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| **Core Theme 1: Health and Wellbeing** |
| **Mental Wellbeing** | **Internet Safety and Harms** | **Physical health and fitness** |
| **iASEND S** |
| * Emotions (e.g. happiness, sadness, anger, fear, surprise)
* Benefits of physical exercise, time outdoors, community participation
* Simple care techniques – rest, time with friends and family, benefits of hobbies and interests
* How to seek support (who to speak to in school)
* Understanding the concept of privacy
 |  | * What is an active lifestyle?
* Importance of building regular exercise into daily and weekly routines and how to achieve this – making good choices
* How and when to seek support – who to speak to if worried about health
* Taking care of your body – inappropriate and unwanted contact
* Names for the main parts of the body (including external genitalia) and body similarities and differences between boys and girls
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| **iASEND E** |
| * Emotions (e.g. nervousness)
* How to recognise and talk about emotions
* Develop simple strategies for managing feelings
* How to judge what they are feeling and where they are
* Understanding the importance of respecting others privacy, do not keep secrets
 | * What is the Internet, how is it part of your life?
* How much time do you spend on line?
* Risks of excessive time spent on electronic devices
* Safe use of mobile phones
* Importance of keeping personal information private
 | * The characteristics and mental and physical benefits of an active lifestyle
* What is an inactive lifestyle and the risks associated with this
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| **iASEND N** |
| * Isolation and loneliness – importance of discussing feelings and seeking support
* Change and loss and associated feelings
* Bullying/cyberbullying and effect on mental health
* Talk about emotions sensitively and accurately using appropriate vocabulary
* Happiness is linked to being connected to others
* Benefits and importance of physical exercise, time outdoors, community participation
 | * Impact of positive and negative content
* Recognise and display respectful behaviour online
* Why social media, some computer games, gambling are age restricted
* Negative aspects – online abuse, trolling, bullying, harassment
* How to report concerns
* How media portrays people – impact on body image and health issues
* Identify harmful behaviours online and how to report/find support
* Manage unwanted attention
* Sharing of intimate images
 | * Link between physical activity and promotion of mental wellbeing (approach to combat stress)
* Maintaining a balance between work, leisure and exercise
* What constitutes a healthy lifestyle
* Promoting won emotional wellbeing
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| **iASEND D** |
| * How to recognise the early signs of mental well-being concerns
* Common types of mental ill health (anxiety and depression)
* How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others mental health.
 | * Similarities and differences between real world and online world
* Over reliance of on-line relationships
* How advertising and information is targeted at them
* Recognise bullying in all its forms and to have the skills and strategies to manage being targeted or witness others being targeted
* Harassment and stalking
* On line gambling – consequences
* Social and moral dilemmas about the use of money
 | * Science relating to blood, organ and stem cell donation
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| **Healthy eating** | **Drugs, alcohol and tobacco** | **Health and prevention** |
|  **iASEND S** |
| * What constitutes a healthy diet (inc calories and nutritional content)
* Planning a preparing a range of healthy meals
 |  | * Recognise early signs of physical illness (weight loss, unexplained changes to the body)
* Safe/unsafe sun exposure
* Dental health – good oral hygiene, dental flossing, regular checkups
* Personal hygiene – germ, bacteria. How spread and treated
* Importance of handwashing and how to do this thoroughly
* Awareness of pain/identifying pain
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| **iASEND E** |
| * Characteristics of a poor diet
* Risks linked to unhealthy eating (obesity, tooth decay)
 | * Smoking, alcohol use, drug taking –what are the risks?
* Household products can be harmful if not used properly (signage on bottles)

Energy drinks | * Positive effects of physical and emotional health
* Allergies, immunisation, vaccination
* Taking increased responsibility for own physical health and personal hygiene.
* Importance of good quality sleep – effect of poor sleep
* Road safety. Cycle safety, rail, water, fire
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| **iASEND N** |
| * Healthy eating and the links between poor diet and health risks – tooth decay, cancer, obesity
 | * Impact of alcohol
* Facts about legal and illegal drugs including alcohol (inc gov recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis
* Short and long term consequences of substance use and misuse (health risks, impact on individuals, families and communities, risk of second hand smoke)
* Facts about the harms of smoking tobacco, the benefits of quitting and how to access the support to do so
 | * Understand concept of a balanced lifestyle.
* The purpose and importance of immunisation
* Dental health
* Sleep – lack of sleep can affect weight, mood and ability to learn
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| **iASEND D** |
| * Risks associated with dieting
* What might influence decisions about eating a balanced diet
 | * Law relating to supply and possession of illegal substances
* Physical and psychological risks linked with alcohol consumption and what constitutes low risk alcohol consumption in adulthood
* Physical and psychological consequences of addiction including alcohol dependency
* Awareness of the dangers of drugs which are prescribed but still prevent serious health risks.
 | * Cancer prevention – healthy lifestyle, testicular/breast self-examination
* Being a confident user of the NHS
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| **Basic First Aid** | **Changing Adolescent Body** |  |
| **iASEND S** |
| * People who work in the community and who are responsible for looking after us
* How to contact special people when we need help
* School rule about health and safety
* How to get help in school/home
 | * Key facts about puberty and the changing adolescent body (physical and emotional changes)
* Growing from young to old
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| **iASEND E** |
| * Basic emergency first aid procedures
* 999 calls/deaf number move to E?
 | * Basic reproduction and how bodies change
* Growing old and changing
* Menstrual cycle and menstrual wellbeing
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| **iASEND N** |
| * Basic treatment for common injuries
* Life saving skills
 | * Recap facts about puberty, the changing adolescent body and menstrual well being
* Main changes that take place in males and females and implications for emotional and physical health
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| **iASEND D** |
| * Purpose of defibrillators and when one might be needed
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