

Year 9 PDC Booklet

Mental Health and Wellbeing I



LIONHEART EDUCATIONAL TRUST

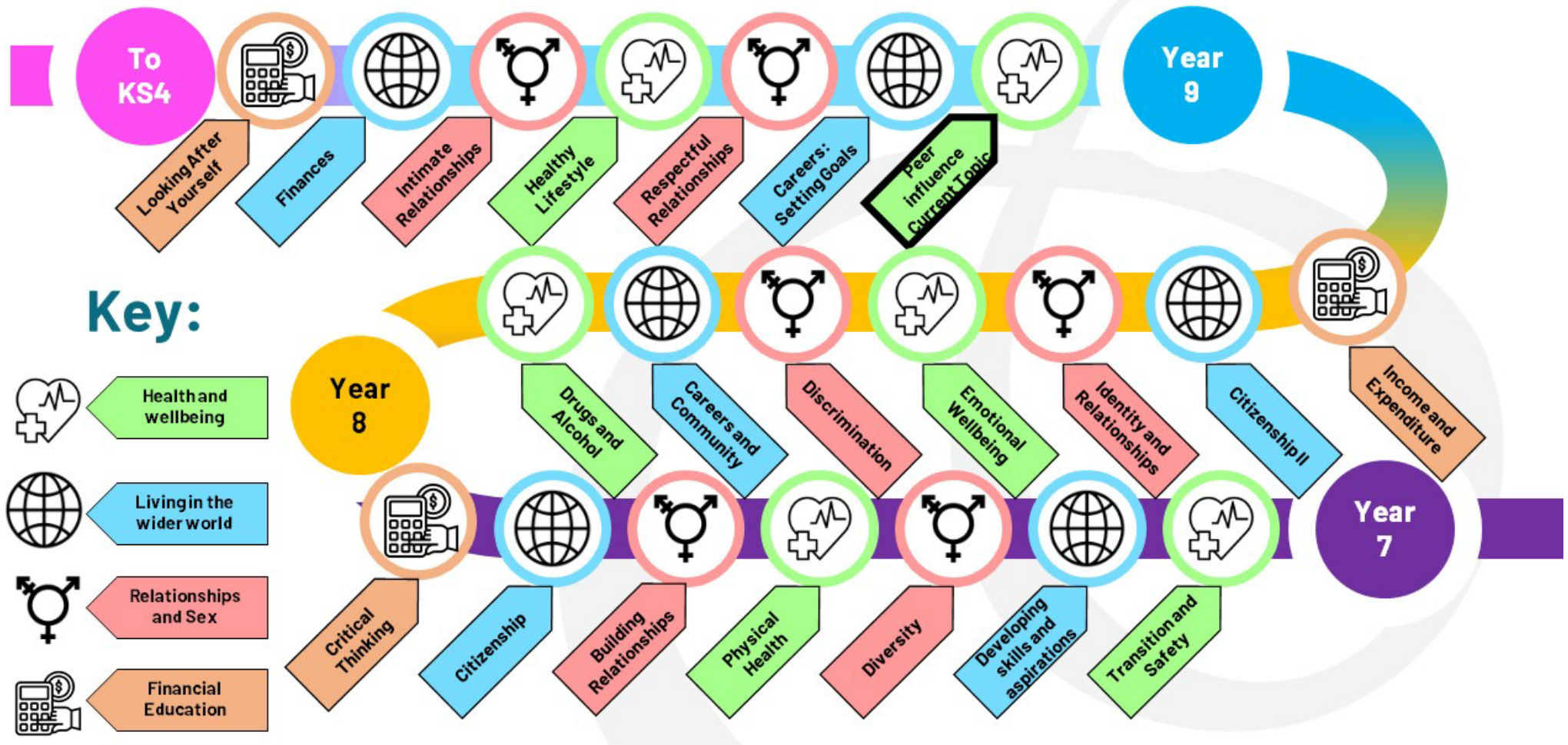
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Personal Development Curriculum KS3 Learning Journey





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



Key Words	
Relationship	The way in which two or more people or things are
Filler Words	Words that are used when someone is struggling to
Conversational Threading	Using open ended questions to keep a conversation flowing and interesting
Risk	A situation involving exposure to danger
Consequence	A result or effect, typically one that
Influence	The capacity to have an effect on the character, development, or behaviour of someone or
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
Gang	An organized group of criminals.

Dangers of Vaping	
<ul style="list-style-type: none"> • 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. • There are mental health issues associated too such as insomnia, 	

Where To Go For Support:	
Teachers and School Staff, Parents, Friends, Parents	
Leicestershire Po-	www.leics.police.uk
Youth Services	www.youth.gov

What makes a Good Friend?	
Good friends make you feel good	Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
Good friends listen	A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
Good friends support each other	If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
Good friends are trustworthy	If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
Good friends handle conflict respectfully and respect boundaries	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.
Friends not followers	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,

Knife Crime Includes:	
<ul style="list-style-type: none"> • carrying a knife • trying to buy a knife if you are under 18 • threatening someone with a knife • owning a banned knife 	<ul style="list-style-type: none"> • injuring or fatally wounding somebody with a knife • intent to injure or harm somebody with a knife • a robbery or burglary where a knife was carried as a weapon
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	

Staying Safe Online
<ol style="list-style-type: none"> 1. Don't post any personal information online – like your address, email address or mobile number. 2. Keep your privacy settings as high as possible. 3. Never give out your passwords. 4. Don't befriend people you don't know. 5. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do. 6. Remember that not everyone online is who they say they are 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.

Why Do People Join Gangs	Dangers of Gangs
<ul style="list-style-type: none"> • for protection from others • for safety in numbers • to be accepted • to feel part of a 'family' • for a sense of identity • for respect 	<ul style="list-style-type: none"> • dropping out of school; • teen parenthood; • unemployment; • victimization; • drug and alcohol abuse; • committing petty and violent crimes; and • juvenile conviction and incarceration

Date:

Title: Learning To Learn: Metacognitive Talk

Retrieval Practice

- 1. Metacognition refers to thinking about your own
- 2. Looking back and on what strategies worked or didn't work is part of the metacognitive process.
- 3. There are a number of learning strategies that form part of metacognition
- 4. An example of this is where you expand on an answer and say why
- 5. is a metacognitive process where an expert tells you how their thought process works for you to copy

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is metacognitive talk?	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>
2. Why is metacognitive talk important?	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>

Task 1: Practice Practice Practice

Example:

Your class is planning a field trip to a nearby city for a cultural exchange program. You need to organise transportation, accommodation, and meals within a limited budget provided by the school. How would you plan the trip to ensure everyone enjoys and stays within budget?

Verablise your thought process with your partner out loud.

Then use the space below to write your thought process

- "First, I'll research transportation options like bus rentals or public transport to find the most cost-effective solution."
- "I need to survey classmates to determine dietary preferences and allergies for meal planning."
- "I'll create an itinerary with activities and cultural sites to visit, considering entry fees and scheduling ts optimize our time."
- "Throughout the planning, I'll keep track of expenses using a budget sheet to ensure we stay within the allocated funds."

Scenario 1:

Your school is organizing a fundraiser to support a local animal shelter. You need to plan fundraising activities, coordinate volunteers, and promote the event to maximize donations. How would you organise the fundraiser to achieve your goal?

Verablise your thought process with your partner out loud.

Then use the space below to write your thought process

1.
.....
2.
.....
3.
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4.
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Scenario 2:

Two classmates disagree on how to organise a group project. One prefers a creative approach, while the other prefers a structured plan. How would you help resolve the conflict to ensure the project is successful?

Verablise your thought process with your partner out loud.

Then use the space below to write your thought process

1.
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2.
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3.
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4.
.....

Scenario 3:

Your school is hosting an inter-school sports competition, and you are preparing to compete in the 100-meter sprint. How would you prepare yourself physically and mentally to perform well on competition day?

Verablise your thought process with your partner out loud.

Then use the space below to write your thought process

1.
.....
2.
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3.
.....
4.
.....

Date:

Title: Healthy and Unhealthy Friendships

Retrieval Practice

1. Metacognitive talk involves the strategies out loud that you use to think and learn.
2. Asking questions like "What do I need to solve this problem?" encourages metacognitive talk.
3. and thinking back on why a particular approach was chosen is an example of metacognitive talk.
4. During group work, you can use metacognitive talk to your strategies and progress.
5. Metacognitive talk can help areas of difficulty that you might need support on.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is the difference between healthy and unhealthy friendships?
2. How can you stop healthy friendships turning unhealthy?

Task 1: MacFriend Burger

Write down the ingredients needed for a positive friendship:

1.
2.
3.
4.
5.

What are the instructions for cooking up your MacFriend burger?

.....

.....

.....

.....

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

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	11. People only share what they want people to see and not what is actually going on	
l. Its okay to tag someone in a silly picture or meme when its really funny	12. Even if people like and comment on each other's posts, it doesn't mean they have better friendships than you do	
m. If someone is annoyed you won't share your password with them, you need to share it to make them happy	13. Its easy to pretend how you are feeling and what you are thinking when you are online	
n. Followers online are really important and if you don't have that many then you aren't appreciated	14. If you break up with someone, you still need to be respectful if you talk to then or you talk about them online	

Date:

Title: Smoking, Alcohol and Drugs

Retrieval Practice

1. Energy drinks often contain high levels of _____, which can lead to increased heart rate.
2. Consuming too many energy drinks can cause _____, making it difficult to sleep.
3. Some energy drinks have high amounts of _____, which can contribute to weight gain.
4. Energy drinks can lead to a feeling of increased _____ followed by a sudden crash.
5. Excessive consumption of energy drinks can lead to _____, such as headaches and dizziness.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are the dangers of smoking, alcohol and drugs?
2. How can you stop others influencing you?

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: Alex's Timeline

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might Alex develop about vaping?
Alex, a Year 9 student who enjoys playing sports and hanging out with friends, notices a sleek, colourful vape on the kitchen counter one morning. It belongs to Alex's older sibling, Jamie, who has recently started vaping to quit smoking. Jamie talks about how much better vaping is compared to smoking and how it's helped them reduce their cigarette intake. Their parents, who are aware of Jamie's vaping, seem supportive, saying it's better than smoking.			
On the way to school, Alex's friend, Jordan, mentions they tried vaping at a party over the weekend. Jordan describes the flavours and how it was a fun experience, even though some other friends at the party felt dizzy and coughed a lot. Alex feels curious but unsure about what to think.			
During lunch, Alex's friends, Sam and Taylor, discuss how a local convenience store sells vapes without asking for ID. They talk about how cool it is to blow big clouds and show off the different vape tricks they've learned. They also mention seeing an article about a teen who had lung problems from vaping, but they brush it off as a rare case. They invite Alex to join them after school to check out the store and maybe buy a vape together. Alex is tempted, especially with the peer pressure building up.			
After school, Alex is scrolling through social media and notices a lot of influencers and celebrities promoting vape brands. They seem to be having a great time and often talk about how safe and trendy vaping is. Alex's social media feed is filled with posts about the latest vape models and flavours. One post, however, is from a medical page warning about the risks of vaping, but it has far fewer likes and comments than the influencer posts. Seeing so many people, including role models, vaping makes Alex think it might be worth trying. Alex decides to talk to Sam and Taylor after school about buying a vape, influenced by what they've seen and heard throughout the day.			

Date:

Title: Gang Culture

Retrieval Practice

- 1. _____ can affect your brain and body, leading to addiction and health problems.
- 2. Drinking _____ at a young age can impair brain development.
- 3. _____ is a major cause of lung cancer and respiratory diseases.
- 4. _____ are marketed as a safer alternative to smoking but still carry health risks.
- 5. Peer _____ can influence someone to start using drugs, alcohol, or cigarettes.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. Why do people join gangs?	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>
2. What makes gangs go against British Values?	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>

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?

Date:

Title: Knife Crime

Retrieval Practice

1. One of the core British values is _____, which means treating everyone equally and fairly.
2. _____ is a British value that involves the right to make choices and express oneself freely.
3. Gangs often violate the principle of _____ by coercing individuals to join and follow their rules.
4. Gang culture can undermine the value of _____ by promoting violence and criminal behaviour.
5. _____ is a British value that supports different cultures and beliefs living together peacefully.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is knife crime?
2. Why do people commit knife crime?

Task 1: Complete the Table

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