**A screenshot of a cell phone

Description automatically generatedA picture containing clipart

Description automatically generatedPersonal Development**

**Health and Well-Being**

**Article 24: You have the right to best possible healthcare and to informaiton which will help keep you well**

**Year 12**

**WALT**

* Evaluating their personal status in terms of health and well-being.
* Identifying, exploring and responding to opportunities and challenges that impact on the promotion of personal health and wellbeing
* Exploring the consequences to the individual, community and economy if potential health issues are not addressed.

**Wellness Assessment**

# Organization

**The ability to keep track of and make good use of possessions, money, and time.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **I feel good about with the way I get and spend, budget, and keep track of my money** |  |
| **I am always on time for school** |  |
| **I organize my time and plan ahead to make sure that I allow enough time to get everything done** |  |
| **I am happy with the way I organize my priorities, ensuring that I have enough time to dedicate to all the different aspects of my life** |  |
| **I have a good method of remembering all of my assignments and other obligations.** |  |
| **My backpack and bedroom are all organized, and I can get my hands on anything I might need rather quickly** |  |
| **I regularly take time to organize my possessions and myself so that I do not have to rush around at the last minute** |  |
| **I juggle school, friends, family, and other obligations in a healthy way.** |  |
| **I am becoming more responsible for myself. I do my own laundry, help with meals, make and keep appointments, and keep track of important papers.** |  |
| **Most days I accomplish all of the things I set out to do that day.** |  |
| **total** |  |

## **Stress Resilience**

**The ability to deal positively with the adversities of life.** Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **I respond to changes in my life with a positive attitude** |  |
| **I am dealing well with any major changes that have happened recently** |  |
| **I feel good about the support I get from others when I have something big going on in my life** |  |
| **When I face a challenge, I feel confident that I handle stress**  **in a healthy way** |  |
| **When I have problems, I turn to other people for help** |  |
| **I set realistic goals for myself** |  |
| **When I have a problem, I take charge by creating a realistic**  **plan and working to solve it** |  |
| **I am satisfied with the way I handle stress, handling it in healthy ways rather than engaging in self-destructive ways to cope** |  |
| **I am addressing physical problems that may be related to stress in my life such as trouble sleeping, headaches, outbursts of anger or feelings of depression** |  |
| **I feel good that things going on in my personal life rarely interfere with my concentration at school or work** |  |
| **Total** |  |

### **Relationships**

**The ability to create and maintain healthy, life-giving connections with others.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **I am satisfied with the honest conversations I am able to have with my family and friends** |  |
| **I feel good about the relationships I have with my family members** |  |
| **I am happy with my friends and social group** |  |
| **My friends and those who know me well would says that am a good and trusted friend** |  |
| **My friends and I have the same values** |  |
| **I am satisfied with my use / non use of drugs and alcohol has on my relationships with family and friends** |  |
| **I feel good about the amount of trust, respect and honesty that exists in all of my relationships, including dating relationships** |  |
| **I am able to resolve conflict in a productive way with family and friends** |  |
| **I am able to talk through conflict so that it does not continue** |  |
| **I am able to identify and end an unhealthy relationship when I need to** |  |
| **Total** |  |

#### **Rest and Play**

**The ability to balance work and play and to renew one’s self.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **I am satisfied with the amount of time I spent with the most important people in my life** |  |
| **On a regular basis I get enough rest to energise myself** |  |
| **I feel good about the amount of time I have set aside for healthy, fun activities** |  |
| **I have at least one hobby or interests that renews me and I take intentional time for it on a regular basis** |  |
| **I truly enjoy my recreational involvement in activities at school and in the community** |  |
| **I actively take advantage of opportunities to try new activities and ways to have fun** |  |
| **I am confident that the amount of time I spend connected to technology such as video games, TV, computer, Facebook and mobile phone is good for my well-being** |  |
| **I frequently have fun where alcohol and drugs are not present** |  |
| **I feel good about the people with whom I spend my free time** |  |
| **I use some of my free time to renew my relationship with myself** |  |
| **Total** |  |

### **Emotions**

**The ability to express and receive emotions in a healthy way.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **People who know me would say I handle my relationships in a healthy way** |  |
| **I avoid using alcohol and other drugs and addictive behaviours to deal with my emotions** |  |
| **The way I show emotions demonstrates respect towards myself and others** |  |
| **I am satisfied with the way I handle my emotions and how it affects my relationships** |  |
| **I have a solid and healthy sense of confidence in myself** |  |
| **I know the early warning signs of depression and anxiety and would feel comfortable seeking help from someone when needed** |  |
| **I am able to share all of my emotions (sadness, happiness, fear, worry).** |  |
| **I am able to communicate my emotions in a positive way without being irritable, critical or angry** |  |
| **When someone I care about is upset I am comfortable listening and really being present to them** |  |
| **When I am feeling emotionally overwhelmed I turn to others for help and support** |  |
| **Total** |  |

#### **Spirituality**

**The development of a strong personal value system and a meaningful purpose in life.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **I have a clear sense of meaning and purpose in my life** |  |
| **I am pleased with what I give back to the world** |  |
| **I am involved in an activity that really matters to me** |  |
| **I forgive others and I forgive myself** |  |
| **I seek forgiveness from family and friends when I have hurt them** |  |
| **I have activities that I do regularly to renew my soul to centre myself and gain perspective** |  |
| **I am part of a community that enriches my spiritual life** |  |
| **The way I live my life is consistent with my spirituality and values** |  |
| **I am truly thankful for the good things in my life** |  |
| **My spirituality influences my behaviour in the rest of my life** |  |
| **Total** |  |

# School and Work

**The ability to get the most out of educational, volunteer, and employment opportunities.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **I am pleased with my overall involvement in school** |  |
| **I am personally happy with my grades** |  |
| **I feel good about the connections I have with the adults at school** |  |
| **I feel good about the relationships I have with other students and how those relationships impact my all-around success at school** |  |
| **I am confident that my use of social media, the internet and video games have no negative impact on my school work** |  |
| **I feel good about the way my school and personal life are helping me to build a future** |  |
| **I feel good about the way my decisions regarding drugs and alcohol impact my learning and sports / hobbies performance** |  |
| **I am satisfied with the way my activities outside school impact with my school and family** |  |
| **I am always on time for school, work and other commitments** |  |
| **I am satisfied with the way I pay attention, participate and prepare homework for my classes** |  |
| **Total** |  |

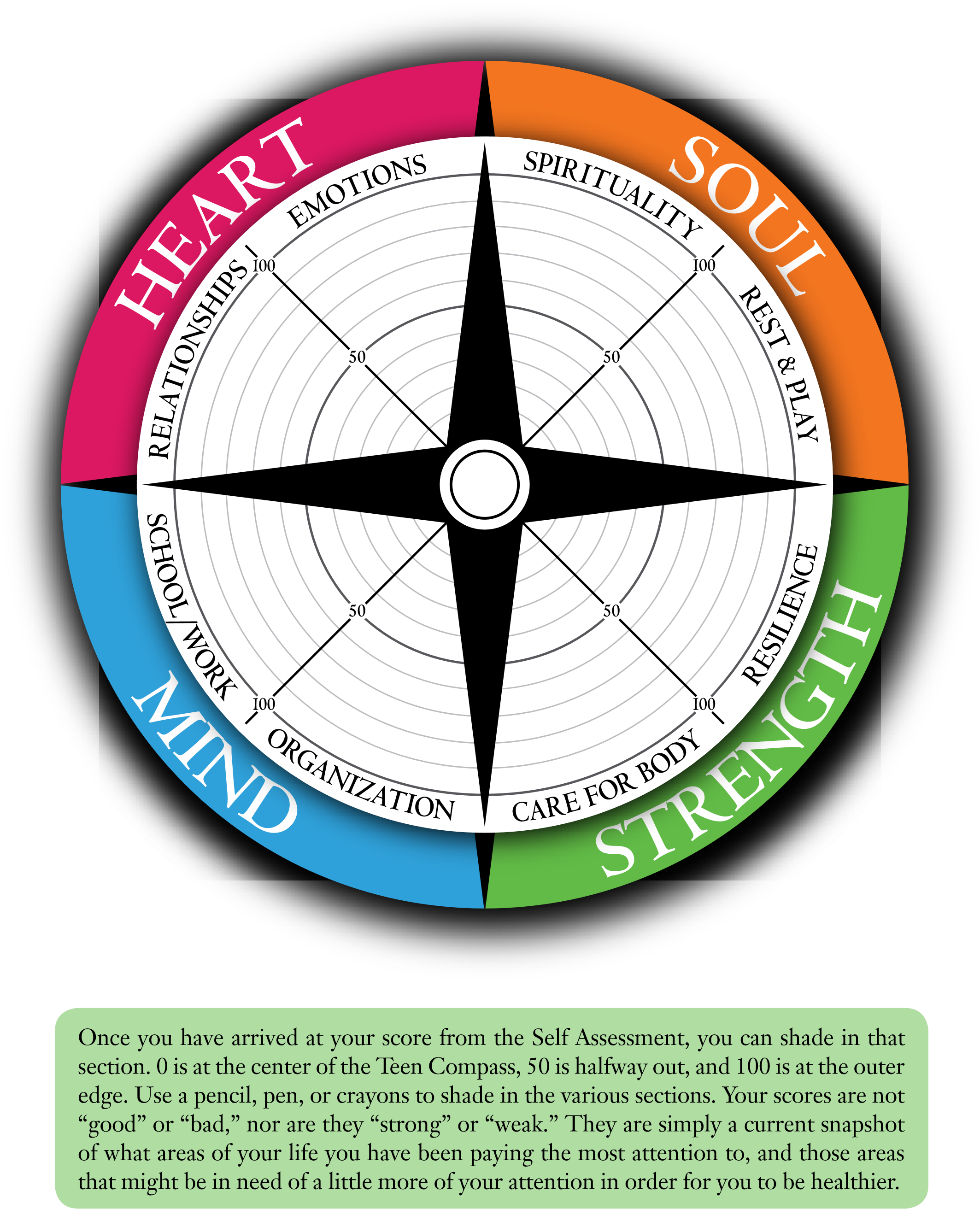
## **Care for the Body**

**The ability to build healthy habits and practices regarding your physical well being.**

Rate your answer from 1 – 10 with 1 being never, 5 being half the time and 10 being always

|  |  |
| --- | --- |
| **The choices I make about what I eat and drink are healthy** |  |
| **I have positive feelings about my relationship with food (what I eat, why I eat and how often I eat)** |  |
| **I am satisfied with the amount of exercise I get on a regular basis** |  |
| **I determined what is right for me, in terms of weight and eppearances, rather than letting my friends or the culture determine that for me** |  |
| **I go to the doctor and dentist for regular check-ups and talk to someone about a problem as soon as it arises** |  |
| **I am comfortable with my sexuality and know that the decisions I make regarding sexual activity are healthy for me both physically and emotionally** |  |
| **I am proud of the amount of respect I pay to my body overall** |  |
| **My current weight is healthy for me** |  |
| **My decisions regarding drugs, alcohol and tobacco are serving me well** |  |
| **Most days I get at least eight hours of sleep at normal sleeping hours** |  |
| **Total** |  |

# The Teen Compass Self‑Assessment Tool



**Teen Compass Self-Assessment Results**

**What areas are you doing well in?**

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| --- |
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|  |

**What areas do you need to improve?**

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**List some actions you can take in the next six months to improve your overall health and well-being**

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**Paired Case Study**

**Wellness Area:**

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**Solutions Suggested:**

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**Determinants to Health Research Task**

What is the unemployment rate in Northern Ireland?

|  |
| --- |
|  |

What percentage of school leavers achieve 5 GCSE pass grades at A – C?

|  |
| --- |
|  |

What percentage of properties are unfit to live in in Belfast?

|  |
| --- |
|  |

What percentage of houses are affected by fuel poverty in Belfast?

|  |
| --- |
|  |

What is the crime rate in Belfast?

|  |
| --- |
|  |

What is the most common crime committed in Belfast?

|  |
| --- |
|  |

How many people have died in road traffic collisions in Northern Ireland in the past year?

|  |
| --- |
|  |

What is life expectancy in Northern Ireland for males?

|  |
| --- |
|  |

What is the life expectancy in Northern Ireland for females?

|  |
| --- |
|  |

What percentage of people smoke in Northern Ireland?

|  |
| --- |
|  |

What percentage of people drink too much in Northern Ireland?

|  |
| --- |
|  |

What percentage of people are obese in Northern Ireland?

|  |
| --- |
|  |

What percentage of children are living in child poverty in Northern Ireland?

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| --- |
|  |

What is the rate of teenage pregnancy in Northern Ireland?

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| --- |
|  |

How many incidences of domestic violence in Northern Ireland in the past year?

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| --- |
|  |

How many workplace deaths in Northern Ireland has there been in the past year?

|  |
| --- |
|  |

How many workplace injuries has there been in Northern Ireland in the past year?

|  |
| --- |
|  |

**Poster Promoting one of the Determinants s to health**

**Things I can do to promote my own health**

|  |
| --- |
| **Clubs I can get involved in** |
| **Sports I can get involved in** |
| **Volunteering I can get involved in** |
| **Study groups I could set up** |
| **Choices I need to think more about** |

**Timeline**

|  |
| --- |
| **15 - 20** |
| **21 – 25** |
| **26 – 30** |
| **31 – 35** |
| **36 – 40** |
| **41 – 45** |
| **46 – 50** |
| **51 – 55** |
| **56 – 60** |

**MindMap consequences of common health issues**

Cause:

Who is affected

Consequences to individual

Consequences to community

Consequences to Society

**Self-Evaluation of Unit**

|  |  |  |
| --- | --- | --- |
|  | 😊 | ☹ |
| Class Charter & Target Setting |  |  |
| Leadership Training for Prefects |  |  |
| Sponsored Walk |  |  |
| World’s Largest Lesson |  |  |
| Standardised Testing Week |  |  |
| Health and Well-Being Audit |  |  |
| Work Experience Week |  |  |
| Halloween |  |  |
| Anti-Bullying Project |  |  |
| Determinants of Health |  |  |
| Opportunities to improve my own health and well-being |  |  |
| UNICEF Outright Project |  |  |
| Negative challenges to my own health and well-being |  |  |
| Consequences of common health problems |  |  |
| Target Review |  |  |

I did well in:

|  |
| --- |
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|  |

I could do better in:

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|  |

In the next unit I will:

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How has this unit affected your future plans?

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Mrs Plunkett could make this unit better by:

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