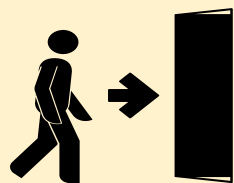
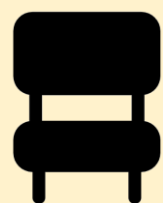


Start of the Lesson Expectations



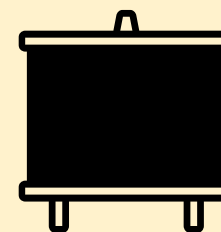
**Arrive on
time and
ready to
learn**



**Sit in your
prepared
seating
plan**



**Planners on
table and
have the
correct
equipment
to move
learning on**



**Check the
board for
connecting
learning
activity**

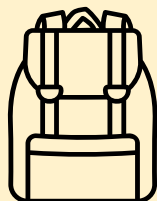


**Be prepared to
think hard
straight away**

End of the Lesson Expectations



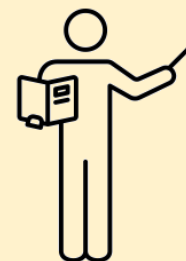
**Carefully
note any
homework
set**



**Pack away
when you
are
instructed**



**Accept
responsibility to
have correct
uniform and
lanyard on**



**Wait for your
teacher to
dismiss you**



**Exit
respectfully**

Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Year 8 Personal Development



Keywords:

- GROW
- Goal
- Reality
- Outcomes
- Obstacles
- Way Forward



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Topics We Are Covering This Half Term

Drugs and Alcohol

1. Alcohol Use and Its Consequences
2. Drug Use and Its Consequences
3. Pressures Relating to Drug Use

Keywords:

- GROW
- Goal
- Reality
- Outcomes
- Obstacles
- Way Forward



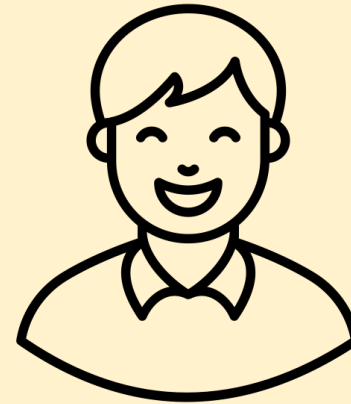
Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Aims & Importance of the Year 8 Personal Development Programme:

To equip you for the challenges you will face as adults.



Keywords:

- GROW
- Goal
- Reality
- Outcomes
- Obstacles
- Way Forward



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Aims & Importance of the Year 8 Personal Development Programme:

To empower you,
so you feel
confident in your
choices and in
having your voice
heard.



Keywords:

- GROW
- Goal
- Reality
- Outcomes
- Obstacles
- Way Forward



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Aims & Importance of the Year 8 Personal Development Programme:

To develop skills for assessing situations, risks and opportunities e.g. ability to discern bias.



Keywords:

- GROW
- Goal
- Reality
- Outcomes
- Obstacles
- Way Forward



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Aims & Importance of the Year 8 Personal Development Programme:

To prepare you for the world of work.



Keywords:

- GROW
- Goal
- Reality
- Outcomes
- Obstacles
- Way Forward



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Aims & Importance of the Year 8 Personal Development Programme:

To develop skills for assessing situations, risks and opportunities e.g. ability to discern bias.



Keywords:

- GROW
- Goal
- Reality
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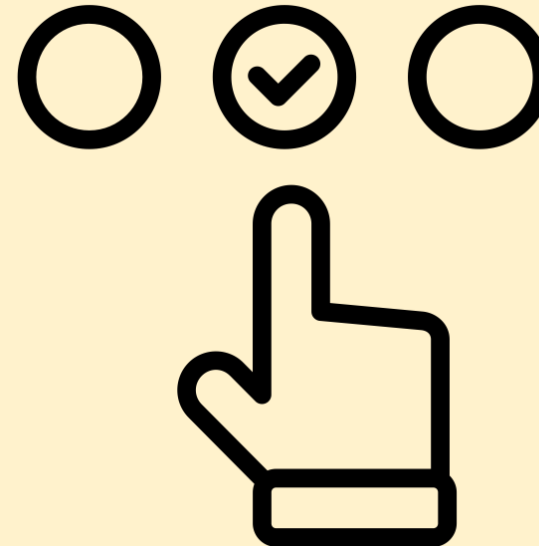
Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Aims & Importance of the Year 8 Personal Development Programme:

To prepare you for succeeding in your GCSEs.



Keywords:

- SMART
- Specific
- Measurable
- Attainable
- Relevant
- Time



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.



Target Setting

We believe it is important that you reflect and set targets on a regular basis.

At the start of each term, you will be able assess what went well and areas you could improve and set yourself targets.

Term 1 - GROW Goal	
G (Goal)	
R (Reality)	
O (Options/Obstacles)	
W (Way Forward)	
Reflection	
WWW (What Went Well)	
EBI (Even Better If)	

Keywords:

- SMART
- Specific
- Measurable
- Attainable
- Relevant
- Time



Learning Objectives:

- Understand the importance of the Personal Development programme.
- Understand the importance of target setting.

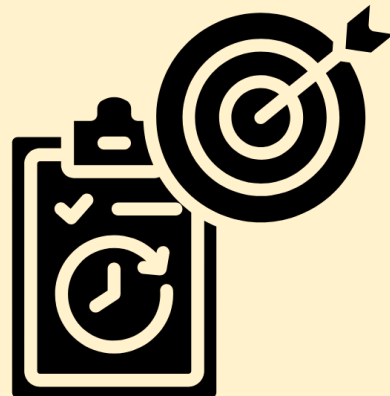


Why Should I Set targets?

Goal-setting directly impacts academic performance by helping students concentrate their efforts. A 2018 study published in the *Journal of Educational Psychology* found that students who set specific, measurable, and time-bound goals **performed significantly better academically** than those who did not.

Keywords:

- SMART
- Specific
- Measurable
- Attainable
- Relevant
- Time





G

Goal

What do you want
to achieve?

R

Reality

Where are you now?
What are you experiencing?

O

**Option
Obstacles**

What are your options?
What is in your way?

W

**Will Way
Forward**

What are the next
steps moving forward?

Ashby School Personal Development Working Together Agreement

IT IS OK TO:

- Ask questions.
- Get things wrong and make mistakes.
- Laugh (but not at other people).
- Have fun.

IT IS NOT OK TO:

- Put others down.
- Laugh at other people.
- Ask the teacher or others personal questions.
- Judge or make assumptions about anyone.
- Talk about other students.



By accepting responsibility for these rules and treating others with respect the classroom remains a safe space for everyone.



Learning Objectives:

- Know the short term and long-term effects of Alcohol
- Understand the impact alcohol can have on yourself and others.



Alcohol

Lesson 1 – Year 8 Personal Development



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
- Understand the impact alcohol can have on yourself and others.



Write down, or draw, anything that comes into your head when you think about the word '**alcohol**'.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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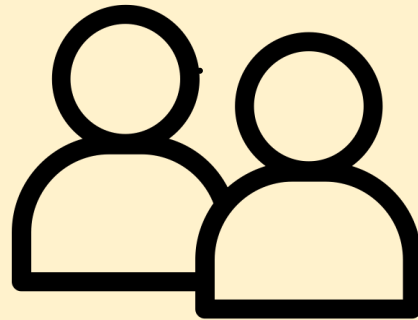


Alcohol

With the person next to you, discuss the following:

How can alcohol effect you?

What are the dangers of Alcohol?



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
- Understand the impact alcohol can have on yourself and others.



True or False?

Do You Know the Facts?

The recommended limit of units of alcohol consumption in a week is higher for men than women.



Keywords:

- Alcohol
- Effects
- Units
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- Reliance
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Learning Objectives:

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- Alcohol
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- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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True or False?

Do You Know the Facts?

The recommended sensible daily drinking limits for young people is
1 unit.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

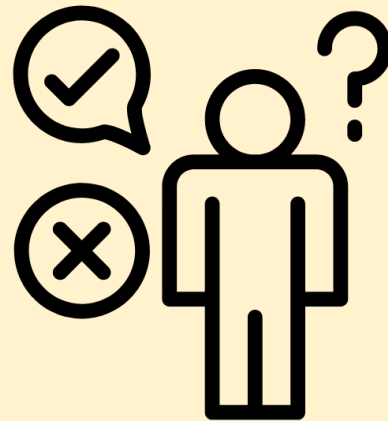
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- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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True or False?

Do You Know the Facts?

10% of the UK population drink above the recommended sensible drinking guidelines on a regular basis.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

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- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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True or False?

Do You Know the Facts?

The number of young people who drink alcohol has risen sharply in the last 10 years.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

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- Reliance
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Learning Objectives:

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True or False?

Do You Know the Facts?

Alcoholic drinks containing artificial sweeteners make people get drunk more quickly.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



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Keywords:

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- Reliance
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Learning Objectives:

- Know the short term and long-term effects of Alcohol
- Understand the impact alcohol can have on yourself and others.



True or False?

Do You Know the Facts?

Alcohol is a stimulant.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

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Do You Know the Facts?

Alcohol is a stimulant.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
- Understand the impact alcohol can have on yourself and others.



True or False?

Do You Know the Facts?

A hangover is caused by dehydration.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

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- Alcohol
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- Reliance
- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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True or False?

Do You Know the Facts?

The most common place for a person under 18 to drink alcohol is in the street or park.



Keywords:

- Alcohol
- Effects
- Units
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- Reliance
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Learning Objectives:

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Keywords:

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Learning Objectives:

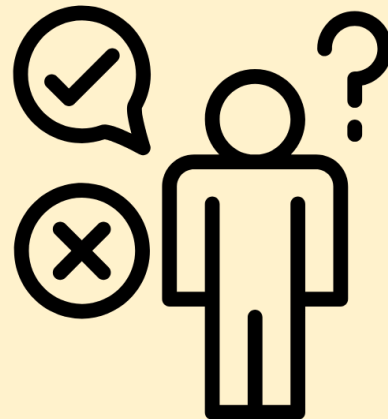
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True or False?

Do You Know the Facts?

"It wasn't my fault, I was drunk," is never an acceptable excuse.



Keywords:

- Alcohol
- Effects
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True or False?

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Alcohol facts

UK data: alcohol causes...

- **40,000 deaths, including 350 just from acute poisoning and 8,000 from cirrhosis of the liver, every year.**
- **More than a million hospital admissions in 2007/8 (including 13,000 under-18s), costing the NHS £2.7 billion.**
- **7,000 road traffic accidents, including 500 deaths.**
- **1.2 million violent incidents and 500,000 crimes, costing the police £7 billion.**
- **40% of domestic violence cases involve alcohol, as well as 50% of child protection cases.**

Which of these facts have surprised you the most?

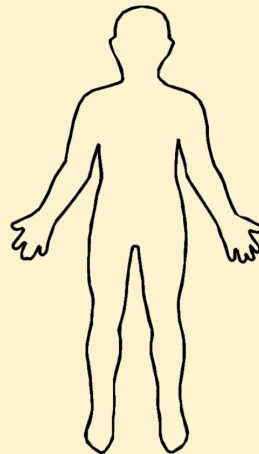
Learning Objectives:

- Know the short term and long-term effects of Alcohol
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What are the effects of Alcohol?

Your group must label the picture on your sheet with which areas are affected and state whether they are short- or long-term effects of alcohol.



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction

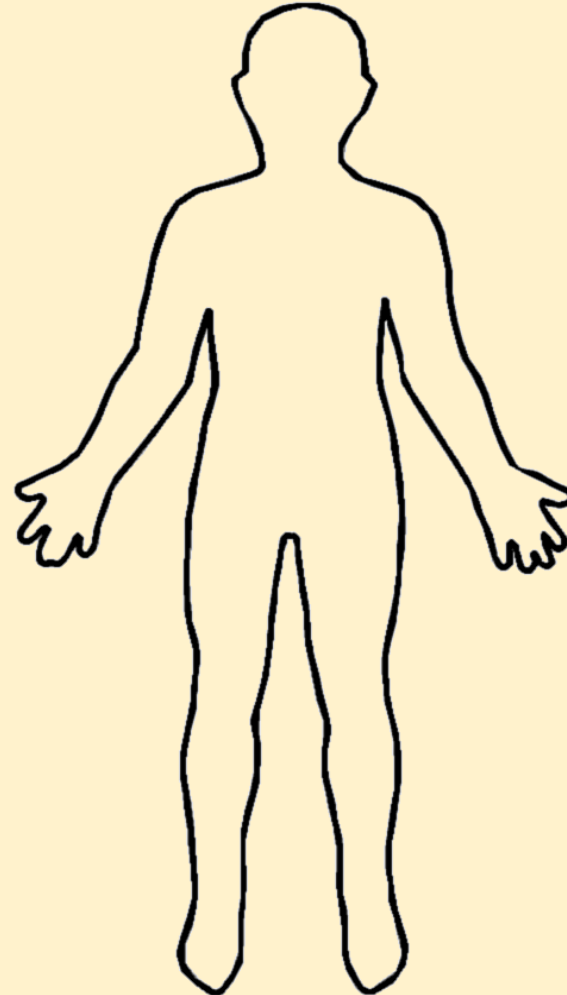


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Short-Term



Long-Term

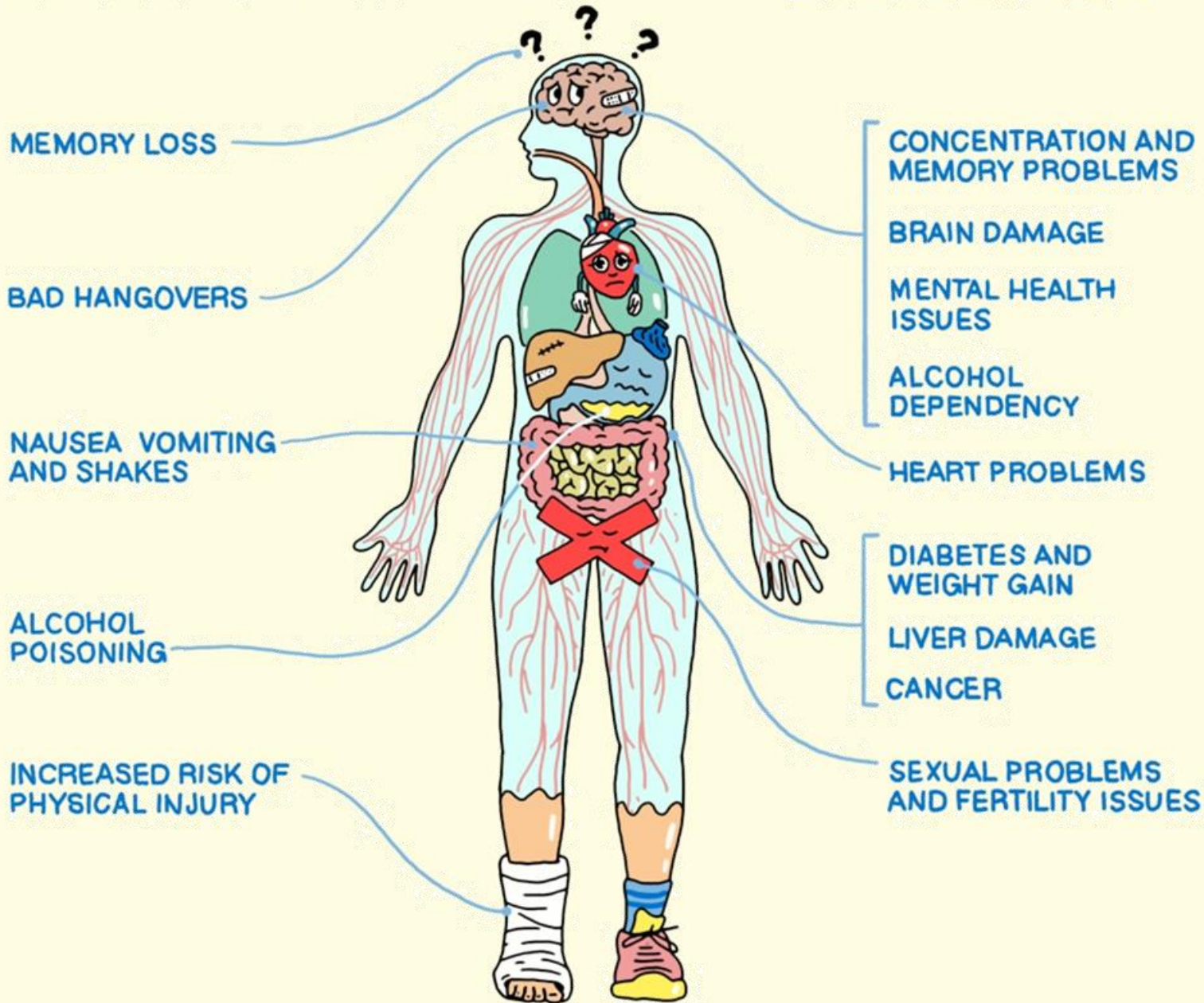
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SHORT TERM RISKS

LONG TERM RISKS



How many did your group get?

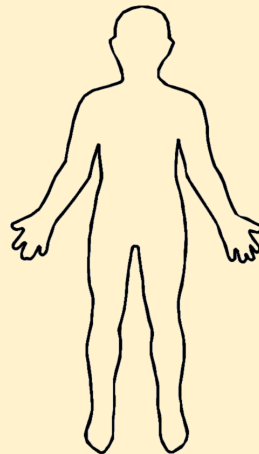
Learning Objectives:

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What are the effects of Alcohol?

Use the information sheet to produce a fact sheet for primary school children identifying the impacts of drinking alcohol on the body.



Keywords:

- Alcohol
- Effects
- Units
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- Addiction



BRAIN:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.



LIVER:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- **Steatosis, or fatty liver**
- **Alcoholic hepatitis**
- **Fibrosis**
- **Cirrhosis**



IMMUNE SYSTEM:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections, even up to 24 hours after getting drunk.



HEART:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- **Cardiomyopathy** - Stretching and drooping of the heart muscle
- **Arrhythmias** - Irregular heart beat
- **Stroke** • **High blood pressure**

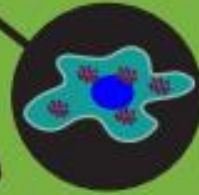
Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.



CANCER:

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- **Mouth** • **Esophagus** • **Throat** • **Liver** • **Breast**



PANCREAS:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.



Example



Learning Objectives:

- Know the short term and long-term effects of Alcohol
- Understand the impact alcohol can have on yourself and others.



Managing Influences

Who might influence you to take alcohol?

If a friend is being pressured into taking alcohol, what advice would you give them?



Keywords:

- Alcohol
- Effects
- Units
- Depressant
- Reliance
- Addiction



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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Self-Reflection Sentence Starters

I have learnt...

My knowledge has improved by...

This is linked to the 3Rs because...

This is linked to the British Values because...

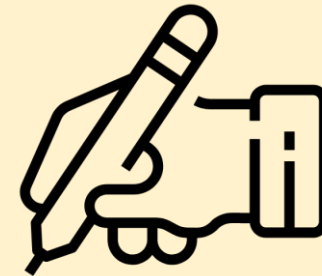
I realized that...

I learned that I...

I would like to learn more about...

I was inspired by...

I discovered that...



Keywords:

- Alcohol
- Effects
- Units
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- Reliance
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Learning Objectives:

- Know the short term and long-term effects of Alcohol
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At Ashby School there are plenty of staff here to help you, these include:

Your **Form Tutor**.

Your **Year Team Leader(s)** & **Assistant Year Team Leader(s)**.

Your **Subject Teachers**.

Other Professionals (including medical officer, well-being officer, school counsellor, safeguarding team & SEND team).



Keywords:

- Alcohol
- Effects
- Units
- Depressant
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- Addiction

Do not suffer in silence!



Learning Objectives:

- Know the short term and long-term effects of Alcohol
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What British Values Have We Addressed Today?

Democracy

**Individual
Liberty**

**Rule of
Law**

**Mutual
Respect**

Tolerance

Keywords:

- Alcohol
- Effects
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