

Half-term One September – October 2020

Year 11 Health and social

Lesson	Instructions	Resources	Curriculum
1	Social interactions	Slides (lesson 1) <i>See below</i>	Component 3 learning aim A
2	Stress	Slides (lesson 2) <i>See below</i>	Component 3 learning aim A
3	Environmental Conditions	Slides (lesson 3) <i>See below</i>	Component 3 learning aim A
4	Financial resources	Slides (lesson 4) <i>See below</i>	Component 3 learning aim A
5	Housing	Slides (lesson 5) <i>See below</i>	Component 3 learning aim A


Please email any queries and completed work to **Mrs Shorting/Mrs Carr-Thoms**

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Lesson 1

Social interactions and how they affect health and wellbeing


Component 3



Relationships

The quality of our relationships influences how we feel about ourselves throughout our lives. There are many different types of relationships; some are formal and some are informal.


In your table groups, list as many different relationships as you can think of...



The need for social interactions

Our social needs include the opportunity to:

- Mix with others in an appropriate environment
- Have access to leisure facilities and activities




It is important that we have family and friends and belong to groups or a community.
These social interactions provide us with a sense of belonging and a feeling that they are accepted.

Forming relationships

We form our first relationships with our parents or carers. We make friends through:

- School and higher education
- Interests and work
- Other parents (when they have children of their own)
- Activities we may take up during retirement



We continue to meet new people and make new friends throughout our lives.

Supportive/unsupportive relationships

Our family and friends affect our health and wellbeing.

Supportive relationships provide	Unsupportive relationships can
Physical support and assistance	Hurt and upset us
Intellectual stimulation	Influence us to do things we don't want to
Emotional support and happiness	Make us unhappy and could distract us
A social life	Make us feel lonely and bad about ourselves



Retirement



Retirement is an opportunity for social integration as it gives an opportunity to make new people.

How might integration support each area of PIES development?

However, some people can become socially isolated as they get older.

Why might an elderly person feel socially isolated during this life stage?

Social integration/isolation

Our relationships affect whether we feel integrated into a community or isolated from it. Some relationships can lead to social integration- being actively involved in a community.

- One example is working to support a charity
- Physical work, such as helping to build benches
 - Intellectual stimulation, such as problem solving
 - Emotional fulfillment through a new sense of purpose
 - Social opportunities to meet new friends



Other relationships can lead to social isolation. For example, some people may fall out with a friend who may bully them. An isolated person could become withdrawn and extremely unhappy/miserable because they think others find it hard to be friends with them.

Others who are socially isolated

Other who may become socially isolated include:

- People who are homeless
- Those who are physically and mentally ill
- Those who may be going through a difficult time
- Those living with conditions such as autism



Lesson 2

Stress and how it affects health and wellbeing

Component 3



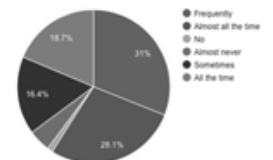
What is causing you the most stress right now?



Results from a teenage study on stress



Count of Do you feel stressed?



What does the graphs suggest?

Stress!

We will almost certainly come across the word 'stress' or know what it feels like to be stressed.

Learning to control stress can help improve our health and wellbeing.

Task: work in small groups to identify causes of stress in your own lives and in the lives of adults.



Hormones and stress



Stress occurs when you have to respond to demands made on you.

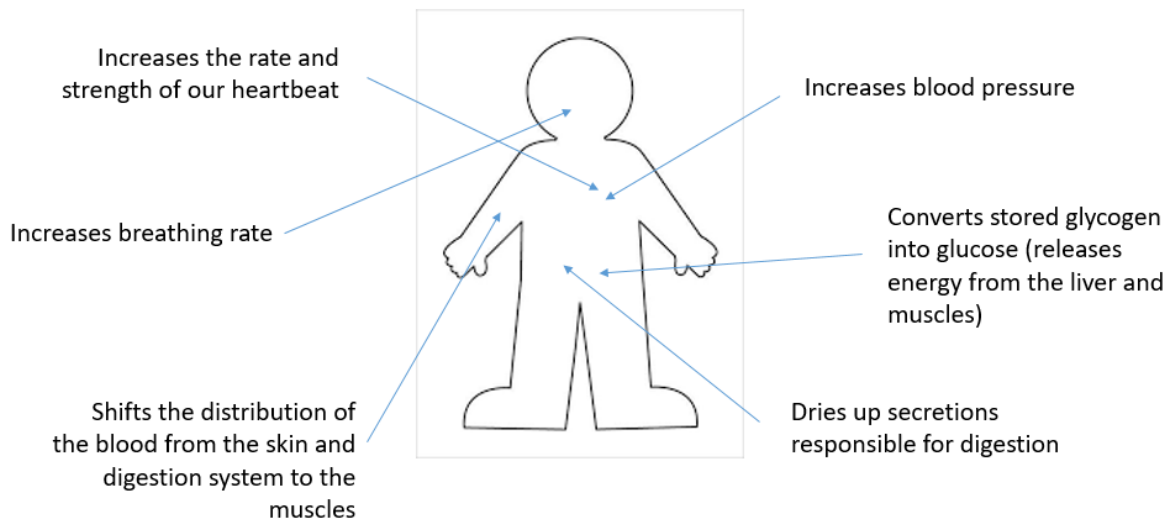
When you are stressed it causes the body to secrete hormones, the main one being adrenaline.

These hormones trigger a 'fight or flight' response, which enables you to respond instantly- especially in life or death situations.

Unfortunately, the response to these hormones can cause some people to overreact to situations that are not life-threatening.

Can you think of an example?

The effects of adrenaline on the body



Effects of stress

Which have you experienced?



Short term effects	Long term effects
Feeling cold	Sleeplessness
Less sensitive to pain	High blood pressure
Tense muscles	Irritability and becoming withdrawn
Faster breathing	Loss of appetite
Dry mouth	Heart disease/ulcers/eczema/asthma
Flared nostrils	Poor circulation
Wide eyes	Nervousness
Pale face	Accidents
Body hair standing on end	Breakdowns
Faster heartbeat	Aching muscles/body tension
Butterflies in the stomach	Headaches
Urge to pass water (urine)	Anxiety
Diarrhoea	Violent tendencies
Sweaty hands	Mood swings

Lesson 3

Environmental conditions and how they may affect our health & wellbeing

Component 3



Water pollution from sewage, pesticides and farming



Land contamination from waste disposal



Noise contamination from traffic or nightclubs

Environmental factors

Air pollution from industries and contamination from radiation



Air pollution from transport e.g. cars and aeroplanes



Soil pollution from chemicals



Pollution

Each year...  40,000 deaths in the UK are attributable to outdoor air pollution

We all need clean air, water and proper waste disposal facilities. Modern living can mean that our air and water can sometimes be affected by chemicals and other products

How many types of pollution can you think of?



Lesson 4

Talking about money...

Economic factors such as financial resources (how much money we have) can play a big part in how we live our lives.

Not having enough can cause problems.



Income



A person's financial resources are affected by their:

- Employment status (self-employed, part time, full time etc)
- Wealth (having a lot of money or goods)
- Occupation
- Social class (upper/middle/lower)
- Material possessions (objects we have that are not essential)

What does having adequate (enough) money allow a person to do?

Budgeting

Scenario: re-decorate your bedroom on the budget of £450 **Your room must have:**

- A bed
- Curtains
- A duvet cover
- A set of drawers
- A bedside table
- A lamp

You can add items if you have money left over.
You cannot go over your budget!



Lesson 5

Housing

The type of house you live in, your house condition and house location can all affect your health and wellbeing

How might the following houses affect someone (PIES)?



Condition of home

- Cluttered damp and dirty homes spread germs and cause illness
- Poor hygiene in the home allows bacteria to spread and grow
- Damp and mould can cause respiratory diseases

<https://www.youtube.com/watch?v=VYWsdqh9fJE>



Dust mite facts

(not for the faint-hearted!)

1. Medical experts expect that 10% of people are allergic to dust mite proteins.
2. 10 million dust mites live in an average bed.
3. Brand new bedding will be completely colonised within 6 weeks!
4. A five year old pillow can be 50% heavier than a new pillow due to the weight of dead dust mites inside!
5. Dust mites are not 'bed bugs', they don't bite people and are nearly impossible to see with the naked eye.

Can you give examples of signs that show a home is in poor condition?