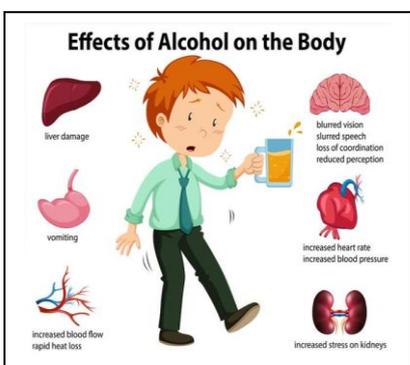
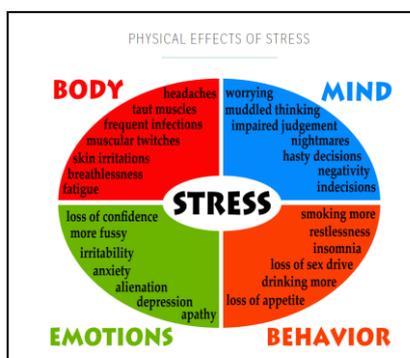


Year 9 PSHE – Autumn term – Health and wellbeing

Key Words			
Growth mindset	The idea that your mind will not always be the same and can be shaped to achieve what you would like it to, through hard work, dedication and resilience.	Fixed mindset	People believe their qualities are fixed traits and therefore cannot change
Mental health	Like physical health, a measure of how well a person is, just in their mind instead of their body	Stress	A state of mental or emotional strain resulting from difficult or demanding circumstances.
Alcohol	A chemical which is in certain drinks and changes how people behave	Legalisation	The process of making something legal to use.
Schizophrenia	A long term mental health condition which can cause a sufferer to have frightening hallucinations.	Gambling	play games of chance for money
Vaccination	treatment with a vaccine to produce immunity against a disease	Prejudice	Judging someone based on ideas you already have about that particular type of person
Stem cell	a cell with the unique ability to develop into specialised cell types in the body. In the future they may be used to replace cells and tissues that have been damaged or lost due to disease	Organ donation	he process when a person allows an organ of their own to be removed and transplanted to another person, legally, either by consent while the donor is alive or dead with the assent of the next of kin



Alcohol and young people

You can be stopped, fined or arrested by police if you're under 18 and drink alcohol in public.

If you're under 18, it's against the law:

- for someone to sell you alcohol.
- to buy or try to buy alcohol.
- for an adult to buy or try to buy alcohol for you
- to drink alcohol in licensed premises (such as a pub or restaurant)

However, if you're 16 or 17 and accompanied by an adult, you can drink (but not buy) beer, wine or cider with a meal.

If you're 16 or under, you may be able to go to a pub (or premises primarily used to sell alcohol) if you're accompanied by an adult. However, this isn't always the case. It can also depend on the specific conditions for that premises.

It's illegal to give alcohol to children under 5.

ORGANISATIONS THAT CAN HELP AND SUPPORT YOU

Beat Eating disorders

Mind for better mental health

AL-ANON FAMILY GROUPS UK & EIRE Helpline 0800 0086 811

YOUNG MINDS

CALL 111 THE NHS non-emergency number

999 EMERGENCIES ALWAYS CALL

ChildLine 0800 1111

CLICK CEOP Internet Safety

NHS

999 National Domestic Abuse Helpline 0808 2000 247

NSPCC Helpline 0808 800 5000

111 In an emergency Call 999

116 123 Samaritans Talk to us, we'll listen

0808 2000 247 National Domestic Abuse Helpline

0808 808 1677 Support and advice when someone dies

Key Ideas	
Mindsets – growth and fixed	To consider the differences between a fixed and a growth mindset. To look at qualities of each and how to use a growth mindset to achieve.
Mental health and stress	To identify what good mental health is. Looking at the effects of stress on a person and positive and negative ways to deal with stress
Alcohol	To consider why people drink alcohol. To understand the recommended units for adults and what the effects of alcohol consumption is
Drugs and the law	To understand the effects of drug use and what the law states about drug use including punishments.
Self-harm	To identify how and why someone may self-harm. To understand strategies which would stop self-harming and different organisations and advice that can be used if you are aware of someone self-harming
Gambling	Different types and risk associated with it. Strategies for managing gambling issues.
Vaccinations, stem cell and organ donations	What vaccinations are, the benefits and arguments against them. Understanding what stem cell and organ donation is and the law and ethical issues that surround them.