

Curriculum for Wales	
Area for Learning and Experience (AoLE): Health and Wellbeing	
1. Developing Physical Health and Well-being has lifelong benefits	AGREE
a) Understand the factors that affect Physical Health and Well-being	✓
b) Develop positive informed behaviours	✓
c) Encourage them to lead healthy and active lifestyles	✓
2. How we process and respond to our experiences affects our mental health and emotional wellbeing	
a) Connections between experiences, mental health and emotional well-being. Feelings and emotions are neither fixed nor consistent.	✓
b) Develop empathy, strategies to regulate emotions	✓
c) Communicate their feelings	✓
3. Our decision-making impacts on the quality of our lives and the lives of others	
a) Understand how decisions and actions impact on self, and society, now and in the future. Understand factors that influence decision making	✓
b) Enable learners to develop the critical thinking skills necessary to consider their decision making in terms of possible implications – including risk - for themselves and others	✓
c) Collective decision making – understand their contribution	
d) Career pathways	
4. How we engage with social influences shapes who we are and affects our health and well-being	
a) Understand the role of social influences on their lives. Rules, social norms, attitudes and values. Interaction affects our identity, values, behaviours, relationships	
b) Learners engage critically with this social influence	
5. Healthy relationships are fundamental to our wellbeing	
a) Understand and value how feelings of belonging and connection that come from healthy relationships have a powerful effect on health and well-being	
b) Recognise when relationships are unhealthy and the need to be aware of how to keep safe and seek support	
c) Understand they will experience a range of relationships, nurture and maintain relationships how healthy relationships are vital for a healthy body and mind allowing us to thrive.	

Lesson Overview

<p>Links with United Nations Convention on the Rights of the Child (UNCRC)</p> <ul style="list-style-type: none"> • Article 13 - The right to information • Article 33 – I should be protected from dangerous drugs. • Article 36 - You should be protected from things that harm you. 	<p>This resource supports schools to develop their approaches to Wellbeing and to Care, Support and Guidance as required by the ESTYN Common Inspection Framework 2017.</p>
<p>The Law</p> <ul style="list-style-type: none"> • The Children Act 1989 • The United Nations Convention on the Rights of the Child 1989 (UN, 1989) was ratified by the UK on 16 December 1991. • Misuse of Drugs Act 1971 	<p>Safeguarding children: working together under the Children Act 2004 (Welsh Assembly Government.)</p> <p>Keeping Learners Safe Guidance Keeping learners safe GOV.WALES (Welsh Government, 2021)</p> <p><i>Advice on good practice for teaching and dealing with substance misuse</i> https://www.gov.wales/substance-misuse-education-guidance</p>
<p>Learning Outcomes for pupils.</p>	<p>To know the risks and consequences of alcohol use.</p> <ul style="list-style-type: none"> • To know the risks and consequences of using alcohol. • To make decisions and choices effectively. • To know where to get help, support and advice.
<p>Resources</p>	<ol style="list-style-type: none"> 1. Double Trouble ppt 2. Key words 3. 1 values continuum strengths of alcohol 4. Alcohol, binge drinking and spiking drinks definitions. 5. Flipchart paper, pens 6. Double trouble DVD extracts x3 7. 6 sets of scenario cards 8. Law information and substance misuse help line sheet (for distribution to pupils)
<p>Key words</p>	<p>alcohol binge drinking spiked drinks</p>
<p>Definition</p>	<p><i>Alcohol is a drug that changes the way your mind and body works.</i></p>
<p>Method</p>	<ul style="list-style-type: none"> • The big picture/ learning links and definitions. • Establish the pupils’ pre-existing knowledge. • The risks of using Alcohol. • Legal implications • Real life examples of consequences • Understand what is meant by the term ‘spiking’ <ul style="list-style-type: none"> • To develop strategies to reduce risk of becoming a victim. • Be aware of safe guidelines. • Review / Plenary