

Health and Wellbeing

Year 8/9 Cycle A term 4- PHSE: Mental health and emotional wellbeing, including body image.

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Mental Health:	A person's emotional, psychological, and social wellbeing, affecting how we think, feel, and behave.
Emotional Wellbeing:	The ability to handle life's challenges and enjoy positive mental health.
Body Image:	How a person perceives their body and the feelings they have about their physical appearance.
Self-Esteem:	The way individuals feel about themselves and their sense of worth.
Resilience:	The ability to cope with stress, challenges, and setbacks.
Anxiety:	A feeling of unease, such as worry or fear, which can be mild or severe.
Depression	A mood disorder causing persistent sadness, lack of interest, and loss of motivation.

What I will know by the end of the unit:

Common mental health issues, effects of poor body image and how social media can affect these.

Common Mental Health Issues

Anxiety: Feelings of worry, fear, or nervousness that can affect daily life.

Depression: Persistent sadness, feelings of hopelessness, and lack of interest in activities.

Stress: Physical and emotional reactions to difficult or demanding situations.

Low Self-Esteem: Feeling unworthy, not good enough, or doubting your abilities or appearance.

Eating Disorders: Disorders such as anorexia, bulimia, and binge eating that affect physical health and mental wellbeing, often linked to body image.

Self-Harm: The act of intentionally injuring oneself as a way to cope with emotional pain or distress.

What is Body Image?

Body image refers to how we perceive, think, and feel about our physical appearance. This can be positive (feeling good about one's body) or negative (feeling dissatisfied or ashamed).

Influence of Media and Social Media:

Unrealistic Beauty Standards: Media often promotes unrealistic beauty standards (e.g., "perfect" body shapes, skin types, and facial features), which can create pressure to look a certain way.

Body Image and Social Media: Constant exposure to "ideal" images on social media can lead to comparisons, self-criticism, and unhealthy behaviours such as dieting or excessive exercise.

Effects of Poor Body Image:

Mental Health Impact: Poor body image can contribute to low self-esteem, anxiety, depression, eating disorders, and social withdrawal.

Physical Health Impact: Unhealthy body image can lead to harmful behaviours like extreme dieting, excessive exercise, or eating disorders.

Promoting a Positive Body Image:

Self-Acceptance: Understanding that everyone's body is unique and that healthy bodies come in many different shapes and sizes.

Media Literacy: Learning to critically assess and question the images and messages presented in the media and on social media platforms.

Health and wellbeing

Year 8/9 Cycle A term 4- PHSE: Managing change and loss.

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Key Vocabulary

Change:	The process of becoming different or going through transitions in life.
Loss:	The experience of losing something or someone significant, leading to grief and emotional distress.
Resilience:	The ability to recover from setbacks, adapt to change, and keep going in the face of adversity.
Grief:	The emotional response to loss, often characterized by sadness, anger, and longing.
Emotional Wellbeing:	The state of having a positive sense of self, being able to manage emotions effectively, and coping with life's challenges.
Empathy:	Understanding and sharing the feelings of another person.
Self-Care:	Taking actions to care for one's mental, emotional, and physical health, especially during times of stress or change.
Support Network:	A group of people who provide emotional and practical help during difficult

What I will know by the end of the unit:

What emotions can occur when experiencing change or loss and how to cope with these emotions

<p>The Emotional Impact of Change: Change can be exciting or unsettling, and it can bring about a range of emotions such as happiness, anxiety, excitement, fear, or sadness. Positive Change: Even positive changes (e.g., a new home or friendship) can be challenging as they bring new experiences and unknowns. Negative Change: Negative changes (e.g., a breakup, a family move, or a loss) can lead to feelings of grief, stress, or confusion.</p>
<p>What is Loss? Loss refers to the experience of losing something or someone important, and it can occur in many forms. Types of Loss: Physical Loss: Losing a loved one through death, losing possessions, or experiencing changes in physical ability. Emotional Loss: The loss of emotional security or a sense of belonging, often linked to changes in relationships (e.g., a breakup, loss of a friendship). Abstract Loss: Losing a sense of identity, self-esteem, or purpose, which can occur during periods of personal growth or major transitions.</p>
<p>Common Emotions During Change: Anxiety: Worry about what the future holds or fear of the unknown. Sadness: Feelings of disappointment, loss, or grief. Excitement: Positive feelings about new opportunities or experiences. Confusion: Not knowing how to deal with or process a change. Frustration: Feeling overwhelmed or helpless in the face of change. Loneliness: Feeling isolated or disconnected from others during transitions or loss.</p>
<p>Give Yourself Time: Understand that grieving takes time and that everyone processes loss differently. Talk About Your Feelings: Share your thoughts and feelings with someone who listens without judgment, whether it's a friend, parent, or counsellor. Memory Keeping: Create a memory box, journal, or scrapbook to honour what you've lost and remember the good times.</p>
<p>Establish Routines: During times of change, sticking to a routine can provide comfort and stability. Focus on the Positive: Try to identify any positives in the situation (e.g., new opportunities or learning experiences). Take Care of Your Physical Health: Regular exercise, healthy eating, and adequate sleep are essential for mental wellbeing.</p>

Health and well being

Year 8/9 Cycle A term 4 - PHSE: Cancer prevention.

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What I will know by the end of the unit:

Different types of cancer, what can be the cause and how to prevent cancer.

Key Vocabulary

Cancer Cells:	Abnormal cells that divide uncontrollably, leading to tumours and potentially spreading to other parts of the body.
Chemotherapy:	A type of cancer treatment that uses drugs to kill or stop the growth of cancer cells.
Radiation Therapy:	Treatment that uses high-energy radiation to kill cancer cells.
Self-Examination:	Checking your body for unusual changes, such as lumps or skin changes, that could indicate cancer.
Metastasis:	The spread of cancer cells to other parts of the body.
Tumour:	A mass of abnormal tissue that may or may not be cancerous.

Unhealthy Lifestyle Choices:

Smoking: Smoking is the leading cause of lung cancer and is linked to other cancers such as throat, mouth, and bladder cancer.

Alcohol Consumption: Drinking alcohol in excess can increase the risk of cancers, including liver, breast, and mouth cancer.

Poor Diet: Diets high in processed foods, red meats, and low in fruits and vegetables can contribute to an increased risk of certain cancers (e.g., colon cancer).

Physical Inactivity: Lack of exercise can increase the risk of cancers such as breast and colon cancer.

Environmental Factors:

Sun Exposure: Overexposure to UV rays from the sun or tanning beds increases the risk of skin cancer, particularly melanoma.

Exposure to Carcinogens: Chemicals in the environment, such as asbestos or certain pesticides, can increase cancer risk.

Radiation Exposure: High doses of radiation, such as from x-rays or radiation therapy, can increase the risk of developing cancer.

Healthy Lifestyle Choices: Don't Smoke: Avoiding smoking or using tobacco products significantly lowers the risk of cancer, particularly lung cancer.

Limit Alcohol Consumption: Reducing alcohol intake can decrease the risk of cancers such as liver, breast, and mouth cancer.

Maintain a Healthy Diet: Eat a balanced diet with plenty of fruits, vegetables, and whole grains.

Limit processed foods, sugary snacks, and red meat.

Stay Hydrated: Drink enough water throughout the day to maintain healthy body function.

Exercise Regularly: Aim for at least 30 minutes of physical activity each day to maintain a healthy weight and reduce the risk of cancers like breast and colon cancer.

Sun Protection: Wear Sunscreen: Use sunscreen with SPF 30 or higher to protect skin from harmful UV rays.

Seek Shade: Stay in the shade during peak sunlight hours (10 a.m. to 4 p.m.).

Wear Protective Clothing: Hats, sunglasses, and long-sleeved clothing can help reduce exposure to UV rays.

Limit Exposure to Harmful Chemicals: Avoid exposure to carcinogenic chemicals, such as those found in cigarettes, industrial pollutants, and certain cleaning products.

Common Types of Cancer:

Skin Cancer (e.g., melanoma)

Breast Cancer

Lung Cancer

Colon Cancer

Leukemia

Prostate Cancer

Liver Cancer