



PSHE Work Booklet

HEALTH AND WELLBEING

Name:

Teacher:

Class:

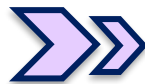


CORE
THEME 5

BODY CONFIDENCE



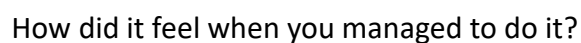
BODY CONFIDENCE



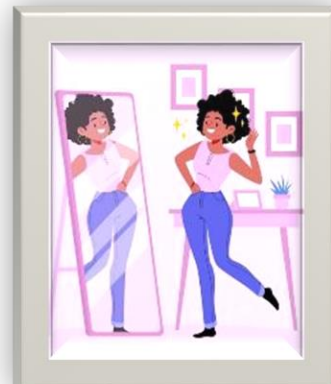
CONFIDENCE CHECKER



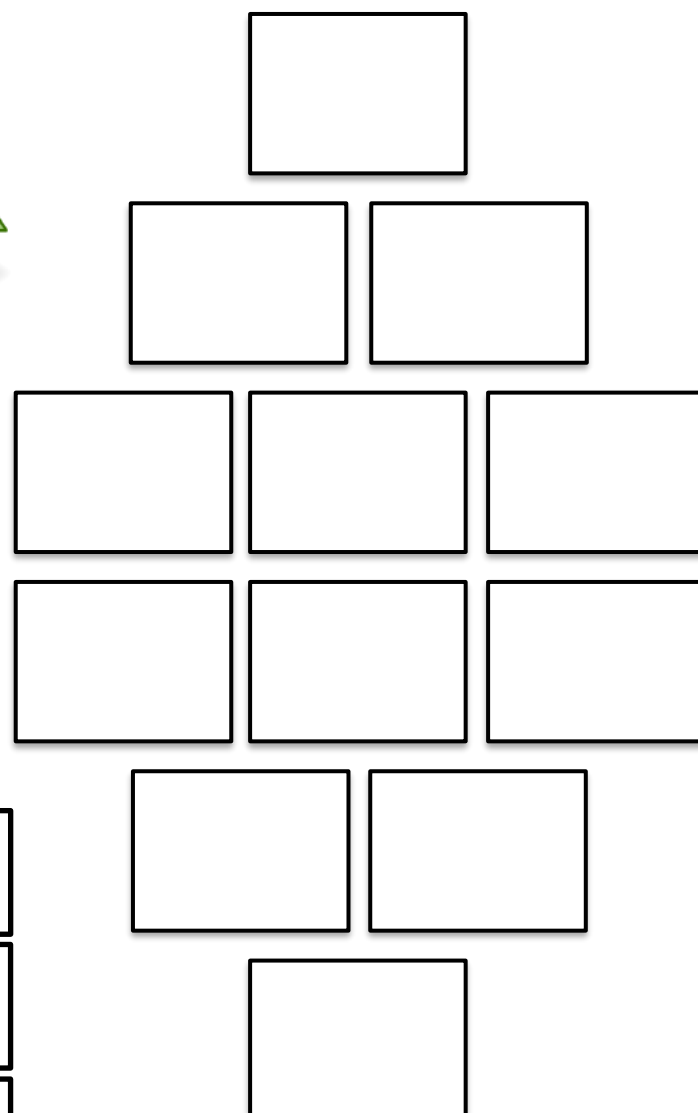
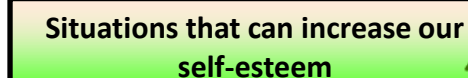
LEARNING THE UNIT	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I can identify the difference between high and low self-esteem										
I understand what can change self-esteem in the short-term and long-term										
I know a range of ways to manage my own self-esteem										
I am confident at labelling the male reproductive system										
I know the make up of a sperm cell										
I understand how testosterone impacts the body										
I know the difference between a vulva and a vagina										
I can label correctly all parts of the female reproductive system										
I can explain what cervical screening is										
I can define the different forms of bullying										
I know what HBT bullying is, and understand the impact it can have										
I can explain how schools and charities are helping to tackle HBT bullying										
I can explain what grief and loss are										
I understand the range of emotions people may feel when grieving										
I know what I could do to try and help support someone who is grieving										
I know how unrealistic some of the images I see in the media are										
I can describe what it means to be body positive and body neutral										
I can explain the link between airbrushing and photo editing, and self-esteem										
I make healthy choices in my lifestyle										
I can explain how diet, stress, and life situations impact on physical health										
I understand some of the latest research on cancer prevention										



How can you improve it?



How could one decision, based on your current level of high or low self-esteem, impact you, everyone around you, and possibly your future?



Having something stolen

LEVEL 1

- Start at the top of the tree
- Pick a question and colour in the arrow.
- Answer the question in the triangle, then pick the fruit and add to trolley
- Continue taking **one path down** the tree, answering questions and picking as much fruit as you can.
- You must try to **collect all 10 healthy fruits** and then reach the peace dove

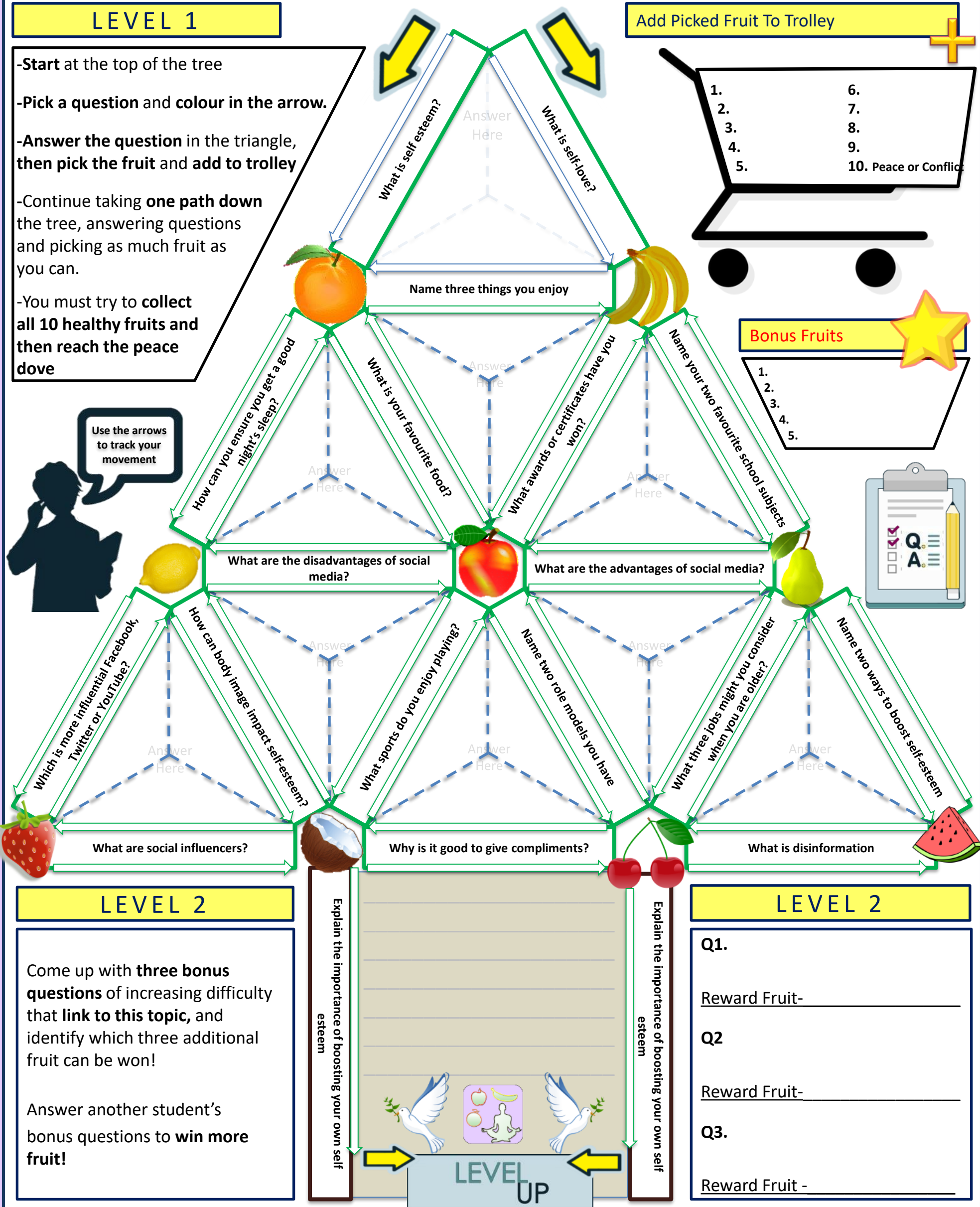
Use the arrows to track your movement

Add Picked Fruit To Trolley

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
10. Peace or Conflict

Bonus Fruits

- 1.
- 2.
- 3.
- 4.
- 5.



What is penis?

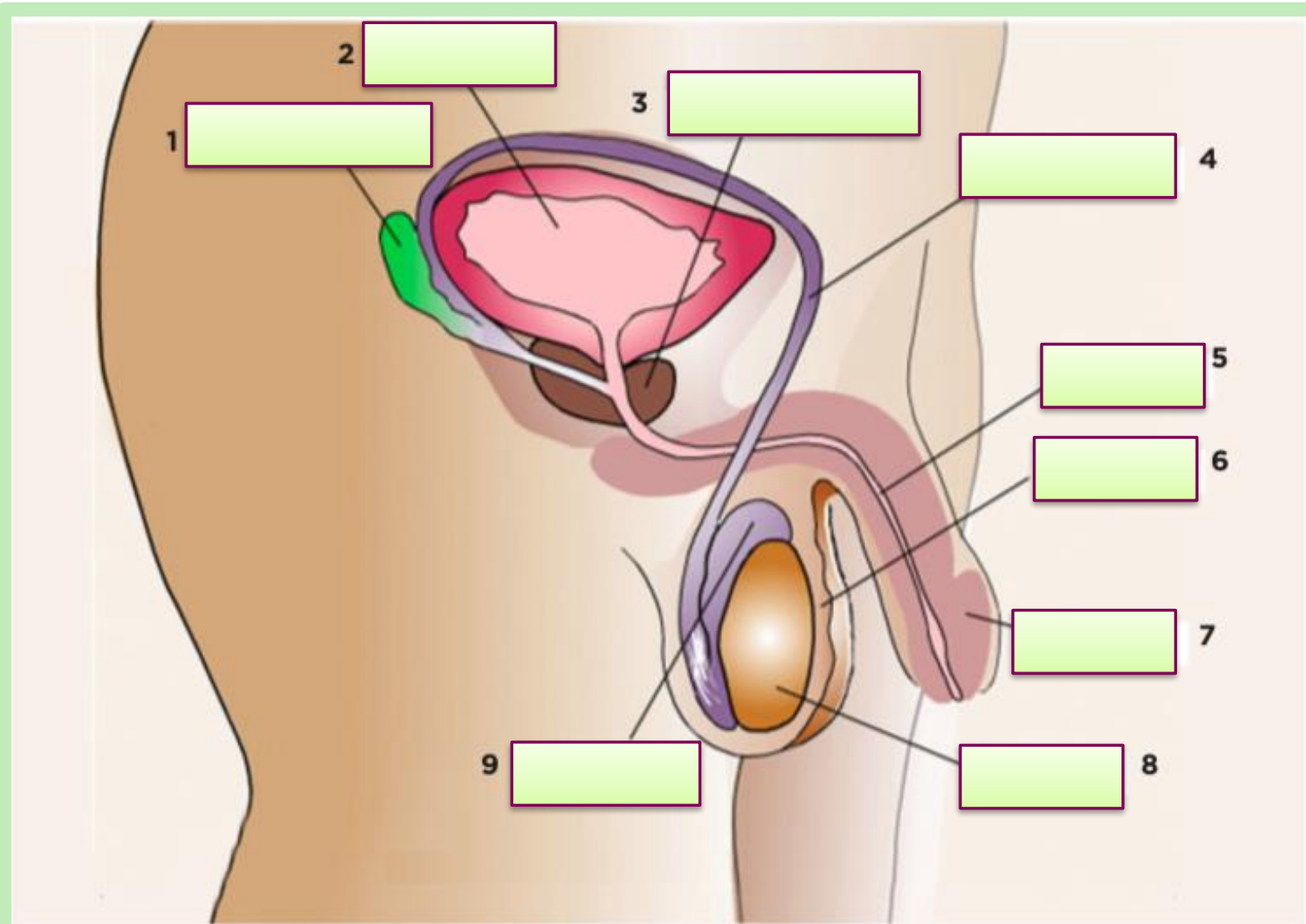
What can it do?

What is the biological significance of a penis?

What is the significance of the aubergine?



Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)



- Testicle
- Bladder
- Vas Deferens
- Epididymis
- Prostate Gland
- Scrotum
- Seminal Vesicle
- Urethra
- Penis

SORTING ACTIVITY

Testicles	Epididymis	Scrotum	Seminal Vesicle & Prostate Gland	Penis	Urethra
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Matching Activity

Muscular tube that extends upwards from the testicles	Bag of skin that contains two testes	Consists of the shaft and the glans which has a small opening	These make millions of sperm and produce testosterone	Consists of the epididymis and vas deferens, and the tube inside the penis that carries both urine and semen	Produces semen which mixes with the sperm and carries it
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What does testosterone really do to your body?



What is vulva?

What is a vagina?

What is the biological significance of a vagina?

OUTSIDE BODY PARTS

Mons Pubis / Veneris
(Fatty tissue lying over pubic bone)

Clitoris
(Glans, shaft & Crura)

Outer Labia
(Outer lips of the vagina)

Inner Labia
(Inner lips of the vagina)

Ureteral Opening

Clitoral Hood

Vaginal Opening

Anus

Pubic Hair

Vulva

SORTING ACTIVITY

Opening of Urethra

Mons Pubis

Anus

Labia

Opening of Vagina

Clitoris

Matching Activity

The fleshy mound above the vulva. After puberty, it's covered with pubic hair. It cushions your pubic bone.

The opening to the rectum that has lots of sensitive nerve endings.

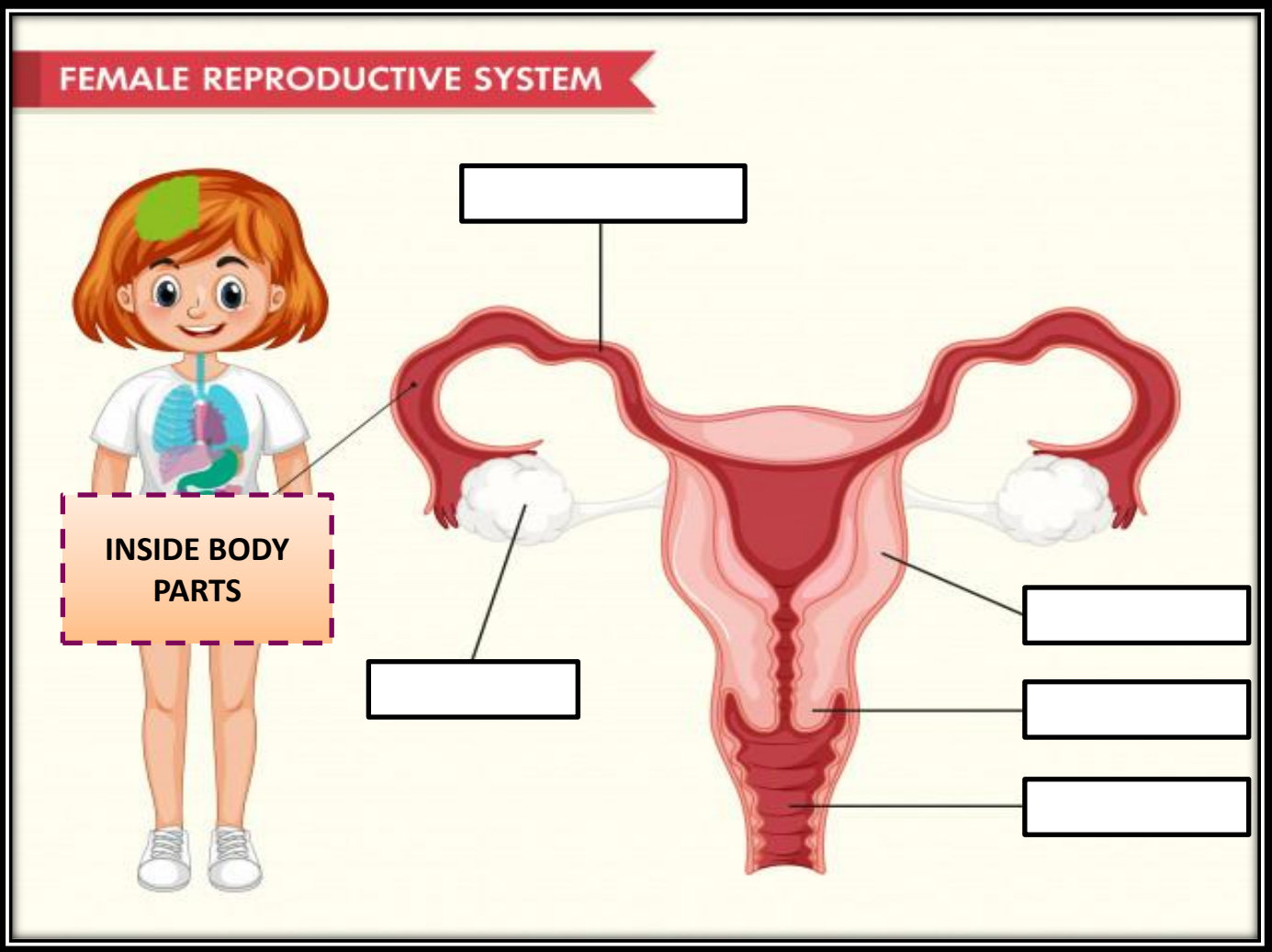
It is located right below the urethral opening. It's where menstrual blood leaves the body, and babies are born through.

This opening is the tiny hole that urine comes out of, located just below your clitoris.

This is located at the top of the vulva, where the inner lips meet. It has a hood and wings, and thousands of nerve endings.

These are folds of skin around the vaginal opening. Can be short or long, wrinkled or smooth.

Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)




Did you know?

If you're between the ages of 9 and 14, you've probably started to experience puberty, or the changes that happen when your body changes from a child to a young adult.

- Fallopian Tube
- Ovary
- Uterus
- Cervix
- Vagina

Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)

TOPICAL DEBATE




“It is just as important for men to know about female reproductive organs as it is women”

Arguments For	Arguments Against

Your personal opinion :

TOPICAL DEBATE



“Every woman in the world has sovereignty over her vagina”

Arguments For	Arguments Against

Your personal opinion :



Why do people choose to bully others?

Is bullying just a part of growing up?

Why does bullying still exist in schools despite it being banned?

Forms of Bullying

Physical Bullying:

Cyberbullying:

Prejudice-based Bullying:

What are the different forms of bullying?

Verbal Bullying:

Indirect Bullying:

Social Bullying:

Workplace Bullying:

Sexual Bullying:

Define the term 'HBT Bullying'

SORTING ACTIVITY

Biphobia

Homophobia

Transphobia

Xenophobia

Matching Activity

The fear or dislike of someone who is trans, including the denial/refusal to accept their gender identity.

The fear or dislike of someone, based on prejudice and negative beliefs or views about lesbian, gay or bi people.

Dislike of or prejudice against people from other countries.

Dislike toward bisexuality and toward bisexual people as a social group or as individuals.

Video Review Questions - Stand Up! - Don't Stand for Homophobic Bullying

1 _____
2 _____
3 _____

Quick Quiz

How to deal with bullying. Score = /6

A _____ D _____
B _____ E _____
C _____ F _____



Video Review Questions - Tackling HBT Bullying

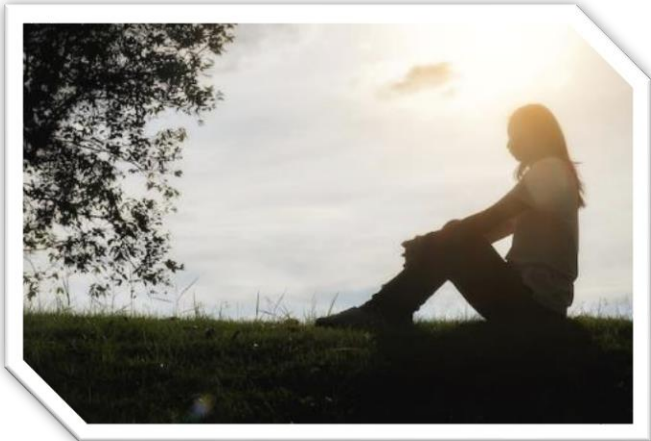
1 _____
2 _____
3 _____
4 _____



What do the terms grief and loss mean?

How does the song link to these terms?

What emotions might somebody feel towards the loss of a pet?



Did you know?

Losing someone or something you love is very painful. After a significant loss, you may experience all kinds of difficult and surprising emotions, such as shock, anger, and guilt. Sometimes it may feel like the sadness will never let up. While these feelings can be frightening and overwhelming, they are normal reactions to loss. Accepting them as part of the grieving process, and allowing yourself to feel what you feel is necessary for healing.

Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)




Be creative in letting the emotions out

Make a memory box of treasured things that remind you of that person. Make it personal and customize it

Listen to Podcasts like 'Grief Cast'

Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)

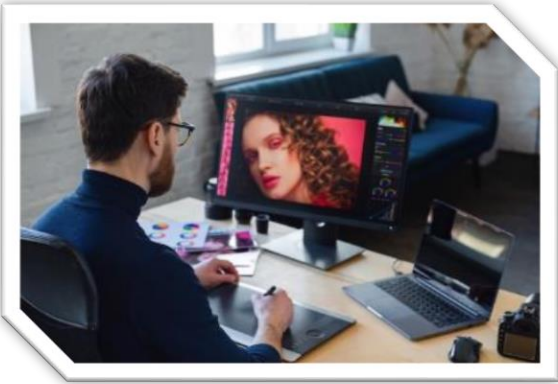




TOPICAL DEBATE

“The best thing to do if someone is grieving is to leave them alone and give them space ”

Arguments For	Arguments Against
Your personal opinion :	



This is me: Greatest Showman – What are the messages we can take away from this song?

What is self-esteem?

What impacts it?

Where does the pressure to look beautiful come from?



Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)



Video Review Questions - L'Oréal Paris: True Match (Director's Cut)

1

2

3

4

5

6

7

8

9

10



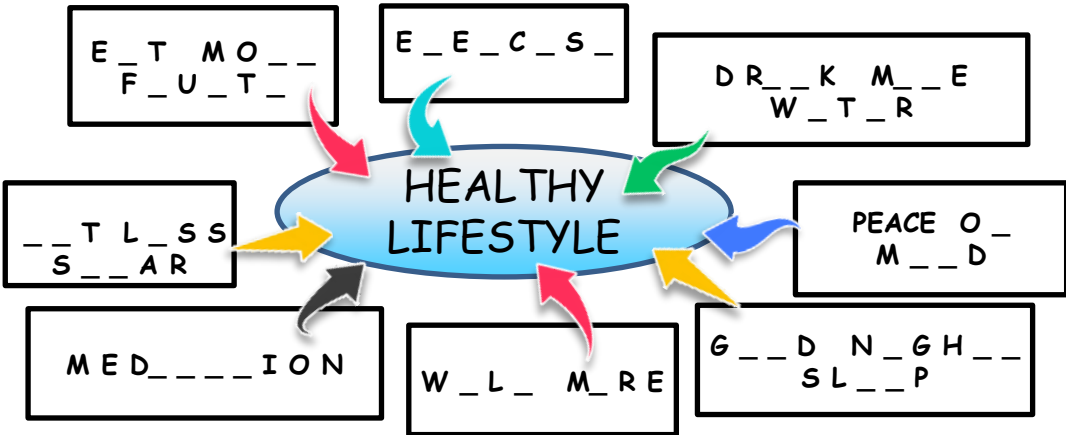
TOPICAL DEBATE

“It doesn’t matter if my social media life is not representative of my real life, my followers all know this and it’s just my job. I’m not harming anyone”

Arguments For	Arguments Against
Your personal opinion :	

What choices have you made this month that were healthy?

What choices have you made this month that were unhealthy?



Quick Quiz

NUMBERS ROUND. Score = /4

A _____ C _____

B _____ D _____

Diet

a) What are the three conditions you may suffer from if you do not eat enough?

1.
2.
3.

b) What are the three conditions you may suffer from if you eat too much?

1.
2.
3.

Stress

c) What are three of the conditions that too much stress increases the risk of developing?

1.
2.
3.

Life Situations

d) What are the seven life situations that might have an effect on health?

1.
2.
3.
4.
5.
6.
7.

Cancers	Rickets	Quality of healthcare	Quality of sanitation in the community / country
Type 2 diabetes	Where you live	Financial status	Cancers
Starvation	Gender	Anaemia	Heart Disease
How many children you have	Obesity	Ethnic group	Mental health problems

What are the advantages and disadvantages of growing older?





Video Reflection – What did you learn from the video clip? (information, statistics, advice, risks)







TOPICAL DEBATE

“You cannot prevent yourself from getting cancer when you are older”

Arguments For	Arguments Against
Your personal opinion :	

PROJECT & WORK BOOKLET	Grade	Target Grade	Effort
What Went Well	<div><input type="checkbox"/> All tasks in this work booklet have been completed</div> <div><input type="checkbox"/> You participated fully in the lessons / responded to questions</div> <div><input type="checkbox"/> Fantastic evidence seen on project work</div> <div><input type="checkbox"/> You consistently displayed the positive behaviours</div> <div><input type="checkbox"/> Your work booklet has good attention to detail</div> <div><input type="checkbox"/></div>	<div><input type="checkbox"/> You have a positive attitude towards your learning</div> <div><input type="checkbox"/> Your behaviour is exemplary</div> <div><input type="checkbox"/> You show great team work / leadership skills</div> <div><input type="checkbox"/> You are a critical and thoughtful learner</div> <div><input type="checkbox"/> You are a reflective student inside and outside the classroom</div> <div><input type="checkbox"/></div>	
Next Steps	<div><input type="checkbox"/> Ensure all tasks are completed in work booklet</div> <div><input type="checkbox"/> Participate more in lessons</div> <div><input type="checkbox"/> Explain how you will improve your project work</div> <div><input type="checkbox"/> Which behaviours could you focus on?</div> <div><input type="checkbox"/> Add further detail to your responses in the work booklet</div> <div><input type="checkbox"/></div>	<div><input type="checkbox"/> Explain how you can improve your attitude to LSW</div> <div><input type="checkbox"/> Explain how you can improve your behaviour</div> <div><input type="checkbox"/> How can you show better leadership and teamwork skills?</div> <div><input type="checkbox"/> Improve SPAG (refer to SPAG targets)</div> <div><input type="checkbox"/> Set yourself two SMART targets for self improvement.</div> <div><input type="checkbox"/></div>	
SPAG	<div>Below Threshold</div> <div></div>	<div>Threshold</div> <div></div>	<div>Intermediate</div> <div></div> <div>Advanced</div> <div></div>
Evidence of Next Steps (Complete here or refer to where it can be seen)			

FINAL - PRESENTATION & SPAG FEEDBACK

SPAG Performance	Descriptor	Targets to improve..
Below Threshold <div><div></div></div>	<div>Common errors in spelling, punctuation and grammar hinder written communication.</div> <div>Response does not relate to questions asked or no response to tasks in booklet.</div> <div>Work booklet is untidy.</div>	<div><input type="checkbox"/> Complete unfinished tasks</div> <div><input type="checkbox"/> Copy out misspelled vocabulary 3 times</div> <div><input type="checkbox"/> Neatly colour code tasks</div> <div><input type="checkbox"/> Complete Progress Tracker</div> <div><input type="checkbox"/> Add punctuation (capital letters, full stops, etc)</div>
Threshold <div><div></div></div>	<div>Able to spell and punctuate with reasonable accuracy.</div> <div>Some grammatical errors but they don't significantly hinder the work booklet.</div> <div>Limited range of specialist key terms used.</div> <div>Work booklet is untidy and incomplete in places.</div>	<div><input type="checkbox"/> Complete unfinished tasks</div> <div><input type="checkbox"/> Replace slang terms with more formal English</div> <div><input type="checkbox"/> Fully develop your points of view in your responses</div> <div><input type="checkbox"/> Proof read work and check for SPAG errors</div> <div><input type="checkbox"/> Use a wider range of specialist vocab</div>
Intermediate <div><div></div></div>	<div>Able to spell and punctuate with considerable accuracy.</div> <div>Use rules of grammar with greater control of meaning .</div> <div>Good range of specialist key terms.</div> <div>Pride and care is taken in completion of the work booklet.</div>	<div><input type="checkbox"/> Add to completed tasks</div> <div><input type="checkbox"/> Develop a wider range of more complex ideas</div> <div><input type="checkbox"/> Fully develop your points of view in your responses</div> <div><input type="checkbox"/> Ensure every activity is complete in you Work Booklet</div> <div><input type="checkbox"/> Use a wider range of punctuation including colons and semi colons</div> <div><input type="checkbox"/> Ensure your points made are supported by evidence and examples</div>
Advanced <div><div></div></div>	<div>Perfectly accurate spelling and grammar throughout .</div> <div>Grammar is effectively used at all points of the work booklet. A wide and accurate range of specialist key terms are used.</div> <div>Work booklet is fully completed to the best of your ability. Professional presentation at all times.</div>	<div><input type="checkbox"/> Add to completed tasks</div> <div><input type="checkbox"/> Ensure your points made are supported by evidence and specific examples</div> <div><input type="checkbox"/> Use complex and varied techniques in your writing</div> <div><input type="checkbox"/> Ensure every extended written response balances viewpoints in order to fully come to a conclusion</div> <div><input type="checkbox"/> Help support another student in improving their SPAG</div>