

# PCSHE Booklet – Year 9

## Topic 4 – Healthy Choices

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_

### Year 9 Curriculum Overview

Year 9 Curriculum Overview			
Topic 1: Peer influence and gangs  Healthy and unhealthy social groups, assertiveness, and gang exploitation	Topic 2: Justice System  Laws, justice systems, role of the police, courts and tribunals, public institutions and voluntary groups, the Equality and Protected Characteristics	Topic 3: Respectful and Intimate Relationships  Families and parenting, healthy relationships, conflict resolution, and relationship changes, consent, contraception, the risks of STIs, and attitudes to pornography.	Topic 4: Healthy lifestyle  Choices about diet and exercise, healthy sleep, dental health

### If you need further support...

- Safeguarding team – Mr Ogden, Mrs Jones, Mrs Loveridge, Mrs Aston, Mr Robbins
- Parents/Friends
- Tutor/Teachers

### Outside organisations:

- NHS Eat Well: <https://www.nhs.uk/live-well/eat-well/>
- British Nutrition Foundation: <https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html>
- The Oral Health Foundation [www.dentalhealth.org](http://www.dentalhealth.org) 01788 539780
- NHS Choices: [www.nhs.uk](http://www.nhs.uk)
- NHS Change4Life Sugar Smart: [www.nhs.uk/change4life/food-facts/sugar](http://www.nhs.uk/change4life/food-facts/sugar)
- NHS Under-18s guide to quitting smoking: [www.nhs.uk/live-well/quit-smoking/quitting-smoking-under18s-guide](http://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under18s-guide)
- Dental Trauma UK: [www.dentaltrauma.co.uk](http://www.dentaltrauma.co.uk) (for further information on knocked out teeth)

# Knowledge Organiser

## PCSHE – Year 9 Topic 4 – Healthy Lifestyles

<p><b>KP11: Key Terms:</b></p> <ol style="list-style-type: none"> <li><b>NHS (National Health Service):</b> The NHS is the public healthcare system in the United Kingdom. It provides medical services, including doctors, hospitals, and prescriptions, to residents for free or at a reduced cost.</li> <li><b>Decay:</b> Decay refers to the gradual damage or deterioration of something, such as a tooth, due to the action of bacteria or other factors.</li> <li><b>Wisdom Teeth:</b> Wisdom teeth are the third set of molars that typically emerge in a person's late teens or early twenties. They can sometimes cause dental issues and may need to be removed.</li> <li><b>Root Canal Treatments:</b> A root canal treatment is a dental procedure used to repair and save a badly damaged or infected tooth by removing the pulp and cleaning and sealing the inside of the tooth.</li> <li><b>Veneers:</b> Veneers are thin shells made of porcelain or composite material that are placed over the front surface of a tooth to improve its appearance, such as covering stains or chips.</li> <li><b>Crowns:</b> A dental crown is a cap that is placed over a damaged or weakened tooth to protect it and restore its shape and function.</li> <li><b>Braces:</b> Braces are orthodontic devices used to straighten and align teeth. They consist of brackets and wires that gradually move teeth into their desired positions.</li> <li><b>Teeth Whitening:</b> Teeth whitening is a cosmetic dental procedure that involves the use of bleaching agents or other methods to lighten the color of teeth and make them appear whiter.</li> <li><b>Cosmetic Dentistry:</b> Cosmetic dentistry is a branch of dentistry focused on improving the appearance of teeth and smiles through various treatments and procedures.</li> <li><b>Consensus:</b> Consensus means general agreement or the collective opinion of a group of people on a particular matter or issue.</li> <li><b>Vigorous:</b> Vigorous means doing something with a lot of energy, force, or intensity. It's often associated with activities that require physical effort.</li> <li><b>Processed Meat:</b> Processed meat is meat that has been modified through various methods, such as smoking, curing, or adding preservatives. Common examples include sausages and bacon.</li> <li><b>Bowel Cancer:</b> Bowel cancer, also known as colorectal cancer, is a type of cancer that begins in the colon or rectum. It can be serious and requires medical treatment.</li> <li><b>Allergies:</b> Allergies are the body's adverse reactions to substances like pollen, certain foods, or pet dander. Allergies can lead to symptoms such as sneezing, itching, or hives.</li> <li><b>Influences:</b> Influences are factors or people that have an effect on your thoughts, behavior, or decisions. They can come from various sources, like friends, family, or the media.</li> <li><b>Depression:</b> Depression is a mental health condition characterized by persistent feelings of sadness, hopelessness, and a lack of interest in activities. It can affect a person's overall well-being.</li> <li><b>Fatigue:</b> Fatigue is a state of extreme tiredness or exhaustion, often resulting from physical or mental exertion.</li> <li><b>Immune System:</b> The immune system is the body's natural defense mechanism that helps protect against infections and diseases. It consists of various cells and organs that work together to keep the body healthy.</li> <li><b>Stimulant:</b> A stimulant is a substance that increases alertness, energy, and attention. Some common stimulants include caffeine and certain medications.</li> </ol>	<p><b>KP12: Healthy Sleep</b></p> <p><b>What can cause problems with our sleep?</b></p> <p>Medical issues, technology, hunger, stress, mental health issues, your bed, clutter and messy rooms, napping and lie ins</p> <p><b>Consequences of sleep deprivation:</b></p> <ul style="list-style-type: none"> <li><b>Emotional Affects:</b> Irritability, mood swings, fatigue / tiredness, lack of motivation, depression</li> <li><b>Physical Affects:</b> High Blood Pressure, Reduced Sex Drive, Lower Immune system, Disrupt hormone regulation, Higher risk of type 2 diabetes</li> <li><b>Cognitive effects:</b> Forgetfulness, Clumsiness, Difficulty focusing</li> </ul> <p><b>KP13: Tips for a good night's sleep:</b></p> <ul style="list-style-type: none"> <li>Routines – set a routine which your body can recognize is a wind down for sleep.</li> <li>Tech free bedrooms – stop using technology such as tablets and phones 2 hours before bed or use a blue light filter.</li> <li>Clutter free bedrooms – Keeping your bedroom clutter free and tidy and help make the room feel calmer and more relaxing.</li> <li>Reduce stimulant food intake – foods and drinks which contain a lot of sugar and caffeine can impact your sleep so try not to consume too much after 3pm.</li> </ul>
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# Knowledge Organiser

## PCSHHE – Year 9 Topic 4 – Healthy Lifestyles

<p><b>KPI3: Choices about Diet and Exercise</b></p> <p><b>What influences choice about diet and exercise:</b></p> <p>Family, friends, celebrities, media, social media, NHS guidelines, advertising campaigns.</p> <p><b>Facts:</b></p> <ul style="list-style-type: none"> <li>The NHS recommends five portions of fruit and vegetables a day.</li> <li>Eating too much of anything can be bad for health and highly processed meats can have a negative health effect, for example the Department of Health and Social Care suggest that there is a chance that consuming processed red meat can increase the risk of bowel cancer</li> <li>Children and young people (aged 5-18) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports</li> </ul> <p><b>Diet:</b></p> <p>There is a <b>general consensus</b> that there are some foods people should eat more of/choose more often:</p> <ul style="list-style-type: none"> <li>Fruit, Vegetables, Beans, Pulses, Eggs, Fish, Other protein</li> </ul> <p>There is a <b>general consensus</b> that there are some foods people should eat less of/choose less often:</p> <ul style="list-style-type: none"> <li>Foods high in salt</li> <li>Foods high in sugar</li> <li>Highly processed food</li> </ul> <p>Some people might also follow very specific diets for medical reasons, under the guidance of a health professional. For example, some people are unable to eat certain foods due to allergies, such as to gluten, or peanuts.</p>	
<p><b>KPI 4: Dental Health</b></p> <p>Cosmetic versus dentistry for health</p> <ol style="list-style-type: none"> <li>Dental check-ups, fillings to treat decay, the removal of decayed teeth or wisdom teeth and root canal treatments are all examples of dentistry for health.</li> <li>Veneers and the replacement of existing amalgam fillings with white fillings are usually cosmetic treatments. Amalgam fillings do sometimes need replacing if there is decay underneath them or if they are defective, however if amalgam fillings that are in good condition are replaced this may provide unnecessary risk to the tooth as additional healthy tooth will be drilled away in the process. Similarly, veneers require the filling down or cutting away of part of the tooth in order to be applied, it is an irreversible process and veneers can require replacement due to cracking, wearing down or loosening.</li> <li>Braces, crowns, scale and polish treatments and whitening treatments are sometimes cosmetic procedures but are also sometimes treatments covered by the NHS as part of dentistry for health.</li> </ol> <p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>You are entitled to free NHS dental care until 19 and in full-time education. However, cosmetic procedures will incur a cost that is not covered by the NHS.</li> <li>The only safe place to receive cosmetic treatments is from a qualified dental professional. Tooth whitening from beauty therapists, for example in spas or clinics, is illegal and can cause major damage to the mouth.</li> </ul>	
	<p><b>If you need further support...</b></p> <ul style="list-style-type: none"> <li>Safeguarding team – Mr Ogden, Mrs Jones, Mrs Loveridge, Mrs Aston, Mr Hayward</li> <li>Parents/Friends</li> <li>Tutor/Teachers</li> <li>Outside organisations:</li> <li>NHS Eat Well: <a href="https://www.nhs.uk/live-well/eat-well/">https://www.nhs.uk/live-well/eat-well/</a></li> <li>British Nutrition Foundation: <a href="https://www.nutrition.org.uk/healthy-lifestyles/teenagers.html">https://www.nutrition.org.uk/healthy-lifestyles/teenagers.html</a></li> <li>The Oral Health Foundation <a href="http://www.dentalhealth.org">www.dentalhealth.org</a> 01788 539780</li> <li>NHS Choices: <a href="http://www.nhs.uk">www.nhs.uk</a></li> <li>NHS Change4Life Sugar Smart: <a href="http://www.nhs.uk/change4life/food-facts/sugar">www.nhs.uk/change4life/food-facts/sugar</a></li> <li>NHS Under-18s guide to quitting smoking: <a href="http://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide">www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide</a></li> <li>Dental Trauma UK: <a href="http://www.dentaltrauma.co.uk">www.dentaltrauma.co.uk</a> (for further information on knocked out teeth)</li> </ul>

# Low Stake Quiz

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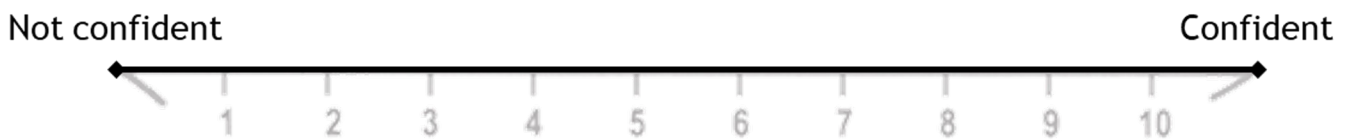
# Sliding Scale – Lesson 1

## Choices about diet and exercise

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

I can identify different influences on decisions regarding diet and exercise.



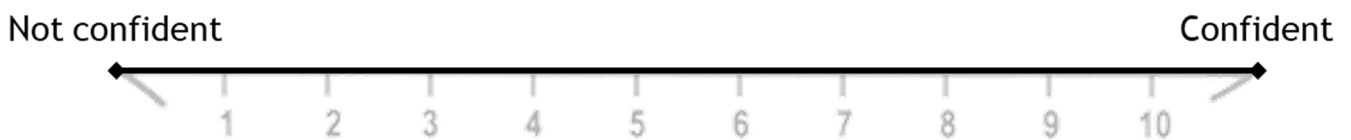
I can analyse why some influences might be stronger than others.



I can evaluate which influences are more or less reliable.




I can manage negative or less reliable influences on my choices about diet and exercise.



**Key words:** Influence, reliable/less reliable, health, mental health, physical health

**Task 1:** Complete the mindmap with the question: “What does a ‘healthier lifestyle’ look like? In the middle. Use the following prompts to guide you:

1. What does ‘healthier’ mean?
2. What might make someone more or less ‘healthy’? What choices might they make?
3. How does someone know if they are making ‘healthier’ choices or not?



What does a  
‘healthier  
lifestyle’ look like?

**Task 3:** Sort the influence cards along a line, with 'very influential' at one end and 'not influential' at the other end.

**Extension:**

1. Choose one of the following categories – primary pupils, secondary students, young adults, parents or older people. Discuss how weak or strong the influence would be on the behaviour of those in the category.
2. Why might people be affected differently by the same influences – what might make an influence stronger or less influential for another?

Religion and ethical values



Stereotypes, for example gender stereotypes about exercise



Advertising, for example on TV, online, in magazines etc.



Government guidelines and advice, for example from the NHS, Public Health England



Media, for example reports in the news



Social media, for example influencers, viral posts



Friends and peers



Celebrities, for example endorsements, food or exercise routines



Family and culture



Role models, for example athletes



Scientific research/published studies



School/teachers



Very Influential



Not very influential

# Myth Busting

**Task:** Analyse the validity of different statements and myths related to physical health. For each statement note down where they think the information has come from, and then decide if they think each statement is a myth, fact, or 'it depends'.

Statement	Where has the information come from?	Myth, Fact, or it depends?
1. Everyone must eat a minimum of ten pieces of fruit a day.		
2. . Reducing consumption of highly processed meat benefits health (processed meat includes sausages, bacon, ham etc. - meat that has been preserved by smoking, curing, salting or adding preservatives).		
3. If everyone followed the same healthy, balanced diet, they would all be the same shape and size.		
4. Consuming diet drinks is better than consuming non-diet versions.		
5. Everyone must take daily vitamin and mineral supplements to be healthy, and protein shakes are the best way to build muscles.		
6. People should eat three meals a day.		
7. Low-fat products often contain sugar or artificial sweeteners instead.		
8. All processed foods are unhealthy.		
9. Everyone should walk 10,000 steps a day.		
10. Someone's diet and exercise choices might affect their mood and the way they feel		

**Task:** Create your own 'healthier lifestyles' fact sheet, including 5-10 facts about maintaining a healthier lifestyle.

# Low Stake Quiz

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# Sliding Scale – Lesson 2

## Healthy Sleep

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

I can explain the impact of sleep on health and wellbeing



I can describe healthy sleep patterns and identify factors which can reduce sleep quality.



I can describe a range of strategies for ensuring appropriate sleep patterns.



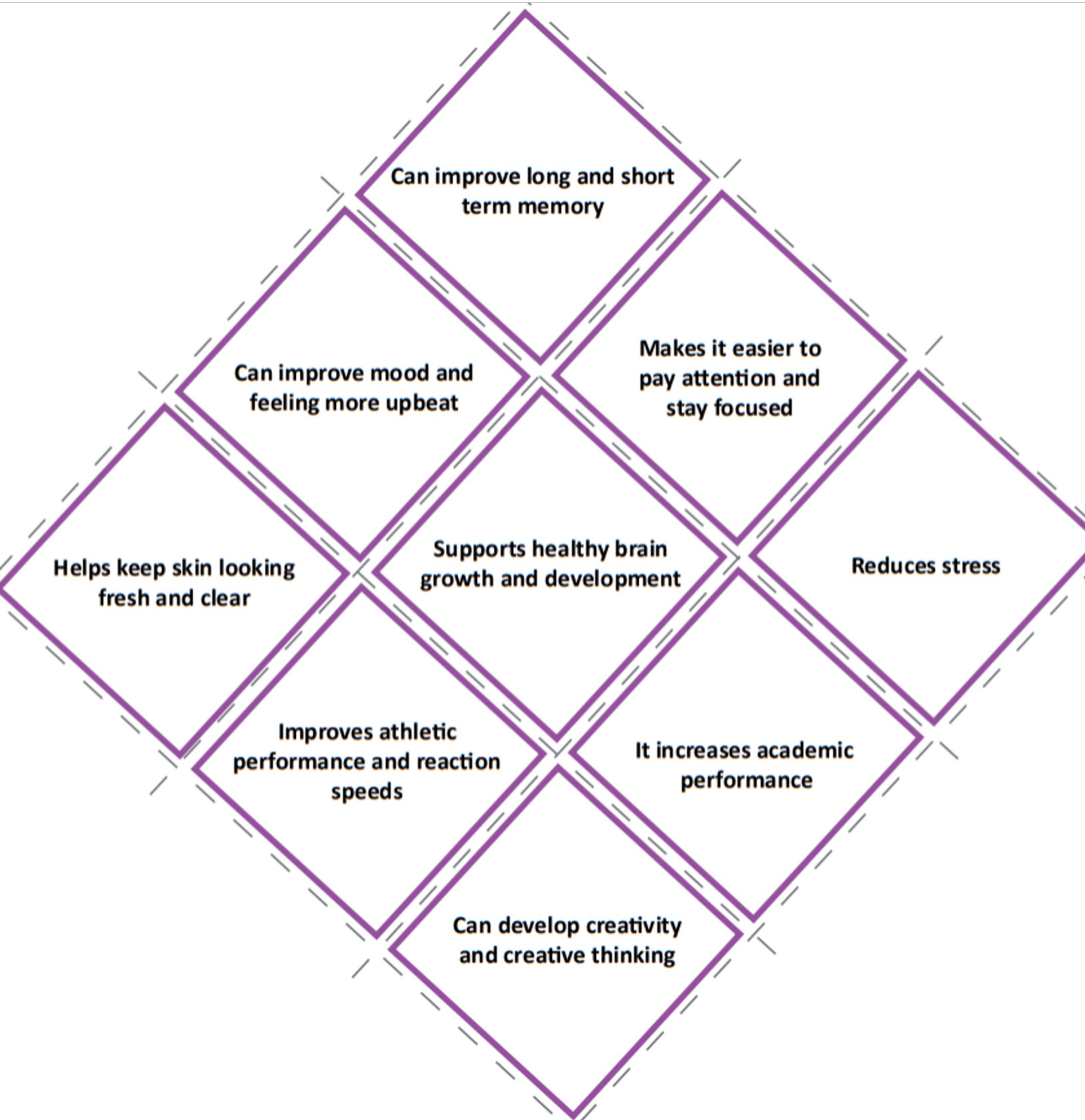
**Key words:** Sleep, habit, routine, caffeine

**Task 1:** Read the quiz and complete the questions, indicating 'T' for true and 'F' for false. In the final column add what you think is the truth for any statement you identified as false.

STATEMENT	T/F	COMMENTS
Teenagers need more sleep than adults		
Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday		
Most teenagers on average get the right amount of sleep		
It is recommended to eat a small snack before bedtime		
It is helpful to use a phone app to help track and promote sleep		
Naps should be no longer than 30 minutes		
It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks		
Getting healthy sleep can improve school results		
Using the night setting on a phone means it doesn't have any effect on sleep		

**Task 2:** Read the different benefits of sleep. Order the different benefits by numbering them 1 (greatest benefit) to 9 (smallest benefit).

**Extension:** Prioritise the cards in two different orders; firstly, thinking about a young person's priorities during exam time and then again during the summer holidays. Have any priorities changed?



**Task 3:** Work with your partner to create a list of any habits or strategies that you think a person could use to promote good quality sleep.

DO'S	DO NOT'S

**Task:** Read through the characters. Using at least one character identify:

1. Any habits the character has that might be preventing them from getting good quality sleep.
2. What the consequences for them might be of not getting good quality sleep.
3. What could they change (or do differently) to help them get better quality sleep.

RYAN (11 YEARS OLD)



Ryan has just started secondary school. It starts earlier in the morning than his primary school used to, and he has to travel further to get to school now too. To make it on time, he gets up at 6.30am. He is finding this really hard, and feels very tired. This is made even worse because Ryan is quite worried about secondary school and is quite disorganised. He's been told off and had detention twice because he forgot his equipment. He often lies in bed

running through in his mind all the things he needs to pack in his schoolbag for the next day. He sometimes wakes up in the night worried that he is going to get in trouble again.

SHAZNAY (12 YEARS OLD)



Shaznay has just got her first smartphone for her 12th birthday. She has started using her mobile phone as an alarm clock, so sleeps with it on her bedside table. She doesn't think it disturbs her sleep much, but she does use it for an hour or so before she goes to bed, and sometimes that means she stays up later than she meant to. Her phone often goes off during the night and it is hard to resist checking the notifications, but she

only looks at it for a second or to in case it's important. She doesn't understand why some of her friends are still posting at 2 or 3am. Checking her phone is the first thing she does when she wakes up. Sometimes, she listens to a podcast or a relaxation app to help her fall asleep.





# Low Stake Quiz

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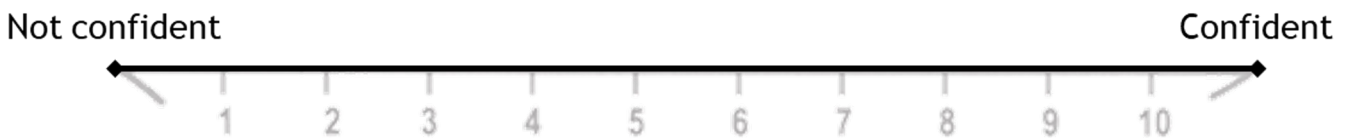
# Sliding Scale – Lesson 3

## Dental Health

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

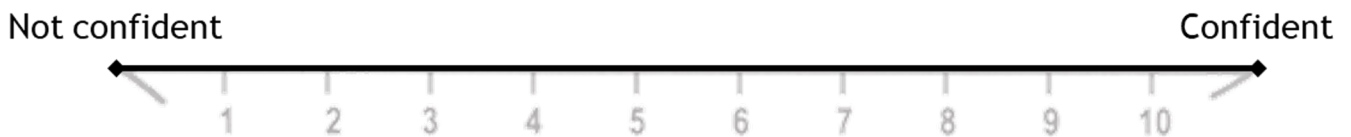
I am able to describe good oral hygiene practices



I am able to explain the impact of diet and substance use on dental health.



I am able to compare and contrast dentistry for health and cosmetic purposes.

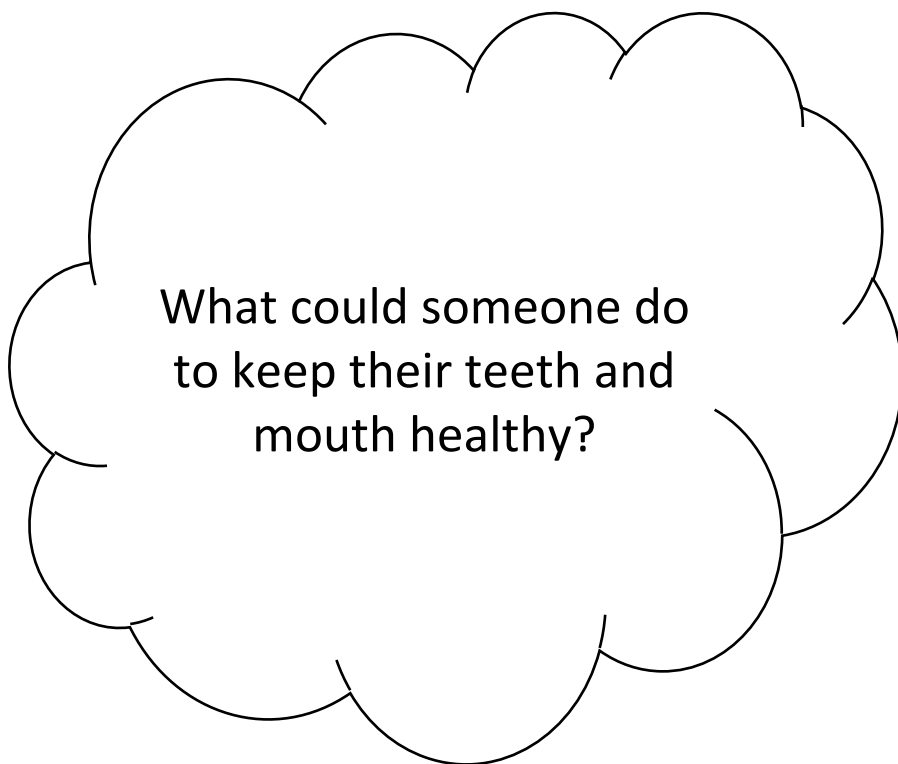


I am able to explain how to access NHS dental services and the importance of having regular check-ups



**Key words:** Dentist, tooth decay, oral hygiene, dental health, cosmetic

**Task 1:** Working independently, complete the mindmap in your booklet.



# Task 2: Complete the multiple-choice quiz on dental health and oral hygiene.

- 1. Which description shows the best steps in caring for teeth each day?**
  - A. Clean between teeth, brush with fluoride toothpaste, rinse with mouthwash*
  - B. Brush with fluoride toothpaste, clean between teeth, rinse with mouthwash*
  - C. Brush with fluoride toothpaste, clean between teeth, spit out excess toothpaste*
  - D. Clean between teeth, brush with fluoride toothpaste, spit out excess toothpaste*
- 2. What makes a good toothpaste?**
  - A. Recognisable brand name*
  - B. The right amount of fluoride*
  - C. Higher cost*
  - D. All of the above*
- 3. If someone has severe dental pain and their dentist is closed for the night they should...**
  - A. Take some pain killers and wait until it opens the next day*
  - B. Call their dentist and check if there is an out of hours services*
  - C. Call NHS 111*
  - D. Any of the above*
- 4. Which food or drink from the options below is the most damaging to teeth?**
  - A. Whole fruit*
  - B. Fruit juice*
  - C. Smoothie*
  - D. Milk*
- 5. Which of the following treatments could be necessary for someone's dental health?**
  - A. Braces*
  - B. Veneers*
  - C. Tooth whitening*
  - D. All of the above*
- 6. Which of the following people is qualified to provide tooth whitening services**
  - A. Dental nurse*
  - B. Dentist*
  - C. Beautician*
  - D. All of the above*
- 7. How can smoking affect dental health?**
  - A. Slows healing after teeth have been removed*
  - B. Increases risk of gum disease*
  - C. Increases risk of tooth loss*
  - D. All of the above*

# Dentistry for health or cosmetic purposes

Dentistry for health, aims to keep the mouth and teeth healthy. However, cosmetic dentistry is for aesthetics/appearance only.

**Task 3:** Using the statements in your booklet, categories the procedures listed into cosmetic procedures or health procedures. Some may fit into both.

Having a dental check-up	Getting veneers (thin pieces of porcelain that cover teeth)	Getting a filling to treat decay
Tooth whitening	Getting braces	Removal of decayed teeth
Removing wisdom teeth (the teeth at the back of your mouth)	Scale and polish (when a hygienist removes plaque and tartar from teeth)	Root canal (treating a dead tooth nerve)
Replacing an existing amalgam (silver) filling with a white filling	Covering a damaged tooth with a crown	<input type="checkbox"/> Cosmetic Procedures <input type="checkbox"/> Health Procedures

**Task 5:** Read the scenarios. Answer the following questions for that scenario.

1. What habits might affect the characters' dental health?
2. Where might they get support or treatment?
3. What considerations would they need to have when deciding whether to get treatment? (i.e. cost or risks)

### **Jae**

Jae drinks lots of cola and coffee and occasionally smokes a cigarette with friends at the weekend. He has developed a stain on his teeth, he's spoken to his friends about it and they have said that they hadn't really noticed.

Jae still wants to get rid of the stains. He's recently bought an electric toothbrush, which has helped a little bit. He hasn't been to the dentist in a while but he did need some fillings last time he was there.

### **Rhea**

Rhea is always careful to brush her teeth daily, and she has decided to only have one soft drink a day, but she has noticed that her gums bleed a bit when she brushes them.

She has never had this before and her mum says that she might be brushing too hard, but Rhea's worried something might be wrong. She went to the dentist a few months ago, but the bleeding has started in the past couple of weeks.

### **Bailey**

Bailey hasn't been to the dentist in over a year. He hasn't felt any problems with his teeth, so he doesn't think he should go.

He flosses and brushes his teeth twice a day and really tries to avoid sugary foods. Each morning for breakfast Bailey has cereal with milk and some fruit juice. He tries to make as many healthy choices as he can.

### **Sky**

Sky visits the dentist regularly and almost always flosses twice a day before brushing their teeth.

After school Sky knocked a tooth out during an accident at rugby practice and they're pretty sure the dentist is closed! A friend found the tooth and has brought it to them. There hasn't really been much bleeding but Sky's mouth feels really sore.

**Challenge:** Produce a quick summary to demonstrate to younger students the importance of having regular checkups or what to do in a dental emergency.







# Low Stake Quiz

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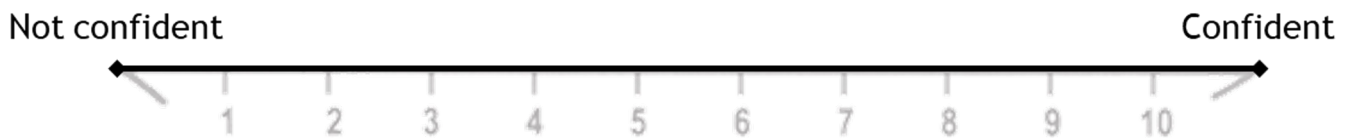
# Sliding Scale – Lesson 4

## The Role of Pharmacists

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

I understand the role of a community pharmacist



I know when to visit your local pharmacy



I assess the career path of a community pharmacist







- Withdrawal symptoms. You may become addicted in a short time, and be unable to stop. When you do, symptoms can include nausea, vomiting, anxiety, panic attacks, headaches and, in extreme cases, death
- Overdose, leading to hospitalisation or death
- Sexual or physical assault. Because benzodiazepines can easily knock a person out, often in an unsafe situation, they are either unaware of an assault taking place or are unable to defend themselves
- Short term memory loss. Users may have no idea what they have done whilst under the influence of the drug, or what has happened to them.

These types of drug can easily cause both physical dependence and psychological addiction, making it very difficult to stop taking them, even if you really want to.

### Common opiate-based drugs:

Opiate-based prescription drugs are medications derived from opium, a substance extracted from the poppy plant. While these drugs serve various medical purposes, they also pose significant risks due to their potential for abuse, dependence, and adverse effects.

#### Codeine:

- *Purpose:* Codeine is often prescribed for pain relief and as a cough suppressant.
- *Side Effects:* Common side effects include drowsiness, constipation, and nausea. Prolonged use can lead to tolerance, dependence, and addiction.

#### Morphine:

- *Purpose:* Morphine is a potent pain reliever commonly prescribed for severe pain, such as after surgery or in advanced medical conditions such as cancer, or recovery from serious operations.
- *Side Effects:* Side effects may include drowsiness, constipation, and respiratory depression. Long-term use can lead to physical dependence.

#### Tramadol:

- *Purpose:* Tramadol is prescribed for moderate to moderately severe pain.
- *Side Effects:* Common side effects include dizziness, nausea, and constipation. Tramadol has a lower risk of dependence compared to other opiates.

Long-term use of opiates, like certain painkillers, can seriously affect your body. It can make your breathing slow down dangerously, and mess with your heart rate and blood pressure, which might be risky if you have heart issues. Opiates often lead to constipation, and they can harm your liver and kidneys, affecting how your body processes waste and fluids. Using these drugs for a long time might also make it harder for you to think clearly and can mess with your hormones, affecting things like your period or your mood. Plus, it could weaken your immune system, making you more prone to getting sick.

### ADHD medications:

Abuse of ADHD (Attention Deficit Hyperactivity Disorder) medication, such as stimulants like methylphenidate (e.g., Ritalin) is a concern in various parts of the world, including the UK. It's important to note that using these medications without a prescription or in ways other than prescribed by a healthcare professional is considered abuse.

#### How and Why People Abuse ADHD Medication in the UK:

- **Recreational Use:** Some individuals may abuse ADHD medications for their stimulant effects, seeking increased alertness, energy, or euphoria. These drugs can enhance focus and concentration, making them attractive to individuals without ADHD who believe they can benefit from improved cognitive performance.
- **Academic or Work Performance Enhancement:** There is a perception among some students and professionals that using ADHD medications can boost academic or work performance by improving concentration and productivity.
- **Weight Loss:** Stimulant medications can suppress appetite, and some people may abuse them with the goal of achieving weight loss.
- **Peer Pressure and Social Reasons:** Peer influence and societal pressures to excel in various areas of life may contribute to the misuse of ADHD medications.
- **Effects on your internal organs:**
- Abusing ADHD medications can have serious health consequences and may negatively impact various organs and systems in the body. However, it's important to note that the extent of damage can vary from person to person, and long-term effects may be more pronounced. Some potential effects include:
  - **Cardiovascular System:** Stimulant medications can elevate heart rate and blood pressure. Prolonged abuse may increase the risk of cardiovascular issues, including hypertension and heart problems.
  - **Nervous System:** Abuse of ADHD medications can lead to overstimulation of the central nervous system, causing issues such as insomnia, anxiety, and, in extreme cases, seizures.
  - **Gastrointestinal System:** Stimulants may cause appetite suppression, leading to potential nutritional deficiencies and weight loss. Gastrointestinal upset, nausea, and abdominal pain can also occur.
  - **Psychological Effects:** Misuse of ADHD medications can contribute to mental health issues, including mood swings, irritability, and even psychosis in severe cases.
- **Dependence and Addiction:** Continued abuse of stimulant medications can lead to dependence and addiction, with withdrawal symptoms such as fatigue, depression, and cravings.

Common over-the-counter or prescription drugs investigation.



How can they help us?

Where do they target the body?

DRUG:

How do we take them responsibly?  
(What do the instructions say?)

Here's what they look like...

What could happen if we don't take them responsibly / according to medical advice?

Common over-the-counter or prescription drugs investigation.



How can they help us?

Where do they target the body?

DRUG:

How do we take them responsibly?  
(What do the instructions say?)

Here's what they look like...

What could happen if we don't take them responsibly / according to medical advice?

# Low Stake Quiz

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

# Sliding Scale – Lesson 5

## Menstrual and Gynaecological Health

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

I can label different parts of female genitalia



I understand what happens during the menstrual cycle

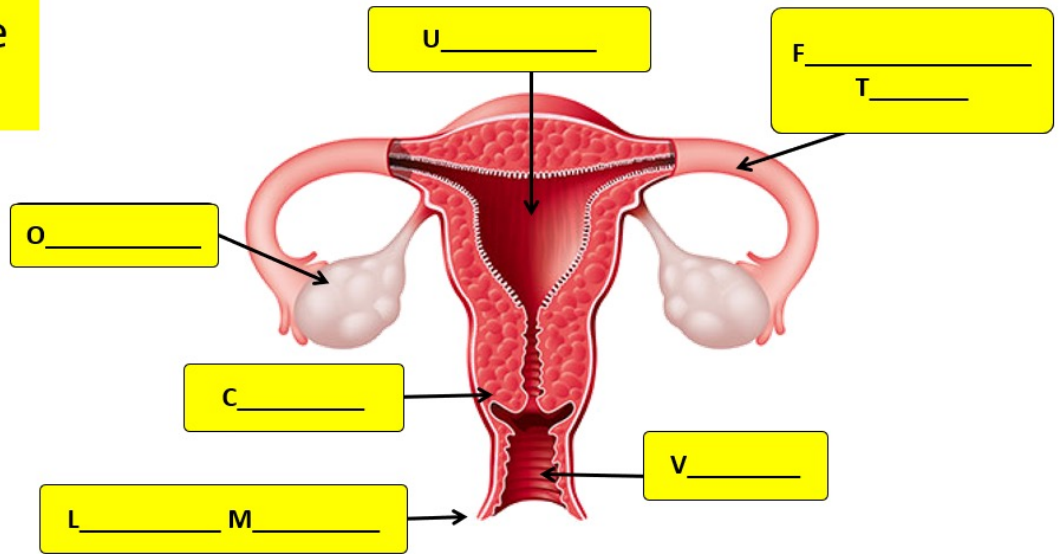


I learn about some common gynaecological issues

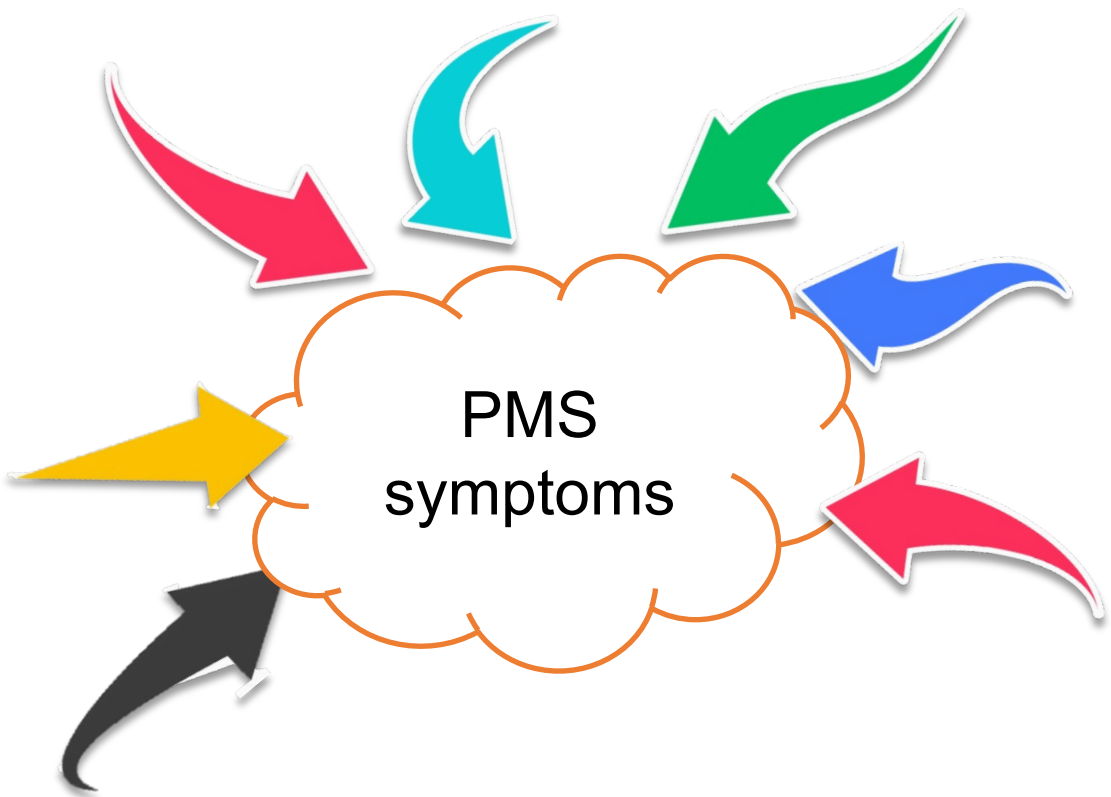


## Internal Female Anatomy

**Task:** Label the diagram of the internal female genitalia.



**Task:** Many women suffer from premenstrual syndrome (PMS).  
What are the signs of PMS?



## **Period Products: Pads, Tampons, Menstrual Cups and Period Underwear**

People who have periods can choose from several types of products to manage menstrual blood. Each type works slightly differently and has its own advantages and disadvantages. It is important to know what each product does and how to use it.

Pads, also known as sanitary pads, are absorbent pieces of material that stick to your underwear and collect menstrual blood. To use one, they remove it from the wrapper, peel off the backing, and press the sticky side onto the inside of your underwear. Most people change pads every three to four hours, depending on how heavy their flow is. Pads should be rolled up and thrown in the bin after use — they should never be flushed down the toilet.

Pads are simple to use and are a good choice for people who prefer not to insert anything into their body. They come in different thicknesses and lengths, such as light, regular, or overnight pads, and some have “wings” to help them stay in place. However, pads can sometimes feel bulky or uncomfortable, especially on warm days or during exercise. Because they are worn externally, they may cause a feeling of wetness or odour if not changed often enough. Pads are also single-use, which means they create more waste compared to reusable options.

A menstrual cup is a soft, flexible cup made of medical-grade silicone or similar material. Instead of absorbing blood, it collects it. To use one, you wash your hands, fold the cup, and insert it into the vagina, where it opens and seals against the vaginal walls. When it's time to remove it, pinch the base of the cup to break the seal, gently pull it out, empty the blood into the toilet, rinse or wipe it, and reinsert if needed. Most menstrual cups can be worn for up to 12 hours, depending on your flow, and they should be sterilised between cycles. Menstrual cups are eco-friendly and cost-effective over time because they can last for several years. They hold more fluid than most tampons or pads and can be used during swimming or exercise. They also have a lower risk of Toxic Shock Syndrome than tampons. However, they require cleaning and care, which can be inconvenient if someone doesn't have access to a private bathroom or clean water. Inserting and removing the cup takes practice, and some people may find them uncomfortable if the fit isn't right. The initial cost is higher, but it can save money in the long run.

Tampons are small, cylindrical pieces of absorbent material, usually made of cotton or rayon, that are inserted into the vagina to absorb menstrual blood before it leaves the body. They have a string attached for easy removal. To use a tampon, someone should wash their hands, unwrap the tampon, and insert it gently into your vagina at a slight angle. Many tampons come with an applicator to help with insertion. Once it's in the correct position, they shouldn't feel it. Tampons should be changed every four to eight hours and disposed of in the bin, not flushed. Tampons are discreet, small to carry, and allow you to take part in activities like swimming or sports. They are also available in different absorbencies to match your flow. However, tampons come with some disadvantages. If left in for too long, they can increase the risk of a rare but serious infection called Toxic Shock Syndrome (TSS). They are single-use, so they produce waste, and inserting them can take practice or feel uncomfortable for some people.

Period underwear looks like normal underwear but has built-in absorbent layers that collect menstrual blood. You wear it just like regular underwear. Some people use period underwear on its own for lighter days or as a backup alongside tampons, pads, or a cup during heavier days. Depending on the brand, period underwear can usually be worn for several hours before needing to be changed. After use, it needs to be rinsed and washed according to the instructions, often in the washing machine on a gentle cycle. The main advantages of period underwear are that it's easy to use, comfortable, and reusable, which reduces waste and long-term costs. It is also a good option for people who prefer not to use internal products. However, it can be less suitable for very heavy flows unless combined with another product. Washing and drying can take time, which may be less convenient when travelling or at school. Like menstrual cups, the upfront cost is higher, but they last for years if cared for properly.

Product	Description / how to use	Pro(s)	Con(s)
<p style="text-align: center;"><b>Pads</b></p>	<p style="text-align: center;">Pads are cotton pads that stick to your underwear and soak up blood. Afterwards they are thrown away after a few hours use</p>	<p>✓ Easy to use</p> <p>✓ Comfortable</p>	<p>X Single use</p> <p>X Can become smelly</p>
<p style="text-align: center;"><b>Tampons</b></p>		<p>✓</p> <p>✓</p>	<p>X</p> <p>X</p>
<p style="text-align: center;"><b>Menstrual cups</b></p>		<p>✓</p> <p>✓</p>	<p>X</p> <p>X</p>
<p style="text-align: center;"><b>Period underwear</b></p>		<p>✓</p> <p>✓</p>	<p>X</p> <p>X</p>



