

### Health and Wellbeing 1

This unit will focus on the warning signs to look for regarding mental health and effective strategies to respond to themselves and others. Pupils will know that anyone can suffer ill mental health, and that with the right support can be made better. Children will explore the risks and laws associated with legal drugs as well as how the media influences our decision-making around drugs.



**drinkaware**

## Key knowledge and threads

### Key thread: Health and Wellbeing

- Know that strategies to respond to feelings are journaling, talking to someone
- Know to stop, think and gather advice before responding to feelings in different situations
- Know that responding angrily or aggressively is inappropriate
- Know that self-harm, poor attendance, decline in academic performance, sudden mood changes, seeming distant, sleeping problems are warning signs about mental health and wellbeing
- Know that organisations such as Every Mind Matters, NSPCC and Mind offer mental health support for themselves and others
- Know that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support
- Know that it is important to talk about feelings with a trusted adult
- Know that alcohol can heighten feelings, cause sickness, dizziness, falling, fainting, memory loss and inability to control own behaviour
- Know that caffeine can temporarily make people feel energetic
- Know that drinking excessive caffeine can prevent sleep
- Know that e-cigarettes contain nicotine which raises the heart rate and blood pressure and is addictive
- Know that smoking tobacco can cause sickness, dizziness, anxiety, premature aging, stained teeth and nails, damaged organs leading to long-term illness
- Know that medicines can make us feel better, but you must read the instructions thoroughly before taking them
- Know that drug use can become a habit which can be difficult to break
- Know that it is illegal to sell or buy cigarettes, e-cigarettes and alcohol for anyone under the age of 18 in the UK (except where that person buys beer, wine or cider for someone aged 16 or 17 to be drunk with a table meal while accompanied by a person over 18)
- Know that the media gives mixed messages around alcohol, smoking and vaping
- Know that NHS, NHS Smokefree and Drinkaware are organisations to talk to if support is needed regarding concerns about smoking, alcohol or drug use



### Vocabulary Abstract

**Addiction**—not having control over using something, to the point it could be harmful to the user

**Anxiety**—a feeling of unease, such as worry or fear

**Alcohol**—Alcohol is a distilled or fermented drink that can make you drunk.

**Nicotine**—a highly addictive stimulant found in tobacco and vaping devices.

**Inappropriate** - not suitable for the situation