

Year 8 PDC Booklet

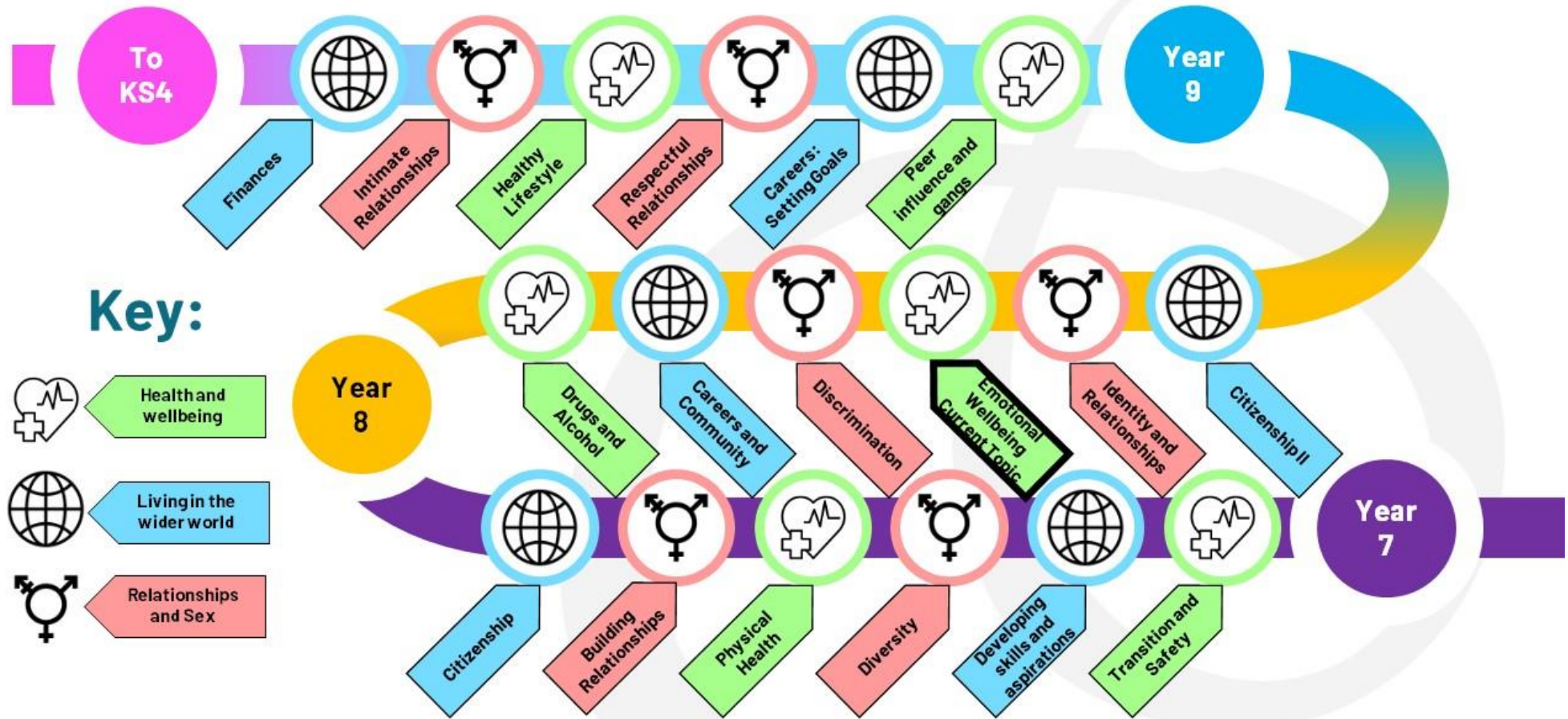
Physical and Mental Health II



Name:

Form:

Personal Development Curriculum KS3 Learning Journey





Year 8 – Block 4: Physical and Mental Health Knowledge Organiser



Key Words		Healthy and Unhealthy Coping Strategies		Daily Wellbeing— Things You Can Do	
Mental Health	A person's regard for their physiological and mental well-being	Healthy	Unhealthy	1	Connecting with others
Mental Illness	A range of problems and symptoms that can only be diagnosed by a doctor. These generally can include abnormal thoughts, emotions, behaviours and relationships with others.	<ul style="list-style-type: none"> • Exercise • Talking to a trusted person • Healthy eating • Seeking professional help • Relaxation techniques • Problem-solving 	<ul style="list-style-type: none"> • Drug or alcohol use • Overeating • Procrastination • Sleeping too much/too little • Social withdrawal • Self-harm/aggression 	2	Staying active
Wellbeing	Wellbeing is where you judge yourself positively and feeling good	Impacts of Social Media		3	Giving to others
Resilience	The capacity to withstand or to recover quickly from difficulties	<ul style="list-style-type: none"> • FOMO (Fear of missing out) • Addiction • Cyberbullying • Unrealistic expectations 	<ul style="list-style-type: none"> • Unhealthy sleeping patterns • Depression • Negative body image 	4	Learning a new skill
Coping Strategy	A tactic to manage or overcome distressing events, conditions or demands a person may face.	10 Strategies for Staying Safe Online		5	Mindfulness
Emotional Literacy	The ability to understand and express feelings. Having self-awareness and knowing how to manage feelings.	1. Don't post any personal information online	6. Don't meet up with people you've met online	Emotional Resilience	
Signs of Good and Poor Mental Wellbeing		10 Strategies for Staying Safe Online		What is it?	
Good Mental Wellbeing	Poor Mental Wellbeing	10 Strategies for Staying Safe Online			
<ul style="list-style-type: none"> • Feeling relatively confident in yourself and have positive self-esteem • Feeling and express a range of emotions • Building and maintaining good relationships with others • Feel engaged with the world around you • Live and work productively • Cope with the stresses of daily life • Adapt and manage in times of 	<ul style="list-style-type: none"> • Erratic changes in mood and behaviour • Distancing from friends and family. • Loss of interest in things that they used to be interested in. • Excessive sleeping or not sleeping. • Increased alcohol consumption. • Poor concentration and being easily distracted • Finding it hard to make decisions 	2. Think carefully before posting a photo or video—it could be downloaded and shared	7. If you see something that makes you feel uncomfortable or unsafe, leave the website and tell a trusted adult	Dealing with emotions	
		3. Keep privacy settings high	8. Think carefully about what you say online before you say it		
		4. Never give out passwords	9. Respect other people's views, even if you disagree with them.	Dealing with emotions	
		5. Don't befriend people you don't know	10. Remember not everyone is who they say they are online		
		Where To Go For Support:			
		Teachers and School Staff, Parents, Friends, Parents			
		NPSCC	www.nspcc.org.uk	MIND	https://www.mind.org.uk
		Childline	www.childline.org.uk	Young Minds	https://youngminds.org.uk

Contents

Title: Challenging Stereotypes: Mental Health	5
Title: Daily Wellbeing	8
Title: Developing Resilience: In Person	10
Title: Developing Resilience: Digital	13
Title: Healthy and Unhealthy Coping Strategies	16

Date:

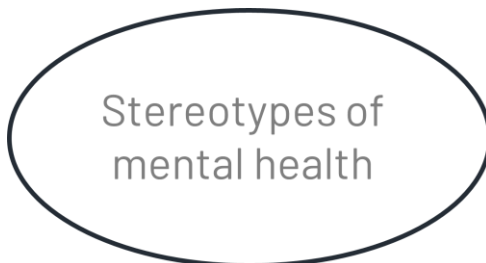
Title: Challenging Stereotypes: Mental Health

Retrieval Practice

1. _____ refers to treating someone unfairly because of their sexual orientation or gender identity.
2. It's important to promote a culture of _____ and acceptance for everyone, regardless of their identity.
3. Being an _____ means standing up against discrimination and supporting those who may be targeted.
4. Everyone deserves _____ and respect, regardless of who they love or how they identify.
5. Educating ourselves about different sexual orientations and gender identities helps create a more _____ society.

Baseline Assessment: Stereotypes of Mental Health

Annotate some things you have heard about mental health.



Task 1: Mental Health Conditions

Discuss with your pair and make a list of mental health conditions.

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3.
4.
5.
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7.
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9.
10.
11.
12.
13.
14.
15.

Task 2: Match Up

Match up the stereotype to the reality for people who suffer with mental health conditions.

Violent	Although symptoms of some mental orders involve disturbances in communication, most people with mental disorders, even those in acute psychiatric stress, can communicate with others and tell them at least some of what is happening with them
Comical	You do not develop a mental disorder by being around someone with one
Not curable or poor outcome	The fact that these disorders respond to clinical treatment and that they can be devastating to a person's life belie the belief that they are feigned
Morally deficient – God's judgement for sinful behaviour	This common stereotype is vastly exaggerated by the media. In fact, although some mental disorders (anti-social personality disorder and the acute stage of some psychotic disorders) do have aggression and violence as possible symptoms, recent research has shown that using alcohol and drugs is a much more reliable predictor of violent behaviour than a mental disorder. It is only when a mentally ill person abuses alcohol and illegal drugs that they are somewhat more likely than a non-mentally ill person to be violent. By any measure however, the vast majority of violent acts are committed by people without a mental disorder
Fear that it is "catching"	This was the prevailing thought before the 18 th century when the need for humane care became widely recognised. It has no place in today's world
Mental illness is evidence of character flaws, and if you are weak you need to seek help	Many people with and without mental disorders have mystical experiences. The true meaning of the experiences depends on the meaning felt by the person having the experience
Mental illness is a result of poor parenting	Tragically, this baseless stereotype keeps many people from getting the help they need, and that is readily available
Mentally ill people are unreliable and unpredictable	For some disorders, this may be true when a person is in a crisis but not generally true otherwise, and it is not true for all disorders
Some people "don't believe in" mental disorders or psychotherapy	The media sometimes depict the experience of mental illness as being comical. This is disrespectful of the agony of those in these circumstances and can be harmful to them.
Spiritual experiences of mentally ill are not true religious experiences	Mental illness is caused by a variety of inherited and environmental factors. Abusive parenting can contribute to mental disorders. But good parenting may not be able to shield a child from mental illness, since many causative factors are not in the power of a parent to affect
You cannot communicate with people with mental disorders	As many as 80% of people suffering from mental illness can effectively return to normal, productive lives if they receive appropriate treatment. Many others have their suffering significantly reduced.

Date:

Title: Daily Wellbeing

Retrieval Practice

1. It's crucial to break down _____ surrounding mental health to create a more understanding society.
2. People with mental health challenges should be treated with _____ and empathy, not judgment.
3. Avoiding stigmatising language and promoting open _____ can contribute to a supportive environment.
4. Mental health is a spectrum, and everyone's experience is _____; avoiding generalisations is key.
5. Educating ourselves about mental health helps dispel _____ and fosters compassion.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. What do we mean by daily wellbeing?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. What are some positive methods of managing daily wellbeing?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Scenarios

What activity do you recommend the person does to get fit?

I am determined to get fit and healthy. I am overweight for my height and want to get started but don't know how. As long as I am outdoors then I will want to do it!

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I have been doing gym classes for many years but feel another challenge is needed for me to keep going. I am always dancing or aerobics but I want to mix up what I do at the gym

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I injured myself again doing running. I keep injuring the same part of my leg and need an alternative sport to do whilst my leg is recovering, any ideas?

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Date:

Title: Developing Resilience: In Person

Retrieval Practice

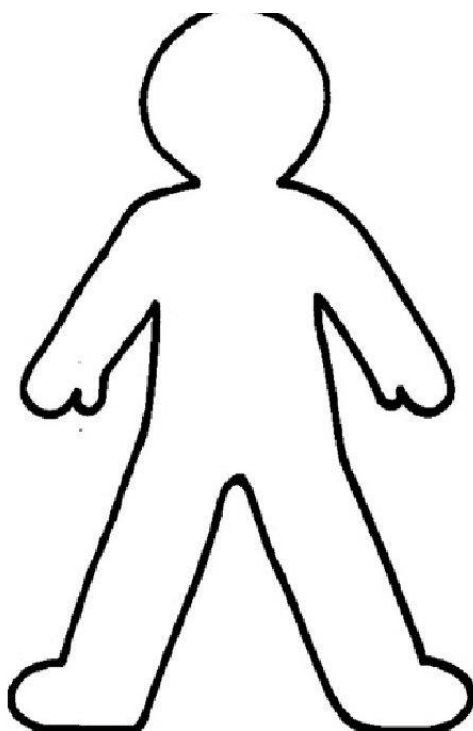
1. Resilience is the ability to bounce back from _____ and adapt to challenges.
2. _____ challenges as opportunities for growth can strengthen resilience.
3. Building a support network and seeking help when needed are crucial aspects of fostering _____.
4. Developing a positive mindset and practicing self-_____ contribute to resilience.
5. Learning from setbacks and developing problem-solving skills are essential for building _____.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. Why is it important to have resilience?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How can we help someone build resilience	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1:

Write down a list of personal positive qualities in your person about yourself. Are any of them demonstrating resilience?



Task 3: Write down a few strategies to your person that you would like to add to cope better with stressful situations.

Task 2: Reciprocal Reading

Predict: What do we expect to read in the article?

Clarify: Highlight and define any words you do not understand here.

1) What are some of the key ways you can build emotional resilience?

2) Why is it important to look after both our physical and mental wellbeing?

Emotional resilience- How can you cope?

Being prepared for periods of stress can make it easier to get through them. And knowing how to manage our wellbeing can help us recover after a stressful event. There are many ways to cope with stressful situations but depending on the stress and your life, a few will be relevant for you to use.

Look after your wellbeing

There are many ways to look after your wellbeing that are cheap or free such as spending time in nature or completing exercise. However, we also need to focus inward as well. We can learn to be kind to ourselves and find time to relax through hobbies and interests we may have. This can help with the mental stress we put on ourselves.

Build your support network

Those who cope and respond best to stress are those who have a strong support network. This is important to lean on colleagues at work, friends and family at home to share the burden of events that are causing you stress. Sharing our problems allows our network to give advice and help through those tough times so you can recover and bounce back!

Organise your time

Time management is the best antidote to stressful events as it allows you to fit in everything you need to do. This is personal to everyone and you will need to find the time in the day you're most productive and ensure you set small, achievable targets on your to-do list. It is important for everyone to take breaks and reach out for support when the to-do list becomes unmanageable.

Summary: Summarise the article into 50 words.

5) Which strategies in the article do you use to cope with stress? If not, which ones would you use to cope with future stresses?

4) Why is time management a way of reducing stress?

3) What are the benefits from having a big support network?

Date:

Title: Developing Resilience: Digital

Retrieval Practice

1. Adequate _____ is crucial for overall health and wellbeing.
2. Establishing a consistent _____ routine can help regulate mood and reduce stress.
3. Maintaining _____ relationships with friends and family contributes to emotional wellness.
4. Mindfulness and meditation practices can promote mental _____.
5. Balancing screen time and engaging in physical _____ are essential for a healthy lifestyle

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. Why is online resilience important?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How can we help someone build online resilience	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Video Questions

1. What is an issue with having the same email address for multiple accounts?

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2. What is a problem is you don't have lots of privacy settings on your phone or accounts?

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3. How can other people's accounts reveal information about us?

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4. How can having our lives on social media more make us a target?

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Task 2: Case Studies

Using your knowledge from the lesson, provide advice for these people to be safer and more resilient online.

1. I really want a nose job in the future as I have seen so many beautiful shapes that would suit me better than my own. I want it to feel more confident

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2. I am talking to this guy on FIFA. He is so cool and we have so much in common. I have planned to meet him tomorrow just where I live. Can't wait to see him and catch-up.

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3. I am struggling for money at the moment but I am still going to lunch with my friends. I am not cancelling a third time and missing out

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4. I am so tired right now. My school and job is becoming too much and I cannot sleep. Every time I try and sleep there is an email or message from people in WhatsApp.

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5. I shared my password with my friend yesterday so she could check something on my phone. Then she went on Instagram and posted something really stupid without me asking.

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6. I am feeling really anxious right now. There was an argument in school today with my friends and they know all my secrets. I hope they keep them that way.

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Date:

Title: Healthy and Unhealthy Coping Strategies

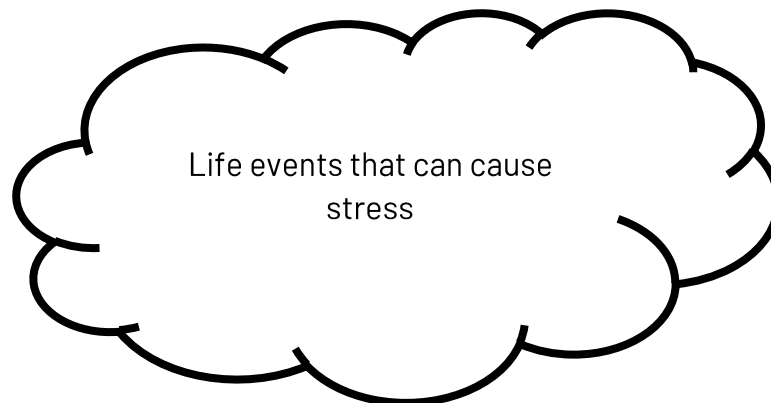
Retrieval Practice

1. Online challenges and setbacks are part of the digital world, and developing _____ helps navigate them.
2. _____ awareness involves understanding the impact of online actions on oneself and others.
3. Creating strong, _____ passwords is an essential practice for digital security.
4. Developing the ability to _____ cyberbullying and report incidents is crucial for online resilience.
5. _____ boundaries for screen time and balancing online activities contribute to digital wellbeing.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. Why are coping strategies useful??	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. Why should people use healthy coping strategies?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Life events that can cause stress



Task 2: Healthy and Unhealthy Coping Strategies

Look at the following strategies, decide which are healthy coping strategies and which are unhealthy. Highlight them in two different colours on the diagram. Once you have decided whether it is healthy or unhealthy, you must then write a reason why like the example below. Pick 3

e.g. **Thinking about the past and go over it again and again in your head.**

This is unhealthy because dwelling on the past is not going to change it. You should look back to see if there is anything you could have done differently, but don't stare.

Highlight this in the colour you are using for **Healthy Coping Strategies**

Highlight this in the colour you are using for **Unhealthy Coping Strategies**

Coping Strategies

<i>Drinking alcohol</i>	Reward yourself	<i>Ask for help</i>
	Thinking about the past and go over it again and again in your head.	Exercise
<i>Say no</i>	Recognise things you don't like about your life and create goals to change them.	Go out for a walk.
Help other people	Be realistic	Blame yourself when things go wrong and tell yourself you must do better next time.
<i>Stay away from the thing that causes you stress</i>	Writing your thoughts & feelings down in a diary	Make yourself feel better by eating things you like
Punch a wall	SLEEP	Post things on Instagram/snapchat

Strategy:

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Why is it healthy/unhealthy:

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Strategy:

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Why is it healthy/unhealthy:

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Strategy:

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Why is it healthy/unhealthy:

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