can lead to coma and death - can cause respiratory failure (this is what it's called when your breathing stops). If you have become addicted then stop heroin for just for a few days, your tolerance will rapidly drop - and you risk an overdose if you simply take the high dose, you previously took. If taken with other drugs, including alcohol, overdose is more likely.</p>

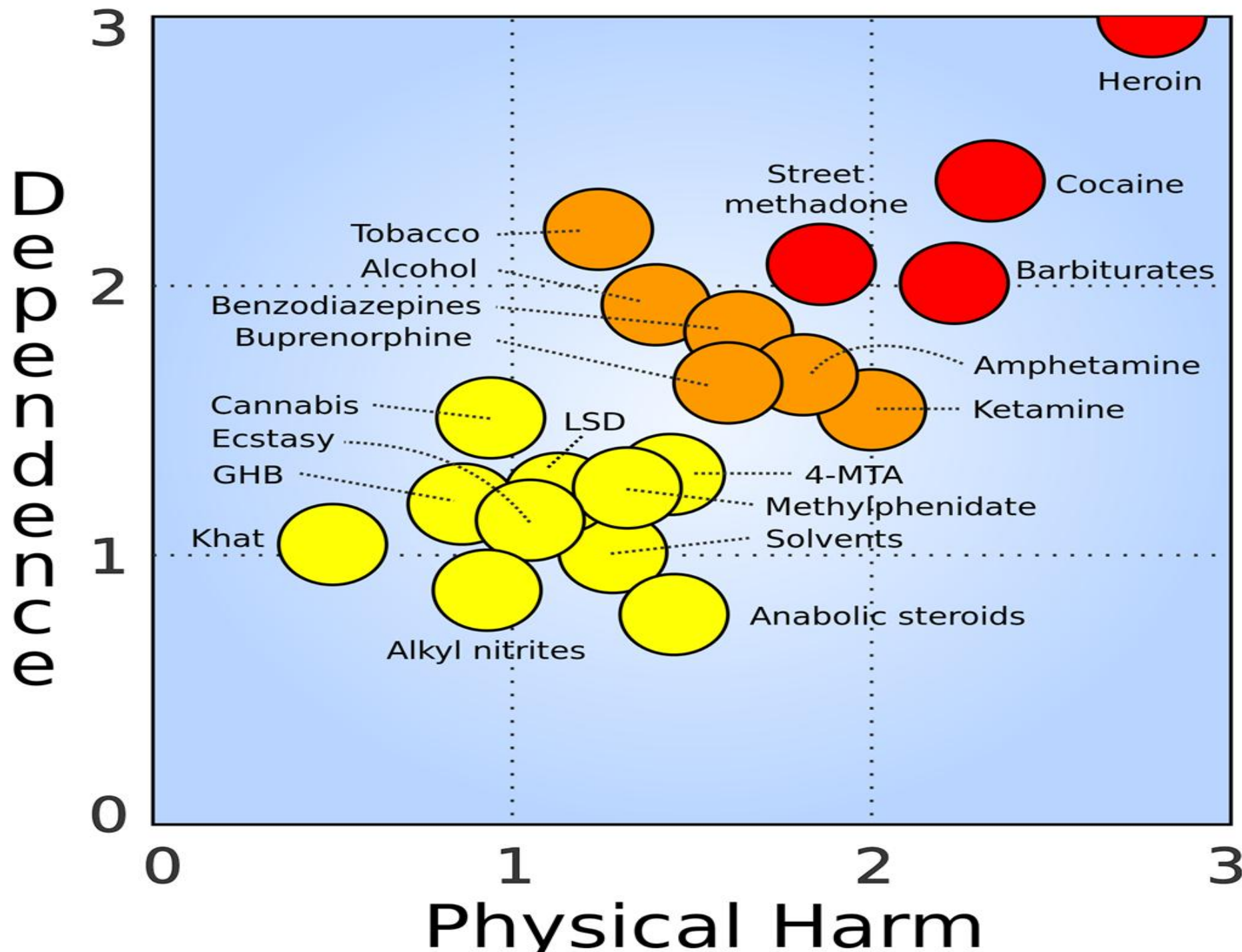
We're in an unusual situation in the UK (as are many countries) where some of our objectively most harmful drugs are not illegal and some, which evidence suggests, are less harmful in many ways, are actually illegal. This may seem odd at first, but there are reasons behind this, as we will discover.



Study the 'Most Dangerous Drugs chart' for two minutes, then discuss it with a partner.

1. What do you notice about the middle (orange) section of the dangerous drugs chart?
2. What do you notice about the lower (yellow) section of the dangerous drugs chart?
3. Does any of this information surprise you? Why?
4. After reading your information sheet, explain in two paragraphs how UK drug laws aren't just based on harm reduction and why this is.





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/>