

Health and Wellbeing

Year 7 term 4- PHSE: The risks of alcohol, tobacco and other substances.

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Addiction:	A condition in which a person feels the need to continually use a substance, even if it harms them.
Peer Pressure:	The influence people your age have on you to act in a certain way, often in a way that is not good for you.
Substance Abuse:	The harmful or dangerous use of alcohol, tobacco, or drugs.
Caffeine:	A stimulant found in coffee, tea, energy drinks, and some sodas.
Vaping:	The act of inhaling vapor from an e-cigarette, often containing nicotine.
Overdose:	Taking too much of a substance, which can cause serious harm or even death.
Tobacco:	A product often smoked in cigarettes or cigars, containing nicotine, which is addictive and harmful to health.
Nicotine:	The addictive chemical found in tobacco products and some e-cigarettes.

What I will know by the end of the unit:

What the short- and long-term risks are of using substances.

<p>Alcohol: A legal substance that is commonly consumed in drinks, such as beer, wine, and spirits. It is a depressant that can affect the brain and body.</p> <p>Tobacco: A product commonly smoked in cigarettes, cigars, or pipes. It contains nicotine, which is addictive and can cause serious health issues.</p> <p>Other Substances:</p> <p>Drugs: Substances that can alter how the body and mind work, including prescription medications, over-the-counter drugs, and illegal substances like cannabis, cocaine, and heroin.</p> <p>Vaping: The inhalation of vaporized liquids, often containing nicotine, through e-cigarettes.</p> <p>Caffeine: A stimulant found in drinks like coffee, energy drinks, and some soft drinks. Although legal, excessive consumption can have negative health effects.</p>
<p>The Risks of Alcohol</p> <p>Short-Term Risks:</p> <p>Impaired Judgment: Alcohol affects decision-making and coordination, increasing the likelihood of accidents or risky behavior.</p> <p>Feeling Sick or Dizzy: Drinking too much alcohol in a short time can cause nausea, vomiting, and dizziness.</p> <p>Addiction: Repeated drinking can lead to a dependency, meaning a person feels the need to drink regularly to feel normal.</p> <p>Long-Term Risks:</p> <p>Health Problems: Long-term alcohol use can lead to liver damage, heart disease, and an increased risk of cancers (e.g., liver, mouth, throat).</p> <p>Mental Health: Alcohol abuse can contribute to depression, anxiety, and other mental health issues.</p> <p>Social and Legal Issues: Drinking can lead to problems in relationships, school performance, and legal issues such as being arrested for drinking underage or drink driving</p>
<p>The Risks of Tobacco</p> <p>Short-Term Risks:</p> <p>Addiction: Tobacco contains nicotine, which is highly addictive. This means people who start smoking may feel they need to continue.</p> <p>Breathing Problems: Smoking can make it harder to breathe and cause coughing and shortness of breath.</p> <p>Long-Term Risks:</p> <p>Lung Disease: Smoking is the leading cause of lung cancer, chronic bronchitis, and emphysema.</p> <p>Heart Disease: Smoking increases the risk of heart attacks, strokes, and other cardiovascular diseases.</p> <p>Addiction: Nicotine addiction can make quitting difficult and lead to lifelong smoking habits, affecting health in the long term.</p>
<p>The Risks of Other Substances</p> <p>Drugs:</p> <p>Illegal Drugs: Using drugs like cannabis, ecstasy, cocaine, or heroin can have immediate and dangerous effects, including increased heart rate, hallucinations, paranoia, and even overdose or death.</p> <p>Prescription Drugs: Taking prescription medication that is not prescribed to you or in higher doses than recommended can lead to poisoning, overdose, and long-term health problems.</p> <p>Vaping: Vaping may appear safer than smoking, but the long-term health risks are still not fully understood. It can still contain harmful chemicals, including nicotine, which is addictive.</p> <p>Caffeine:</p> <p>Short-Term Effects: High caffeine consumption can cause anxiety, jitteriness, and difficulty sleeping.</p> <p>Long-Term Effects: Over time, excessive caffeine consumption can lead to dehydration, high blood pressure, and increased heart rate</p>

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Year 7 term 4- PHSE: Managing puberty and the issues of unwanted contact

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Key Vocabulary

Puberty:	The period of physical and emotional changes that occur as a child's body develops into an adult.
Consent:	Agreeing willingly to an action, especially before any physical contact.
Boundaries:	Limits or rules about what is acceptable in terms of behavior, including personal space and physical contact.
Respect:	Treating others with consideration, valuing their feelings and boundaries.
Unwanted Contact	: Any physical, verbal, or emotional contact that someone has not agreed to or is uncomfortable with.

What I will know by the end of the unit:

Effects Puberty will have on their body and emotions and what is unwanted contact.

What is Puberty?

Puberty is the process during which a child's body changes into an adult body capable of reproduction. It usually occurs between the ages of 8 and 16, though this can vary.

Physical Changes:

For Boys: Growth of body hair (e.g., underarms, face), deepening of the voice, growth of the penis and testicles, increased muscle mass, and growth spurt.

For Girls: Development of breasts, widening of hips, menstruation (periods), growth of body hair (e.g., underarms, pubic area), and skin changes (e.g., acne).

Both Genders: Growth spurts, changes in body shape, increased sweat production, and oilier skin.

Emotional Changes:

Mood swings, changes in emotional responses, feeling more sensitive, and sometimes confusion about these changes.

What to Expect During Puberty:

It's normal to feel self-conscious and uncertain during puberty. Everyone experiences these changes at their own pace. Puberty can affect your thoughts, feelings, and interactions with others, which can sometimes be confusing or overwhelming.

Types of Unwanted Contact:

Physical Contact: Unwanted touching, hugging, kissing, or any form of physical interaction that someone hasn't given consent for.

Verbal Harassment: Comments, jokes, or inappropriate language that makes someone feel uncomfortable.

Online Harassment: Sending inappropriate messages, photos, or videos through social media or messaging apps.

What to Do If You Experience Unwanted Contact:

Say No: It's okay to say no if someone is making you uncomfortable, whether they are a friend, a peer, or an adult.

Get Away: Physically move away from the person making you feel uncomfortable and seek support.

Tell Someone You Trust: Talk to a trusted adult (e.g., a parent, teacher, or school counsellor) about your experience. It's important to let someone know.

Report It: If the unwanted contact continues or feels threatening, you can report it to the authorities or your school.