

# Year 9 PDC Booklet

## Mental Health and Wellbeing I



**LIONHEART EDUCATIONAL TRUST**

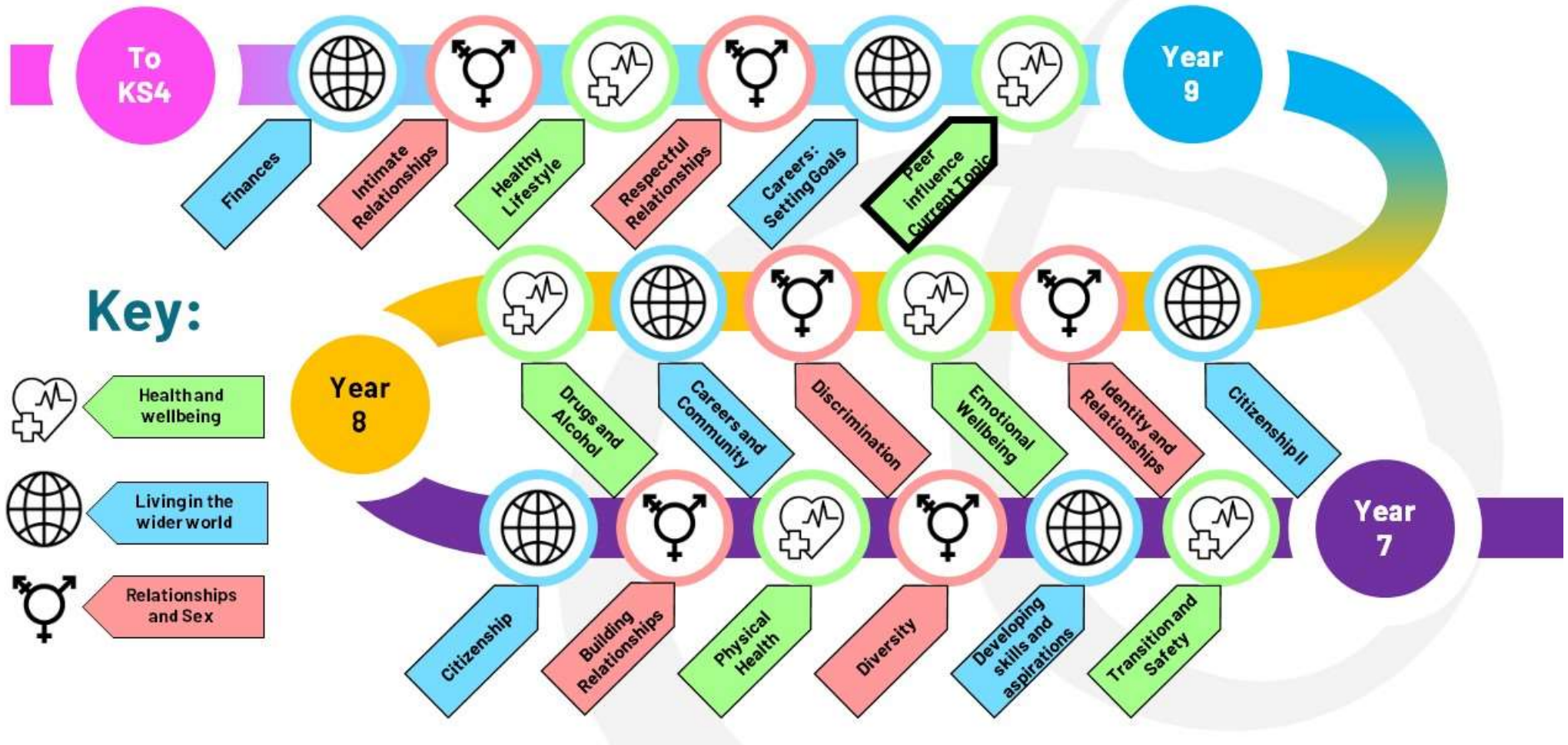
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# Personal Development Curriculum KS3 Learning Journey





## Year 9 – Block 1: Physical and Mental Health Knowledge Organiser



Key Words		What makes a Good Friend?		Staying Safe Online	
Relationship	The way in which two or more people or things are	<b>Good friends make you feel good</b>	Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.	<ol style="list-style-type: none"> <li>1. Don't post any personal information online – like your address, email address or mobile number.</li> <li>2. Keep your privacy settings as high as possible.</li> <li>3. Never give out your passwords.</li> <li>4. Don't befriend people you don't know.</li> <li>5. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.</li> <li>6. Remember that not everyone online is who they say they are</li> <li>7. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.</li> </ol>	
Filler Words	Words that are used when someone is struggling to	<b>Good friends listen</b>	A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.		
Conversational Threading	Using open ended questions to keep a conversation flowing and interesting	<b>Good friends support each other</b>	If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.		
Risk	A situation involving exposure to danger	<b>Good friends are trustworthy</b>	If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.		
Consequence	A result or effect, typically one that	<b>Good friends handle conflict respectfully and respect boundaries</b>	A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.		
Influence	The capacity to have an effect on the character, development, or behaviour of someone or	<b>Friends not followers</b>	In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy.		
Vaping	To inhale vapor through the mouth from a usually battery-operated electronic device (such as an electronic cigarette) that heats up and vaporizes a	<b>Knife Crime Includes:</b> <ul style="list-style-type: none"> <li>• carrying a knife</li> <li>• trying to buy a knife if you are under 18</li> <li>• threatening someone with a knife</li> <li>• owning a banned knife</li> <li>• injuring or fatally wounding somebody with a knife</li> <li>• intent to injure or harm somebody with a knife</li> <li>• a robbery or burglary where a knife was carried as a weapon</li> </ul> <p>The sentence for carrying a knife is 4 years minimum. If the knife is used, up to life can be given dependant on the crime</p>			
Gang	An organized group of criminals.				
<b>Dangers of Vaping</b> <ul style="list-style-type: none"> <li>• Vapes often contain nicotine, even if they say they don't. Nicotine is an incredibly addictive substance that can lead to an adrenaline rush in the body. However, this can affect the heart and the brain long term.</li> <li>• There are mental health issues associated too such as insomnia,</li> </ul>				<b>Why Do People Join Gangs</b> <ul style="list-style-type: none"> <li>• for protection from others</li> <li>• for safety in numbers</li> <li>• to be accepted</li> <li>• to feel part of a 'family'</li> <li>• for a sense of identity</li> <li>• for respect</li> </ul>	<b>Dangers of Gangs</b> <ul style="list-style-type: none"> <li>• dropping out of school;</li> <li>• teen parenthood;</li> <li>• unemployment;</li> <li>• victimization;</li> <li>• drug and alcohol abuse;</li> <li>• committing petty and violent crimes; and</li> <li>• juvenile conviction and incarceration</li> </ul>
<b>Where To Go For Support:</b> <p>Teachers and School Staff, Parents, Friends, Parents</p>					
Leicestershire Po-	<a href="http://www.leics.police.uk">www.leics.police.uk</a>				
Youth Services	<a href="http://www.youth.gov">www.youth.gov</a>				

# Healthy and Unhealthy Friendships

## Retrieval Practice

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## Baseline Assessment



### Task 1: MacFriend Burger

Write down the ingredients needed for a positive friendship:

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2. ....  
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3. ....  
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4. ....  
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5. ....  
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What are the instructions for cooking up your MacFriend burger?

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What would you say the dressing/relish of a friendship is? The things that you don't need, but make it extra special?

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### Peer Assess

2 Stars	1 Wish

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## Task 2: Myth vs Reality

Myth	Reality	Matches With
a. Everyone shares their passwords with their best friend/boyfriend/girlfriend	1. Although not advisable, if you do decide to share your password it should be because you want to, not because you feel pressured to	
b. It's rude if you don't respond to someone's message within 10 minutes of reading it	2. You don't have to prove you trust your best friend/boyfriend/girlfriend by sharing passwords	
c. It's a worrying sign if you see someone has read your message but hasn't replied	3. You don't have to feel worried if someone reads your message straight away, they might be busy, or waiting for a time to give your message more attention	
d. It's acceptable to get angry at someone if they take a long time to reply to you	4. If you don't have many likes or followers it doesn't mean you are not appreciated	
e. Posting images of your relationship online proves you are happy	5. Think carefully before you tag someone in a silly picture or meme	
f. When people are in relationships seem happy in the photos and comments they share, that means their relationship is healthy	6. Getting angry at someone for taking a long time to reply is not helpful. Everyone is allowed space, they will reply when they are ready	
g. Other people have better friendships than you if they are always liking and commenting on each other's posts	7. You need to ask before you share a private conversation with other people	
h. The internet shows us what other people are really thinking and feeling	8. When you are in a new relationship, you shouldn't have to update your online status to make a boyfriend/girlfriend happy	
i. If you break up with someone you can say whatever you want about them online	9. When you are in a new relationship, you shouldn't have to update your status to prove it	
j. When you start a new relationship, you need to update your online status to prove it	10. You don't have to post images of your relationship online to prove you are happy	

k. It's okay to screenshot a message and share it publicly if you are good friends with someone
l. Its okay to tag someone in a silly picture or meme when its really funny
m. If someone is annoyed you won't share your password with them, you need to share it to make them happy
n. Followers online are really important and if you don't have that many then you aren't appreciated

11. People only share what they want people to see and not what is actually going on	
12. Even if people like and comment on each other's posts, it doesn't mean they have better friendships than you do	
13. Its easy to pretend how you are feeling and what you are thinking when you are online	
14. If you break up with someone, you still need to be respectful if you talk to then or you talk about them online	

## Types of Behaviour and Communication

### Retrieval Practice

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### Baseline Assessment

Make a list of the different ways communication can be effective

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At the end of the lesson – can you add to your list in a different colour?

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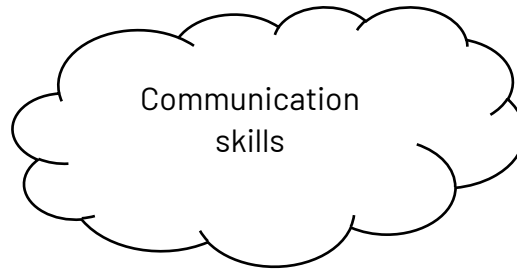
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### Task 1: Communication Skills

Complete the mind map below to say why communication skills are important



For each point you have made, explain why it is important

### Task 2: Questions from the video clip

What are 'filler words'?

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Give three examples of filler words.

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What is interview mode?

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What does Kiss vs Kill mean?

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Why should we remove 'filler words' from our conversations?

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What happens if no threads are added into conversations?

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How can 'random statements' help us in conversations?

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What is conversational threading?

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Why is 'interview mode' not a good way of speaking to new people?

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Explain the meaning of a 'cold read' statement.

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# Risks and influence online and offline

## Retrieval Practice

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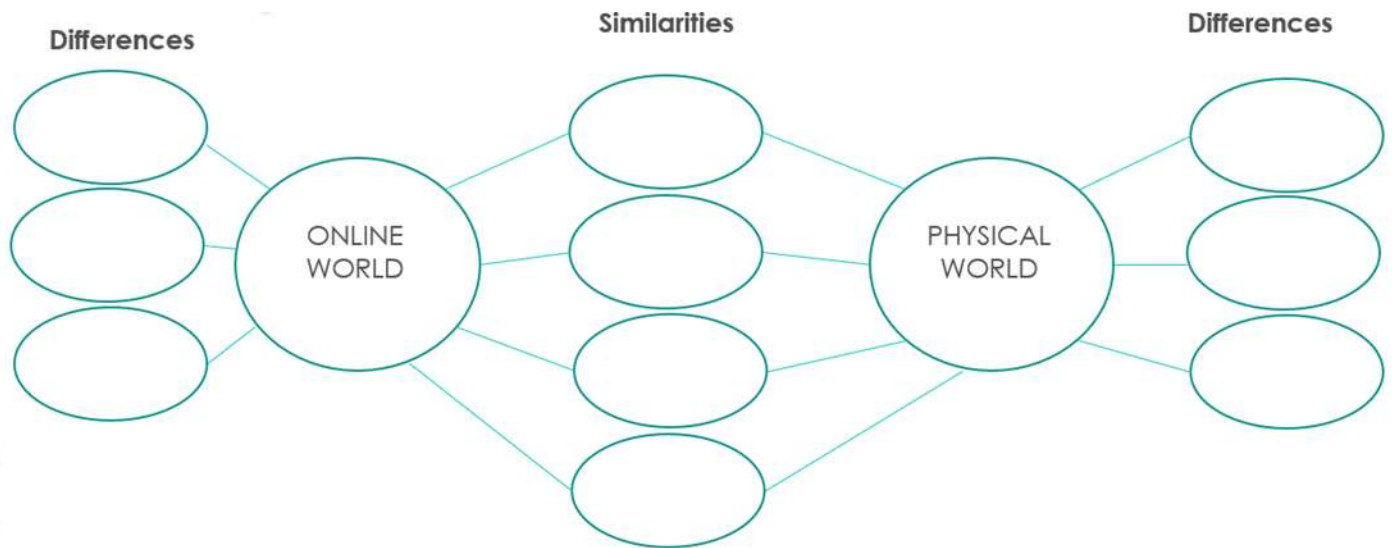
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## Baseline Assessment



## Task 1: Risk and Consequence

As the video is playing, make a list of the different risks and consequences you see. Label each as either a risk or a consequence

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## Task 2: Social Engineering

Cyber Security Definitions	Is this an example of social engineering?	Was this type of social engineering in the film?
Viruses: Programs which can self-replicate and are designed to infect software programs or systems.		
Phishing: Untargeted, mass emails sent to many people, asking for sensitive information (such as bank details) or encouraging them to visit a fake website through a link. This could also be through social media messages. For example, someone might click on a fake advert and enter their details (credential harvesting).		
Blagging: When someone makes up a story to gain a person's interest and engage them in communication, often via email.		
Malware: Malicious software - this includes viruses or any code or content that could have a negative impact on organisations or individuals.		
Pharming: When a user is redirected from a genuine website to a fake one because of malware on their device.		
Shouldering/Shoulder surfing: Looking at someone's information over their shoulder, for example whilst they are entering a pin.		
Spear-phishing: A more targeted form of phishing, where the email is designed to look like it's from a person the recipient knows and/or trusts.		
Malvertising: Using online advertising as a delivery method for malware.		
Smishing: Phishing via SMS - text messages are sent to users, asking for sensitive information (e.g. bank details) or encouraging them to visit a fake website.		
Ransomware: Malicious software that makes data or systems unusable until the victim makes a payment.		
Spyware: A type of malware that infects a PC or device and gathers information about the user, including online activity, usernames and passwords, payment information, and emails.		

Whaling: Highly targeted phishing attacks (which look like legitimate emails) that are aimed at senior executives.		
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# Drugs, Alcohol and Vapes

## Retrieval Practice

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## Baseline Assessment

	1	2	3	4	5	6	7	8	9	10
I can describe what drugs, alcohol and vapes are										
I can explain the dangers of drugs, alcohol and vapes										
I can explain what to do when someone uses drugs, alcohol and vapes										

## Task 1: True or false following the video clip

After watch you video work with a partner to complete the following true or false questions.

- Alcohol is a drug –
- Alcohol is legal –
- Alcohol makes you happier –
- You can make bad decisions because of alcohol –
- Drinking alcohol every night is fine –
- Out of everyone aged 16-24 who died in Coventry last year, 1 in 4 was because of alcohol –
- A seven year old child was admitted to hospital in Coventry last year for having alcohol poisoning –
- The average age that people become addicted to alcohol in Coventry is 16 to 18 –

## Task 2: TJ's Timeline

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>TJ gets ready for school and goes downstairs for breakfast. There are some pamphlets on the kitchen table about quitting smoking, and how vaping can help. TJ sees Mum through the window using her new vape.</p>			
<p>On the way to school, TJ sees a group from the year above at school, laughing and joking together. One is showing the rest of the group their new vape, and they are passing it around to all have a taste. As they walk past, TJ breathes in and thinks it smells nice.</p>			
<p>At lunch, TJ's friend Ben says he thinks his brother will get them some vapes if they ask. The vape shop advertises all the different flavours and colours they have in stock, and TJ is really tempted to say yes. Ben says that if there is a whole shop just for vapes, and they advertise so openly to people their age, it must be ok to do.</p>			
<p>TJ is scrolling through social media feeds after school. There seem to be vapes in a lot of the photos and videos online - nobody is trying to hide what they are doing, not even influencers. And besides, even TJ's mum vapes! TJ decides to speak to Ben about getting a vape tomorrow.</p>			



# British Values - Gangs

## Retrieval Practice

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### Baseline Assessment

What is a gang and why might people join one?

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### Task 1: What does 'Being British' means to you?

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### Task 2: Table on Gangs

Reason	Why does this attract people?	What could be done to change this?

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## Knife crime

### Retrieval Practice

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### Baseline Assessment

What is knife crime and why might people commit it?

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### Task 1: Complete the Table

What were Dexter's choices	What were Anthony's choices	What were other people's choices
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