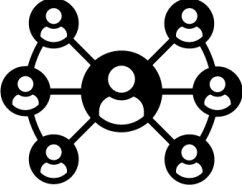






# *Curriculum for Life*

*'Preparing us for life beyond Trinity'*

		
Healthy Relationships	Health and Wellbeing	Living in the Wider World

Year 8 - Term 4 –

How can my lifestyle choices impact my health?







Name: \_\_\_\_\_

C4L Teacher(s): \_\_\_\_\_

Classroom: \_\_\_\_\_



# Curriculum for Life: Year 8 - Big Picture

Health and Wellbeing <i>How do I look after my mental wellbeing?</i>	Healthy Relationships <i>How do I identify and challenge discriminative behaviours?</i>	Living in the Wider World <i>What opportunities are out there?</i>
<p>This unit is about ensuring you understand what mental health is and the key signs to look for when recognising poor mental health. The unit will look at common mental health problems young people may face, healthy &amp; unhealthy strategies of coping with poor mental health &amp; where to seek support for these health issues.</p> 	<p>This unit will examine the types of discrimination that exist in society. We will look at racism, sexism, homophobia, transphobia and religious discrimination. This unit is about identifying unacceptable behaviour and the language we should and should not be using in society today. We will also look at how we can tackle discrimination, including the laws around discrimination.</p> 	<p>This unit is about developing an understanding of what working life is about. It will give you an insight into the career opportunities out there &amp; support you in setting aspirational goals for your future. This will support you in making choices later, such as your GCSE option choices.</p> 
Health and Well Being <i>How can my lifestyle choices impact my health?</i>	Healthy Relationships <i>What is identity &amp; how can I keep safe in relationships?</i>	Living the Wider World <i>How do I keep myself safe online?</i>
<p>This unit is about making good choices when it comes to your health. It will focus on the negative choices such as drugs, smoking &amp; alcohol and how these choices can be detrimental to your future and your health. It will also look at the laws surrounding these intoxicants.</p> 	<p>This unit will explore the concept of identity, including sexual and gender identity. It will examine some of the risks that come with an intimate relationship and the consequences and laws surrounding these risks.</p> 	<p>This unit is about ensuring you understand how to stay safe online. It will examine a range of issues such as private and public sharing, age restrictions, grooming and the world of online advertisements.</p> 

## Knowledge Organiser

	Key Terms	
<ul style="list-style-type: none"> <li>In 2018 4,359 people died from drug poisoning in the UK.</li> <li>Smoking is the leading cause of premature (early) death, killing 78,000 people in England each year.</li> <li>E-Cigs contain some of the harmful chemicals that are found in cigarette smoke.</li> <li>Side effects of drinking energy drinks include - fast heartbeat, difficulty sleeping, headaches, feeling sick, diarrhoea, chest pains and seizures.</li> <li>Peer pressure is reported to be one of the main reasons young people try intoxicants such as drugs, smoking and e-cigs.</li> </ul>	Overconsumption	The action or fact of consuming something to excess (a lot)
	Medicinal	Drugs that have been prescribed by a doctor or are taken to heal
	Recreational	Drugs used without medicinal reasons
	Addiction	The fact or condition of being addicted to a particular substance or activity.
	Intoxicant	A substance that impacts the brain and/or body
	Peer pressure	Influencing someone to do something

## Access to support

- Ask Frank (Drugs) - <https://www.talktofrank.com/>
- NHS - <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>
- Drink aware - <https://www.drinkaware.co.uk/advice/underage-drinking/the-law/>

## Title: What are the impacts of energy drinks?

# **A third of young people consume energy drinks regularly in UK**



Around a third of children in the UK – mostly young teens – consume caffeinated energy drinks more than once a week, according to a new report from the British Medical Journal (BMJ.)

Younger teenagers are the most likely to drink caffeinated energy drinks (CEDs), says the report, with boys tending to rely on them more than girls.

Approximately half of children globally currently consume CEDs on a weekly and monthly basis, behaviour which has been linked to lower academic scores and poor mental health.

Having energy drinks five or more times a week could cause poor physical health and behavioural problems too. Some of the most troubling issues that were recorded in the study include reports of headaches, stomachaches, sleeping problems and irritability.

Young teens who consumed energy drinks five or more days a week were said to have worse mental health, levels of fitness, and sense of well-being compared to their peers who did not consume the drinks.

Consuming CEDs has also been equated with the uptake of smoking and alcohol use.

The study also noted that children who were drinking CEDs were more likely to not excel at school, sometimes facing exclusion.

The British Medical Journal noted however that a more comprehensive study must be done to collect stronger evidence for their findings, which has been harvested via surveys.

In the UK, many food and drink retailers will not sell energy drinks to teens under the age of 16, after the Government banned selling them to this age group in 2019.

Many mainstream energy drinks on the market, such as Red Bull and Monster, contain extremely high level of sugar and caffeine. Approximately 80mg of caffeine can be found in a regular CED can, as well as around 10g of sugar. To give this context, one shot of freshly-ground coffee contains around 63mg of caffeine.

As the UK Government potentially halts its decision of implementing HFSS legislation for food and drinks in major supermarket and food retailers, energy drinks could still remain a popular, but unhealthy, choice for under-18s around the country.

## Title: How can medicinal and recreational drugs impact me?

Connect:

Statement	True or False?	✓ or X in purple pen and add notes
Coffee can be considered a drug		
All drugs are addictive		
Only drug addicts have a problem with drugs		
All drugs are illegal		

Explain the difference between medicinal and recreational drugs:


Organise the examples on the board into the categories below:

Medicinal	Recreational

What precautions should you take when using medicinal drugs?


What effects could recreational drugs have your body?


# Title: What is a Drug Addiction?

Connect	Start of lesson	End of lesson
The Impact of Drug Addiction	True or false?	True or false?
1. Drugs affect the mind.		
2. You are more likely to be involved in crime if you have a drug addiction.		
3. You are happier if you have a drug addiction.		
4. You have more control over making big decisions if you have a drug addiction.		
5. Drugs destroy creativity.		
6. Drugs can blur your memory.		
7. Drugs can make you focus more.		
8. Drugs can make your health deteriorate.		
9. Drugs can make you unpleasant towards family and friends.		

As you watch the video, track Chloe’s gradual decline into addiction and how it impacted her

1. Chloe’s life feels settled

2. Her mum’s new boyfriend disrupted the house

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# Title: What is a Drug Addiction?

Make a mind map

Why might people  
become addicted to  
drugs?

*Use purple pen to add any ideas shared by others*

Make a mind map

What are the impacts  
on the addicts and  
their families?

*Use purple pen to add any ideas shared by others*

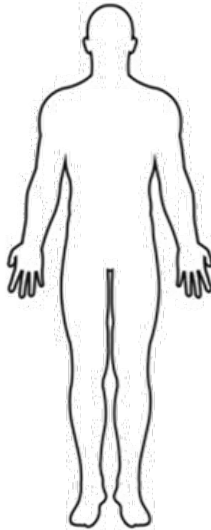
# Title: How can alcohol, nicotine and vaping impact me?

## Connect:

1. What do drugs, alcohol and cigarettes have in common?

2. Why might people smoke, take drugs, or drink alcohol?

Video activity: annotate the outline of the body, explaining how different parts are affected by smoking



## Make a mind-map

How might  
alcohol impact  
someone in the  
short term?

# Title: How can I manage societal pressures around drugs & alcohol?

Connect: How do these images connect to pressure?



After watching the video and hearing of all the ways to support yourself, pick your top three tips:
1:  Why do you think this is the most effective way to support yourself?
2:
3:

What somebody might say to pressure you	How you could respond
Everyone takes drugs! Come on, join the fun.	
Don't be boring - have a drink!	
You will enjoy it. It will make you feel good!	
	8

Handwriting practice area with 20 horizontal lines.