

Year 7

Citizenship

Work Booklet



Name-

Tutor-

Created by Mr B Denham in
collaboration with EC Publishing



Healthy Eating



Balanced diets, nutrition and healthy eating choices



Scaffolded Starter:

Saskia had decided to make her parents breakfast in bed. She made them toast with chocolate spread, a hot chocolate each and a bowl of chocolate cookies (for afters).

'Well, I love chocolate, but perhaps this isn't the most balanced meal I've ever eaten.' Commented her dad.

Discuss: What do we mean when we talk about a meal or diet being 'balanced'?



Why is it important we learn about healthy eating in PSHE?

I think it's important we learn about healthy eating in PSHE because...



Balanced diets, nutrition and healthy eating choices



Learning outcomes:

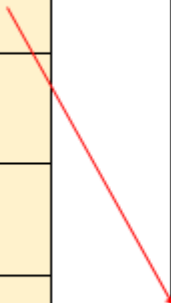
Describe the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices.

Explain what might influence decisions about eating a balanced diet and strategies to manage eating choices.

New key term:



Balanced diet - a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Key word:	Link up: (Draw an arrow)	Nutrition type definition:	Foods in this group:	An example of how this nutrition type can actively benefit our own bodies. If you're not sure, leave it and we'll come back to it later.
Carbohydrates		Your body uses protein to build and repair tissue.		
Protein		This aids digestion and helps keep you regular with your stools.		
Vitamins and minerals		This stores our energy, keeps us warm and helps protect our organs.		
Fibre		These provide your body with energy, such as glucose and sucrose.	Cereals, grains, crackers, pasta, potato, bread.	Eating pasta for lunch can help you have the energy to walk home from college.
Fats		These essential nutrients do hundreds of things, e.g., help your immune system, help convert food to energy.		

What exactly should a balanced diet consist of, and why is eating this way important?



A balanced diet is essential for maintaining good health and well-being. It provides our bodies with the necessary nutrients, vitamins, minerals, and energy required for various physiological functions. One of the primary reasons for the importance of a balanced diet is that it ensures that our bodies receive a wide range of nutrients, each playing a unique role in our overall health.

Firstly, a balanced diet helps us meet our daily energy needs. Carbohydrates, found in foods like grains, fruits, and vegetables, serve as our body's primary source of energy. Without an adequate intake of carbohydrates, we may feel fatigued and lack the energy required for daily activities, including work, exercise, and even cognitive functions.

Proteins are another crucial component of a balanced diet. They are responsible for building and repairing tissues, producing enzymes and hormones, and supporting the immune system. Sources of protein include meat, poultry, fish, legumes, and dairy products. Inadequate protein intake can lead to muscle wasting, weakened immunity, and slow recovery from injuries.

Moreover, a balanced diet provides essential vitamins and minerals, such as vitamin C, vitamin D, calcium, and iron, which play vital roles in maintaining various bodily functions. For instance, vitamin C is necessary for collagen production and a healthy immune system, while calcium is crucial for strong bones and teeth. A deficiency in these nutrients can lead to health problems like scurvy, osteoporosis, and anaemia.

Fats, despite their often-negative reputation, are also essential for our health. They provide a concentrated source of energy and are necessary for the absorption of fat-soluble vitamins (A, D, E, and K). However, it's important to choose healthy fats like those found in avocados, nuts, and olive oil, as excessive consumption of saturated and trans fats can lead to heart disease.

In addition to macronutrients and micronutrients, a balanced diet includes dietary fibre, which is abundant in fruits, vegetables, whole grains, and legumes. Fiber aids digestion, helps regulate blood sugar levels, and supports heart health. Insufficient fibre intake can lead to constipation and an increased risk of conditions like diabetes and cardiovascular disease.



A well-balanced diet not only ensures that we get the right nutrients but also helps maintain a healthy body weight. When we consume a variety of foods in appropriate portions, it becomes easier to manage our calorie intake and prevent overeating or undernutrition. This, in turn, reduces the risk of obesity, which is associated with various chronic diseases such as type 2 diabetes and cardiovascular problems.

In conclusion, a balanced diet is essential for overall health and well-being. It provides our bodies with the necessary nutrients and energy to function optimally. A diet that includes a variety of foods from all food groups – carbohydrates, proteins, fats, vitamins, minerals, and dietary fibre – helps prevent nutritional deficiencies and reduces the risk of chronic diseases. By making informed food choices and maintaining a balanced diet, individuals can promote their long-term health and enjoy a higher quality of life.



Questions:

1. What is the primary purpose of a balanced diet?
2. Why is protein considered a crucial component of a balanced diet, and what are some examples of protein-rich foods?
3. What role do vitamins and minerals play in maintaining our health, and can you provide examples of specific vitamins and their functions?
4. How can the consumption of healthy fats contribute to overall well-being, and what are some sources of healthy fats?
5. Explain the importance of dietary fibre in our diet and name some foods rich in fibre.
6. What potential health problems can arise from inadequate intake of essential nutrients like vitamin C, calcium, and iron?

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

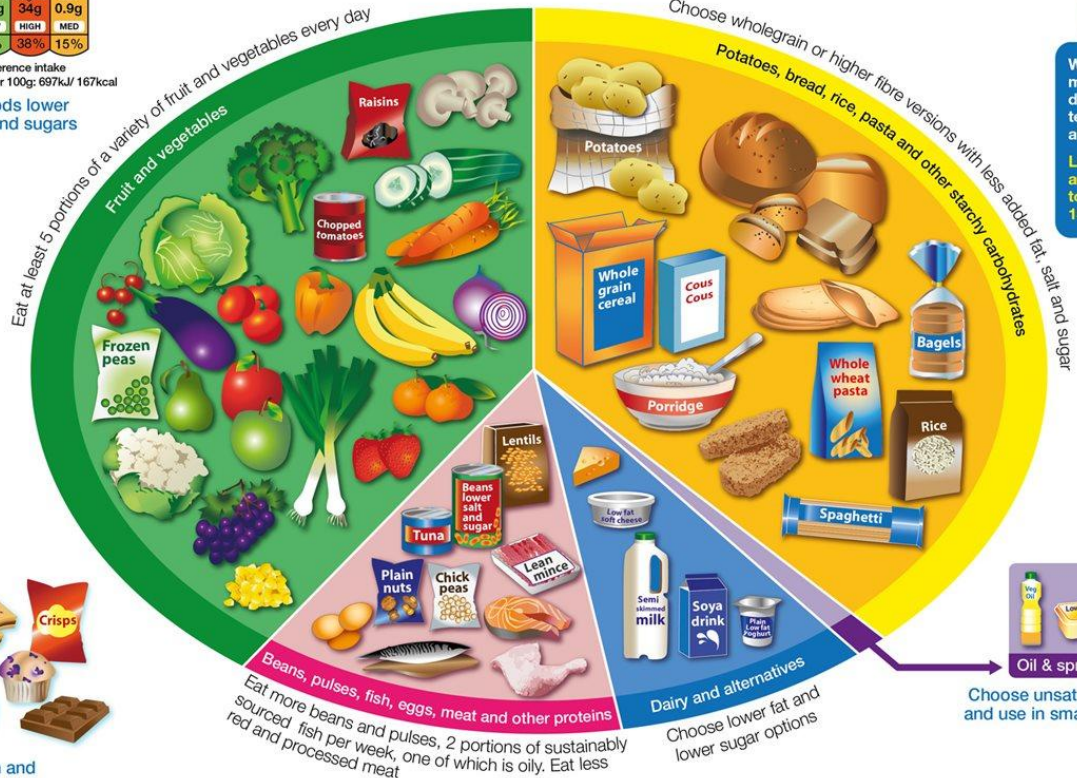
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



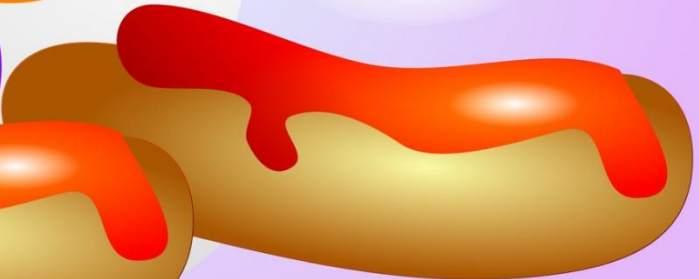
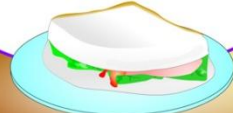
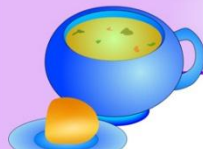
Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

MENU





Balanced diets, nutrition and healthy eating choices



Signposting support:

Useful, legitimate and appropriate helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[SANE](#). National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://www.nutrition.org.uk/life-stages/teenagers/healthy-lifestyles-for-teenager-healthy-eating-tips-for-teenagers/>

A site full of healthy eating and meal ideas for teenagers and young people



Eating Disorders



What do we need to know about eating disorders?



Starter:

Keith is a handsome chap – but he thinks he is too fat. No one else comments on his weight; in fact, people tell him he looks great. But Keith doesn't think so. Keith's friends have noticed he has been distancing himself from them. Keith spends more time in his room, reading forums, than he does hanging out with his friends recently.

Discuss: What do you think Keith is reading about on the forums? Why?



Explain briefly what we mean when we talk about 'eating disorders.' Name any that you have heard of.

*I think eating disorders are...
and one I've heard of is...*



What do we need to know about eating disorders?



Learning outcomes:

Identify the causes of unhealthy coping strategies, such as eating disorders, and the need to seek help for themselves or others as soon as possible.

Describe how to recognise common mental health issues such as eating disorders.



Key term:

Eating disorder – a any of a range of mental conditions in which there is a persistent disturbance of eating behaviour and impairment of physical or mental health.

Task Two:

How are eating disorders mental illnesses?



<https://www.youtube.com/watch?v=3Bax8ijH038>

What percentage of people will experience an eating disorder?

How is anorexia different to bulimia?

Can you tell if someone has an eating disorder from their weight alone?

Why can't we cure these disorders by saying 'eat differently'?

What is a common shared perception by people with eating disorders?

What causes eating disorders?

When are people particularly vulnerable to developing eating disorders?

Watch the clips and complete your questions on your task sheet. We will then go through the answers together so you can fill in any you've missed.



Eating disorders – what do we need to know?

Why are teenagers particularly vulnerable to eating disorders?

Teenagers are particularly at risk of developing eating disorders due to a variety of factors that may converge during this stage of life. Some of the common factors that contribute to eating disorders in teenagers include:

1. Puberty and body changes: Adolescence is a time of significant physical changes, including puberty, which can cause teenagers to become more conscious of their body and how it looks. This can lead to dissatisfaction with their body shape and size, which may trigger disordered eating habits.
2. Peer pressure: Teenagers are often influenced by their peers and may feel pressure to conform to certain societal standards of beauty or body image. This can lead to a desire to lose weight or change their appearance, which can escalate into an eating disorder.
3. Social media: The rise of social media has created a culture of comparison and competition, especially among teenagers. The constant exposure to images of "perfect" bodies can lead to unrealistic expectations and a negative body image.
4. Stress and anxiety: Adolescence can be a stressful time, with academic pressure, social challenges, and family dynamics all contributing to feelings of anxiety and stress. These emotions can trigger disordered eating habits as a way of coping.

5. Genetic predisposition: Eating disorders are often linked to genetics, and teenagers with a family history of eating disorders may be more susceptible to developing one themselves.

It's important to note that while these factors may contribute to the development of an eating disorder, they do not guarantee that a teenager will develop one. Early intervention and support can help prevent the escalation of disordered eating habits into a full-blown eating disorder.

What are the common misconceptions about eating disorders?

There are many misconceptions surrounding the relationship between gender and eating disorders. While it's true that eating disorders are more prevalent among females, they can also affect males. In fact, research suggests that as many as 25% of individuals with an eating disorder are male. However, males may be less likely to seek help due to societal stigmas around eating disorders being seen as a "women's issue."

Eating disorders are often associated with extreme weight loss, but this is not always the case. Many individuals with eating disorders, particularly those with binge eating disorder, may be of normal or higher weight. Additionally, individuals with anorexia nervosa may not appear significantly underweight, especially early on in the disorder. It's important to remember that eating disorders are complex mental health conditions and cannot be diagnosed based solely on physical appearance.



Some people think that people are just being awkward – but eating disorders are not a choice, but rather a serious mental health condition that can have devastating consequences if left untreated. No one decides to develop an eating disorder, and it's not a matter of willpower or self-control. Eating disorders are often rooted in a combination of genetic, environmental, and psychological factors.

Eating disorders are not all about food and weight: While food and weight are certainly central to eating disorders, they are not the only factors at play. Eating disorders are often driven by underlying psychological issues such as anxiety, depression, trauma, or low self-esteem. For some individuals, controlling food and weight may be a way to cope with difficult emotions or experiences.

They don't just affect young people either. While eating disorders often develop during adolescence or young adulthood, they can affect individuals of any age. In fact, research suggests that eating disorders may be on the rise among middle-aged and older adults, particularly among men. Additionally, eating disorders can have serious health consequences regardless of age.

It's important to challenge these misconceptions and to recognize that eating disorders are complex and multifaceted mental health conditions that require specialised treatment. Seeking help early is crucial for improving outcomes and preventing long-term health consequences.



What should we do if we think someone is at risk?

The NHS website states that getting professional help from a doctor, practice nurse, or a school or college nurse will give your friend or relative the best chance of getting better. However, you are in no position to arrange that for them – nor may they want anyone to know about their condition, and may feel they have successfully hidden their struggle too. The first thing that you must do is to alert an appropriate adult to the situation. This could be a teacher, a head of year, or your own parent or guardian. They will know what to do from there onwards.

Once your friend is getting the help they need, the NHS website recommends you can also support them by doing the following:

- Keep trying to include them – they may not want to go out or join in with activities, but keep trying to talk to them and ask them along, just like before. Even if they do not join in, they will still like to be asked. It will make them feel valued as a person.
- Try to build up their self-esteem – perhaps by telling them what a great person they are and how much you appreciate having them in your life.
- Give your time, listen to them and try not to give advice or criticise – this can be tough when you do not agree with what they say about themselves and what they eat. Remember, you do not have to know all the answers. Just making sure they know you're there for them is what's important. This is especially true when it feels like your friend or relative is rejecting your friendship, help and support.

There are more help and support lines that may help below.



What do we need to know about eating disorders?



Plenary:

Eating disorders in males:

Estimates vary, but it is believed that a quarter to a third of those struggling with an eating disorder are male.

BIGOREXIA – Otherwise known as muscle dysmorphia or 'reverse anorexia' is a mental health condition characterised by an obsessive focus on muscle size and body image, often leading to body dissatisfaction and compulsive behaviours.

<https://www.youtube.com/watch?v=y1HvNPr3wL8>





What do we need to know about eating disorders?



Signposting support:



Useful helplines and charities

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.beateatingdisorders.org.uk/> UK's top eating disorder charity's [webiste](#)

<https://www.nhs.uk/mental-health/conditions/anorexia/treatment/>

Information and help site run by the NHS

<https://www.nhft.nhs.uk/eating-disorders/> NHS Eating disorders help service

Screen Time

Screen time - How much is too much and why does it matter?

STARTER:



Ben has been playing his new game, 'Crash and Burn Racer' for six hours. He usually plays online with his friends when his family have gone to bed. This means he is sometimes up until 3am in front of a screen, in the dark. Ben has just turned 16.

Challenge: Identify three reasons why this might not be a good idea.

- 1.
- 2.
- 3.

More challenging: Describe what the possible consequences of Ben's regular late night gaming sessions could be.

Mega challenge: Define the term 'screen time' + explain why you think it is important for us to learn about the consequences of having too much.

Screen time - How much is too much and why does it matter?

Key terms:

Screen time - The amount of time spent in front of an electronic screen, this could be a phone, a laptop or a TV for example.

Electronic Screen Syndrome (ESS) - a term used to describe health issues related to excessive screen time.

Melatonin - a chemical released by the brain to help us sleep.



Learning Outcomes:

Correctly identify the consequences of too much screen time and the ways this can impact upon our mental and physical health.

Describe in detail the consequences of having too much screen time, how this affects the brain and positive alternatives for recreation.

Explain, using today's key terminology in the correct context, why too much screen time can damage our brains and whether screen time can have positive affects if enjoyed in moderation.

Screen Time

What is screen time and how does it affect the brain?

The term 'screen time' refers to the amount of time spent in front of an electronic screen.

This includes different forms of technology, such as mobile phones, computers, and televisions. Excessive amounts of screen time have been shown to lead to Electronic Screen Syndrome (ESS), which is a term for a combination of problems associated with exposure to electronic screens. These problems include issues with mood, focus, behaviour and sleep patterns.



Staring at a screen for too long overstimulates the nervous system, sending into stressed mode. However, this stress is not released, as screen time often involves a lot of sitting down, so the stress comes out in disruptive behaviour, irritability, and other unproductive or negative outcomes. In excessive screen time, the brain is overstimulated in certain areas, such as reward pathways, but does not get enough

stimulation in other areas, such as the regions of the brain associated with empathy.

Over time, this leads to poor social development and a less resilient brain. Studies have found that people with Attention Deficit Hyperactivity Disorder (ADHD) experience worsening symptoms with too much screen time.



Another way in which too much screen time affects the brain is with regard to sleep. Usually, when a person goes to bed at night, the body produces a sleep-signalling hormone called melatonin. However, if a person is using their phone or other screen-based device in bed, the artificial light from the screen tricks the body into thinking it's still daytime, and the body therefore slows down its melatonin production. This results in poor sleep, as well as potential imbalances or disruptions in hormone cycles.

However, it's not just our brain that can suffer from excessive screen time. The time you are spent at a computer, or sat down on your phone is time that you are not exercising or discovering the real world around you. When we exercise our brain



releases dopamine - a feel good chemical - and sport or even just light walking is a great way of releasing dopamine in a healthy and sustainable way. When dopamine is released by computer games, it encourages us to keep playing, to sit down more and gradually, in some cases, become physically less able to be active,

become tired more quickly (as we are not used to exercise) and even store excessive weight. The 'Comic-Book-Guy' character in the Simpsons is a cliché, but he is known for sitting at a screen excessively!

Is it all bad?

No. Depending on how that screen time is being used, it can be beneficial for a person's mental health. Factors such as the day of usage (weekday or weekend) and the type of activity (computer games, social interaction on smartphones etc.) can affect the levels of well-being of technology users. Video watching and computer use can promote positive mental well-being for longer than smartphones and video games, which have shown to cause users to feel negative effects more quickly in scientific studies. One recent large-scale study of over 100,00 British teenagers found that the optimal amount of screen time on a weekday was 4 hours and 17 minutes. (The distinction



between weekdays and weekends is important because on weekdays, screen-based activities can often disrupt learning and social interaction more than on weekends).



4 hours and 17 minutes may sound like a lot, but this is a figure for optimal screen time across all devices. When you think of how many devices many children have available to them in their everyday lives - phones, TVs, family computers, laptop computers, school computers - this doesn't really amount to much time spent on each device.

So what can I do to make sure I'm not harming my brain with too much screen time?

Make plans to see friends regularly, in real life, and actually talk to each other rather than playing on your phones.

At dinner time, leave your phone somewhere you can't be distracted by it. Try not to eat dinner in front of the TV.

Don't sleep with your phone next to you. If you can, leave it out of your bedroom altogether when you go to bed at night. Read a book before you go to bed in order to help you get to sleep.



Limit your watching of TV and other platforms to the weekend.



Take regular breaks from your screen-based activity to stand up (if you are able), stretch your arms, legs, hands and anywhere else that aches.

Watch the following clip and choose one of the sets of questions below to complete based on the knowledge learnt in the video.

<https://www.youtube.com/watch?v=WCT5JcXMPw>

Challenging

1. What percentage of young people feel that they are addicted to their phones?
2. Why were the mother and her teenage daughter arguing? Who do you agree with the most and why?
3. What are the skills that Delaney says are important for young people to learn offline?

More Challenging

1. In what ways is the relationship between young people and their phones complex? Explain your answer fully.
2. What was the surprising finding from the study and in what ways do you think it affected Delaney's parenting?
3. What is the issue with younger and younger children having access to phones?

Mega Challenging

1. What is 'seeking behaviour' and how do electronic devices both reward and frustrate the brain with regards to seeking behaviour?
2. The reporter questions whether the research using mice would be analogous to humans. Do you think it would? Explain why or why not
3. 'Kids and teenagers actually want to talk about these issues', says Delaney. What are the most important points, in your opinion, that kids and teenagers would raise?

Talking Point Plenary:

<https://www.youtube.com/watch?v=kB1KUScsYvA>

In the ITV documentary 'Swiped', Year 8 pupils had their phones confiscated for 21 days.

How do you think you would cope?
How do you think it affected them?



Digital Footprints

Why is my digital footprint important?

STARTER:



Challenge: What do we mean by the term 'digital footprint'?

More challenging: Describe three ways our digital footprint we create now could impact on our later lives.

- 1.
- 2.
- 3.

Mega challenge: Explain two reasons why it is important we learn about how

to manage our digital footprints.

- 1.
- 2.

Why is my digital footprint important?

KEY WORDS:

Digital Footprint - the information about a particular person that exists on the Internet as a result of their online activity.

Learning Outcomes:

Identify how we can take steps to manage our digital footprints, the types of content we would not want future employers to see and describe what the digital footprint of celebrities has revealed about them, even when deleted.

Describe in detail how you will take each steps to manage your digital footprint and how we can take measures to prevent a negative digital footprint by creating a three-step rule before posting.

Explain the impact a negative digital footprint can have on our future career and relationship prospects as well as how you can take immediate measures to prevent a negative digital footprint.

Task One:-

Watch and complete your choice of challenges from the questions below.

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

Challenging

- 1.What is the potential problem with location sharing?
- 2.If you're creating an event on-line, what setting should it be on and why?
- 3.What went wrong for the Netherlands teenager's 16th party invite?

More Challenging

- 1.What did the teenager from Essex post about her job and what went wrong?
- 2.Why does the presenter suggest searching yourself online?

3. Complete these 2 pieces of advice.

Remember, what you say on-line reflects _____

Don't post anything you wouldn't _____

Mega Challenging

1. Why does the internet 'never forget'?

2. Do you believe that employers, colleges and mortgage providers should be able to search for information about their potential employees/students/clients? Explain your answer fully, giving three reasons.

3. Is it better to have no social media profile than to engage in social media, given the potential issues?

Digital Footprint information

What is a digital footprint?



A 'digital footprint' is the trail of data and information that you create when using the internet. You create a digital footprint with every website that you visit, every email you send and every time you enter information online.

There are two main categories of digital footprint: active and passive. A passive digital footprint is the trail of information that you leave online without intending to. For example, when you visit a website, a web server may log your IP address, which means that your location is

recorded. Another example is when you use a search engine to search for information online: many search engines record your previous searches, which means they have a record of things you've searched for previously (your search history).

An active digital footprint is the trail of information that you intentionally create. For example, when you send an email, you are expecting someone else to see it, and maybe save, print, or share it. Creating and sharing content on social media such as Twitter, Facebook and Instagram is also part of your active digital footprint, since you intend the information to be seen and potentially shared. Making and uploading

videos on sites like YouTube is another example of an active digital footprint, as is 'liking' videos and posts, subscribing to channels and 'following' people or pages online.

Everybody who uses the internet has a digital footprint of some kind, but it is worth considering what kind of a trail you're leaving, in both your active and passive footprint.

Why do I need to think about my digital footprint?

The information that you create and share can be traced by others who wish to find out more about you. This may be a potential employer who wants to make sure that you are respectable before they offer you a job. It may be a potential friend or love interest who wants to make sure that you are not dangerous before getting to know you further. It may be a hacker who wants to steal your information and identity for criminal reasons.

Potential employers, friends and partners may use social media to see your active footprint. They may also carry out google searches on you in order to see if you appear in any of the main search results. Hackers may use a combination of your active and passive footprints to gain the data that they want.



Another reason that you need to consider your digital footprint is that once digital data has been shared online, there is no guaranteed way of removing from the internet. This means that, even if you decide to take down a video or post that you've made, you can't get rid of it completely unless you know everyone else who has shared or saved it and made them delete it too. This is often impossible to do, especially with content that has gone viral. Even on social media platforms like Snapchat, where messages are supposed to disappear after a short time, there are ways of working around this feature, e.g. screenshots, which allow users to retain the messages they want to save.

Sharing information about yourself online can also be dangerous for your own safety. For example, if you have been in an abusive relationship, you would not want your abuser to be able to locate you, for safety reasons.

What should I do about my digital footprint?

There are some steps you can take to ensure that your digital footprint doesn't bring

you unwanted consequences. These include:

- Search your name online. If you're unhappy with the information that you see, you can contact the relevant websites and ask them to remove the information about you. If your social media profile is listed in the search, you can alter your privacy settings on the social media sites.
- Consider what you are posting. This may sound obvious, but any posts you make in public are potentially there forever. Consider whether what you're posting is mean, offensive, likely to get you into trouble, illegal, or likely to make you very embarrassed when you're older. Only post what you would be happy for others to post about you, or what you'd be happy for others to know about you for the rest of your life.
- Check the security and privacy settings of what you're using. For example, don't enter any important personal information (such as address, phone number or bank details) into a website that isn't secure. Look for a secure website with an EV (extended validation) certificate - you can see this by looking for a padlock icon next to the address in the address bar. If the website has an EV certificate, the address bar (or part of the address itself) should be green.
- Deactivate old accounts such as email addresses that you don't use any more, old bank accounts or social media profiles that you're no longer actively using. This way, you minimise the chances of them being hacked into and taken over for criminal activity.



Sleep and Rest



Good quality sleep – why it's important and how to get it



Starter:

In 1964, a carefully monitored experiment took place to see how long a human being could go without sleeping.

Scientists knew that lack of sleep, for this long, could lead to very serious side effects. As expected, their 17-year-old volunteer, Randy Gardner, began to exhibit these symptoms.

Discuss: How long do you think Randy Gardner went without sleep?
What do you think the record is?



What do you think the side effects are of long-term sleep deprivation?

I think the side effects of long-term sleep deprivation would be...



Learning outcomes:

Describe in detail the benefits of quality sleep and the issues presented by sleep deprivation.

Explain how to keep good sleep hygiene.

New key terms:

Sleep deprivation – the term used when a person has had a lack of sleep, which presents itself through negative physical and mental symptoms.

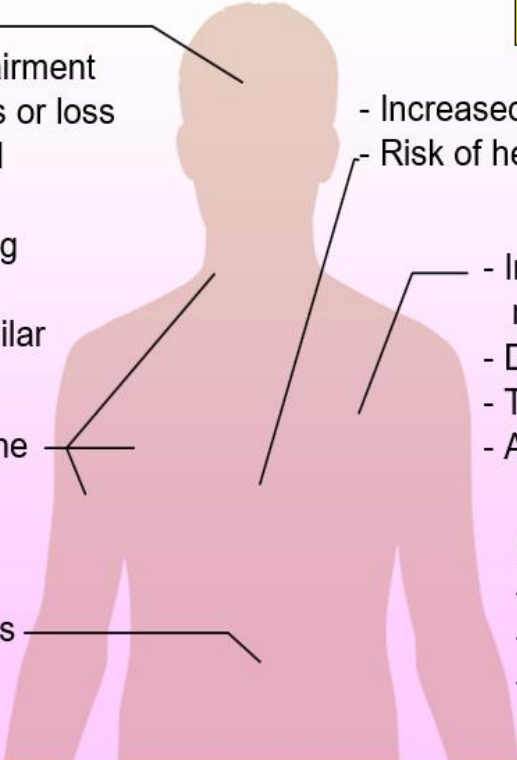
Cognitive function – a term for the workings of the mind including memory function, concentration and decision making.

Sleep hygiene - having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.

Task One:

Effects of Sleep deprivation

Label the effects of sleep deprivation as either short-term or long-term symptoms. Some may be both.

- 
- Irritability
 - Cognitive impairment
 - Memory lapses or loss
 - Impaired moral judgement
 - Severe yawning
 - Hallucinations
 - Symptoms similar to ADHD
 - Impaired immune system
 - Risk of diabetes Type 2
 - Increased heart rate variability
 - Risk of heart disease
 - Increased reaction time
 - Decreased accuracy
 - Tremors
 - Aches
 - Other:*
 - Growth suppression
 - Risk of obesity
 - Decreased temperature

The Benefits of Good Sleep

What actually is sleep and why do we do it?

Sleep is a natural and regularly-occurring state in humans and other animals. During sleep, our nervous system becomes less active and our consciousness is diminished, meaning that we're not as aware of or responsive to stimuli from the outside world.

Although scientists are still trying to understand exactly why we sleep, it's clear that sleeping is necessary to survival. Anyone who's been without sleep can confirm that it feels horrible not to have had enough! Sleep is essential for the nervous system; a lack of it can significantly impair a person's memory, physical and cognitive functions. Some scientists believe that sleep allows our neurons to repair themselves.

There are five stages of sleep that most of us go through each night. These are stages 1, 2, 3, 4, and REM (Rapid Eye Movement) sleep. Nearly 50% of our time asleep is spent in stage 2 (except for babies and infants, who spend nearly 50% in REM sleep). Stage 2 sleep is where our brain waves become slower and our eye movements stop. As the sleep progresses into stages 3 and 4, our brains produce very slow waves called delta waves. When we're in this state, it's very hard for anyone to wake us up, and if they do manage to wake us, we feel groggy, sick, confused and disoriented.

During REM, breathing changes to become shallower, or more rapid. Our eyes begin to move very rapidly (hence the name Rapid Eye Movement sleep). Heart rates and blood pressure also increase during this phase. It's also during REM sleep that most people experience dreams. Dreams are still very poorly understood by scientists – nobody knows exactly why they happen.

How much sleep do I need?

The amount of sleep needed varies from person to person. A big factor in the amount of sleep a person needs is their age. For example, infants need to sleep for around 16 hours a day. Teenagers need on average 9 hours of sleep per night, and most adults require 7-8 hours of sleep per night.



What happens if I don't get the right amount of sleep?

Prolonged lack of sleep is a very serious problem, and can have extremely negative effects on your body. You can become forgetful, irritable, start having mood swings and/or depression. A study by the Mental Health Foundation found that people who didn't get enough sleep were four times more likely to suffer from lack of concentration and relationship problems, as well as being 3 times more likely to be depressed and 2.6 times more likely to commit suicide. Researchers at the University of Warwick found that continually getting under 6 hours of sleep can make you 48% more likely to die of heart disease. Sleep has also been linked with life expectancy; adults who sleep for 7-9 hours a night live longer than those who sleep for less or longer. A lack of sleep can also affect your immune system, making you more likely to become ill.

So what are the benefits of sleep?

Sleep will help to improve your memory and sharpen your attention span. It's during sleep that your brain consolidates your learning from the day, so it's important to make sure that you are getting sleep if you want to be able to remember those important skills, facts and other things you'll need in exams! Having had enough sleep will also help you to take in your learning while it's happening in the classroom, as sleep affects your concentration.

Sleep reduces stress and is one of the best ways of reducing the impact of stress, thanks to the melatonin that's released during the process of sleep. It also reduces levels of inflammatory proteins in the blood, which reduces the chance of developing conditions like diabetes, heart disease, arthritis and premature ageing.

If you've been working out, then sleep is where your muscles will do their growing: during sleep, your brain sends signals to increase testosterone and growth hormone production, which promotes the growth of muscle. So if you're aiming to develop your physique then sleep is going to be an important part of that process. Similarly, if you're aiming to lose weight, then the increased levels of growth hormone produced during sleep will help in the breakdown of lipids and will help prevent the storage of fat.



What do I do if I can't sleep?

There are several things you can do to encourage a good night's sleep – we call this concept 'sleep hygiene.' By following these tips consistently, you can improve the quality of your sleep and wake up feeling more refreshed and energized. Here are some essential tips for good sleep hygiene:

1. Stick to a regular sleep schedule: Try to go to bed and wake up at the same time every day, even on weekends. Consistency helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.
2. Create a bedtime routine: Establish a calming routine before going to bed. This might include activities like reading a book, taking a warm bath, practicing relaxation exercises, or listening to soothing music. The routine helps signal your body that it's time to wind down.
3. Make your sleep environment comfortable: Ensure that your bedroom is conducive to sleep. Keep the room cool, dark, and quiet. Invest in a comfortable mattress and pillows that support your body properly.
4. Limit exposure to screens before bedtime: The blue light emitted by phones, tablets, and computers can disrupt your body's production of melatonin, a hormone that regulates sleep. Avoid screens at least an hour before bedtime.
5. Be mindful of your diet: Avoid heavy meals, caffeine, and excessive alcohol close to bedtime. These substances can interfere with your sleep quality and disrupt your sleep cycle.
6. Get regular exercise: Engaging in regular physical activity can promote better sleep. However, try to avoid intense workouts close to bedtime, as they may make it harder to relax.
7. Get regular exercise: Engaging in regular physical activity can promote better sleep. However, try to avoid intense workouts close to bedtime, as they may make it harder to relax. Manage stress and anxiety: Practice relaxation techniques, such as deep breathing exercises or meditation, to reduce stress and anxiety levels before bedtime.
7. Limit naps during the day: While short power naps can be beneficial for some, excessive daytime napping may interfere with your ability to fall asleep at night. If you need to nap, keep it short and avoid napping too close to your bedtime.
8. Limit liquids before bedtime: To reduce the chances of waking up for bathroom trips during the night, try to limit your intake of liquids, especially caffeine and alcohol, a few hours before bedtime.



9. Get sunlight exposure during the day: Natural light exposure helps regulate your body's sleep-wake cycle. Spend time outdoors during the day, especially in the morning, to signal to your body that it's daytime.
10. Avoid clock-watching: Constantly checking the time when you can't sleep can increase anxiety and make it harder to fall asleep. If you can't sleep, try getting out of bed and engaging in a relaxing activity until you feel sleepy again.

Remember that everyone's sleep needs are different, and it's essential to find what works best for you. By incorporating these sleep hygiene tips into your daily routine, you can significantly improve the quality of your sleep and overall well-being. If you continue to have persistent sleep issues, consider consulting your GP for further advice.

Questions:

What is REM and what happens to the brain during this sleep stage?

Explain three things that might happen if you don't get the correct amount of sleep.

- 1.
- 2.
- 3.

Explain three benefits of good quality sleep.

- 1.
- 2.
- 3.

How does sleep influence the development of your overall physique?

Which sleep tip do you think would be the most beneficial to you personally? Why?

Explain how sleep reduces stress levels.

How does exercise promote better sleep?

Task Three:

How do our brains react to a good night's sleep?
Watch the clips below and then complete the table you have been given.
We'll go through the answers together afterwards.

<https://www.youtube.com/watch?v=lzQ2siryQrM&t=2s>

<https://www.youtube.com/watch?v=A4Zs0NNF9Dc&t=59s>

Positive effects of a good night's sleep on the brain	How the brain is affected by too little sleep	How does sleep affect our learning?



Good quality sleep – why it's important and how to get it



Signposting support:

Useful helplines and charities:

Young Minds. Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

Mental Health Foundation. Information and support for anyone with mental health problems or learning disabilities.



Gambling

Why is gambling so addictive and how do online gambling sites hook us in?

Mike has fallen out with his mother. She found out he's downloaded an online gambling app. He says it's 'just a bit of a laugh' and he uses it mainly to chat to his mates.

Mike said to his mother, 'it's no different to you going to bingo with Nan!'



Challenge: Who is at risk of a gambling addiction here?

More challenging: Which is more dangerous, online gambling or high street gambling? Why is this do you think?

Mega Challenging: Why is gambling addictive? Analyse.

Why is gambling so addictive and how do online gambling sites hook us in?

Key terms:

Dopamine: The 'feel good' chemical our brain releases when we win a game, acquire money, take drugs and drink amongst other things.

High street gambling: Usually done through betting shops or machines in pubs.

Online gambling: Usually done through apps or chatrooms online.

Addiction: When we can't stop ourselves going back for more of that dopamine 'hit', whether through drink, drugs, porn, gambling or smoking.

Learning Outcomes:

Correctly identify the dangers of gambling and how they are everywhere in modern life.

Describe how it can be difficult it can be to avoid situations where you gamble, especially if you've done it before.

Explain how online gambling sites use certain methods to hook in young people and why these are hard to resist.

Task-

Online gambling may seem like a fun way to spend a few minutes here and there - bright colours, satisfying sounds and the prospect of making a few pounds, but there is a very dark side.....

<https://www.youtube.com/watch?v=1TGrfuQsTUY> (just until 10.33)

Who is most at risk to develop a gambling problem?

How do online gambling companies aim their products at young people?

How many betting shops are there and what are they more common than?

Why is online gambling more dangerous than high street gambling?

Why is gambling encouraged by British law?

What are fixed odds betting terminals?

Why is the suicide rate so much higher amongst online gamblers?

Why are gambling companies allowed to advertise at 9am in the morning?

Why did Tony feel like he had to leave the country?

How is gambling like a disease?

Why do people still do it when it's no longer fun?

Why is dopamine so powerful? Dopamine and serotonin are our 'feel good chemicals'. They are released by normal things like food and good conversation, but dopamine, which has the biggest pull, is released in huge quantities by gambling, drugs, alcohol, porn and other things unnatural to the brain. This can be very damaging in the long term, as the huge pull makes you go back for more. It actually rewires your brain. This is how addiction occurs.

