

Year 9 - PSHE - Health and Wellbeing

Key Terms

County Lines	Movement of drugs from cities to rural areas and towns by gangs
Screen Addiction	Excessive use of technology, including gaming, social media and the internet
Social Media Validation	Approval and acceptance based on social media responses such as 'likes'
Body Image	A persons feeling about their body and how they think it is perceived by others
Body Positive	Thinking and talking in a positive manner about your body

PSHE covers a variety of topics that focus developing understanding in four key areas, personal, social, health and economic.

Social Media

Social media companies use your search and viewing history to show you content they think you will enjoy. This is known as a filter bubble.

Use of social media can become addictive, manage your screen time carefully and engage in other hobbies.

Key Skills

- Active listening and communication
- Team work
- Negotiation and self advocacy
- Leadership
- Presentation and debate

County Lines and Knife Crime

- County lines gangs may target young or vulnerable people as they are easier to manipulate
- Carrying a knife in public can result in a prison sentence.
- Carrying a knife could result in serious injury or death.

If you suspect someone needs support or advice please speak to your student support officer, a trusted adult or call/visit Childline.org.uk

Online Safety and Gambling

Pictures and posts posted online can contain location information. Gambling can become addictive and is becoming more popular with young people. Loot boxes are items within computer games which are accessed either through game play or are purchased Loot boxes are usually randomised rewards; therefore, users do not know what is in the loot box before opening it.

Threshold Concepts:

TC1	That there are factors that contribute to young people joining gangs
TC2	That there are consequences of carrying weapons and strategies for managing pressure to carry a weapon
TC3	That internal and external influences can affect decisions which impact on health and wellbeing
TC4	That the media and social media can impact on how people think about themselves and express themselves, including regarding body image, physical and mental health
TC5	That internal and external influences can affect decisions which impact on health and wellbeing
TC6	That the media and social media can impact on how people think about themselves and express themselves, including regarding body image, physical and mental health