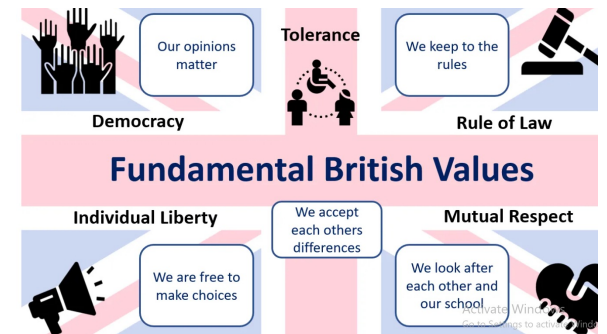


## Pillars of Wellbeing



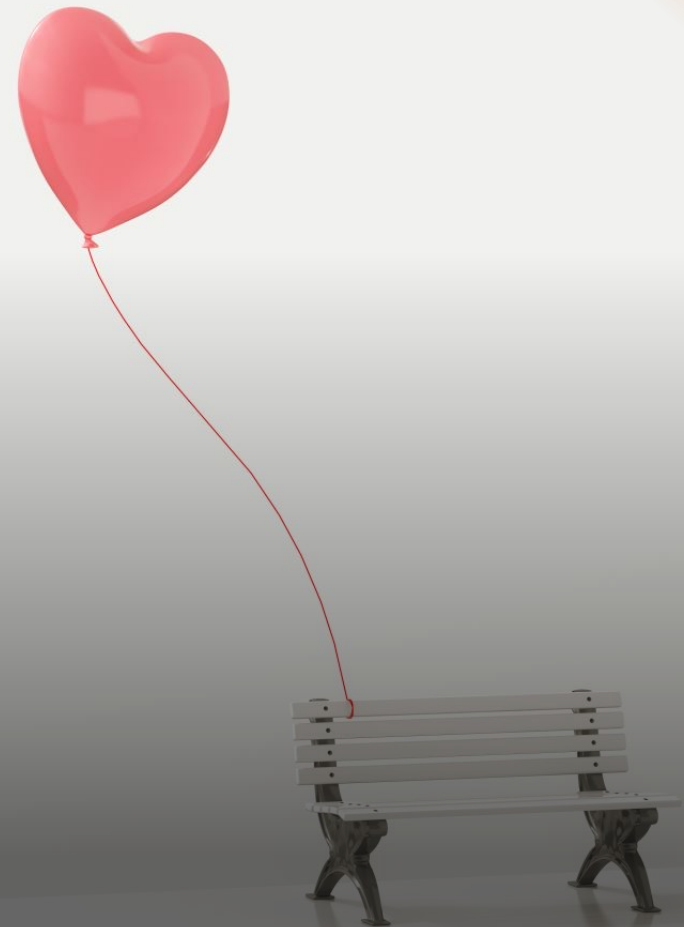
Please do have a listen to the parent presentation about the Wellbeing Curriculum if you have not already done so. All lessons are individually planned by the Head of the Wellbeing Curriculum, drawing upon research, the PSHE Association, EC Publishing and Chameleon PDE.

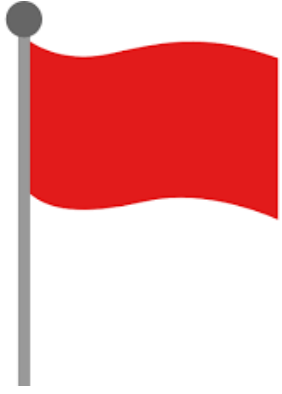
Below are a selection of slides from a range of lessons. Should you wish to discuss any lesson from your child's curriculum in particular, please do contact Miss Loughlin, the Head of Wellbeing Curriculum.

*[hloughlin@chigwell-school.org](mailto:hloughlin@chigwell-school.org)*



Love: what words do you  
associate with “love”?

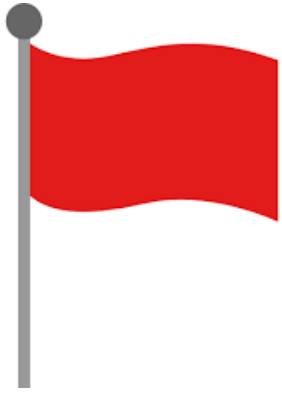




Red flag or green flag?



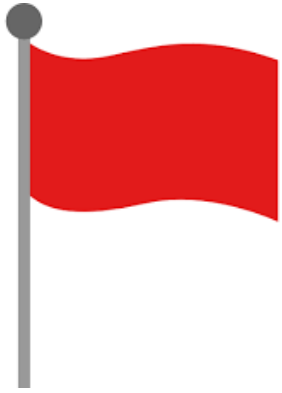
Your friend is in a new  
relationship and feels really  
excited about it.



Red flag or green flag?



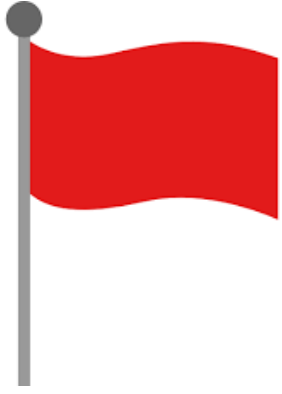
Your friend has just started dating  
someone and they have been given  
a hugely expensive piece of  
jewelry.



Red flag or green flag?



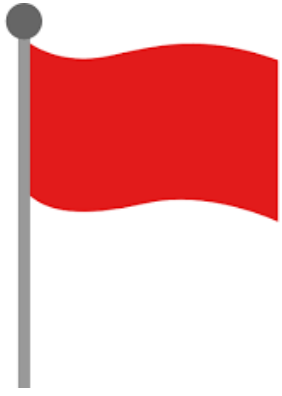
Your friend spends a lot of time  
on their phone with their new  
partner and they often discuss  
values and beliefs



Red flag or green flag?



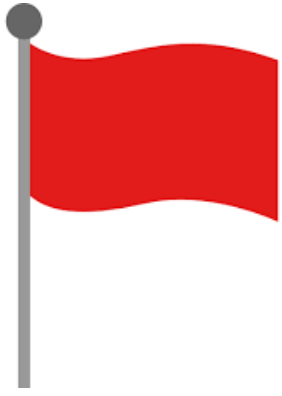
Your friend's new partner texts at  
least 20 times a day.



Red flag or green flag?



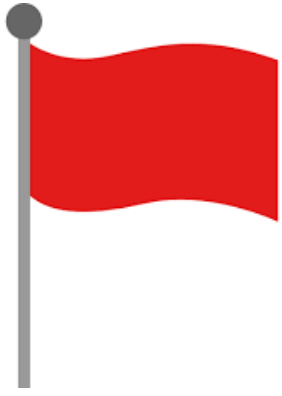
Your friend is upset because their new partner has said they can only meet your friend for coffee this Saturday as they already have plans with their mates.



Red flag or green flag?



Your friend is really excited as they have been dating a new partner for a month and they are thinking about getting engaged as they just know it's right.



Red flag or green flag?



Your friend's new partner  
wants to meet you because you're  
an important person in your friend's life

If love-bombing is about someone sweeping you off your feet and showering you with gifts and attention, surely that's not a bad thing?

---

| Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
|-------------------|----------|---------|-------|----------------|
| 1                 | 2        | 3       | 4     | 5              |

# Lovebombing: a tactic of domestic abuse

---

Love-bombing describes the overwhelming affection, [attention](#), or gifts someone gives you so they can reel you into a relationship and then gain control. Love-bombing is a manipulation tactic found in toxic relationships, and while that level of attention can feel really good at first, it is not love. It's about power and control.



I'd never be manipulated like that – I am not stupid!



| Strongly<br>Disagree | Disagree | Neutral | Agree | Strongly<br>Agree |
|----------------------|----------|---------|-------|-------------------|
| 1                    | 2        | 3       | 4     | 5                 |

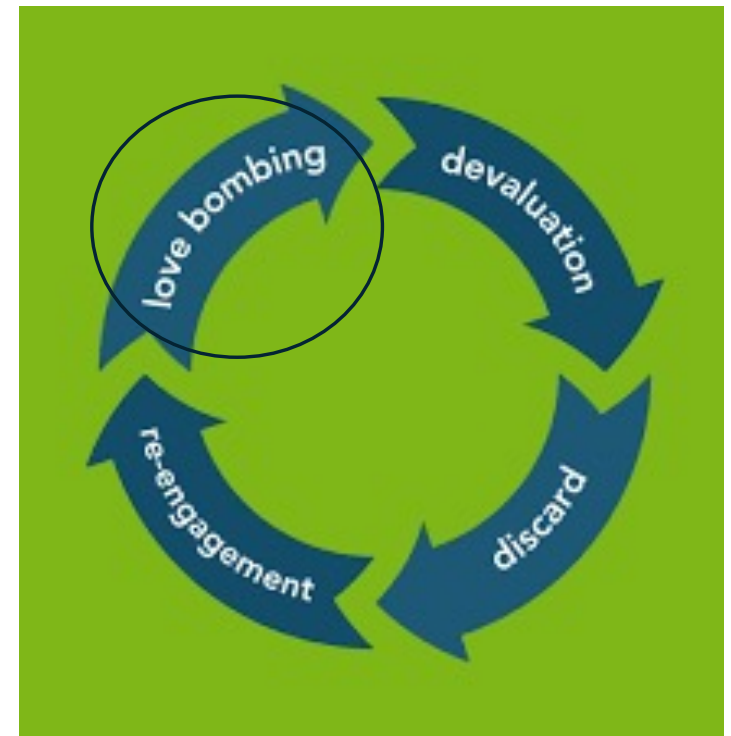
# Lovebombing: why it can trick you

---



Lovebombing creates a false sense of emotional intimacy pretty quickly and in the early stages of being swept off your feet, your brain is being flooded with dopamine and oxytocin (the “cuddle” hormone). You believe you have found the perfect person.

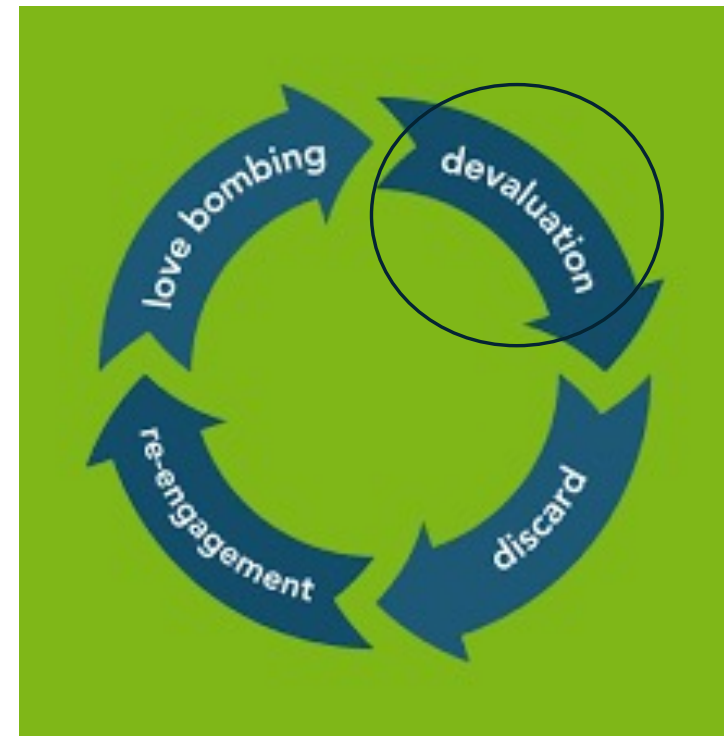
In reality you have become “hooked” and that person has started to take control over you before you can see them for who they really are.



# Lovebombing: why it can trick you



Once you are hooked into commitment, this person starts devaluing you. You initially felt like you were put up on a pedestal, and now you feel like you have fallen off—and it's a long way down. Your partner starts to criticize you. At first, it's little things, and then it feels like you can't do anything right. Your partner may offer some positive reinforcement and compliments while also insulting you. This sudden shift is deeply confusing. You automatically feel like you must have done something wrong for your partner to act this way. And this is exactly how your partner wants you to feel—because you are more likely to tolerate further mistreatment.



# Lovebombing: why it can trick you

You will then experience the “discard” stage. Your partner might become distant and cold with you, they might ignore you and give you the silent treatment.

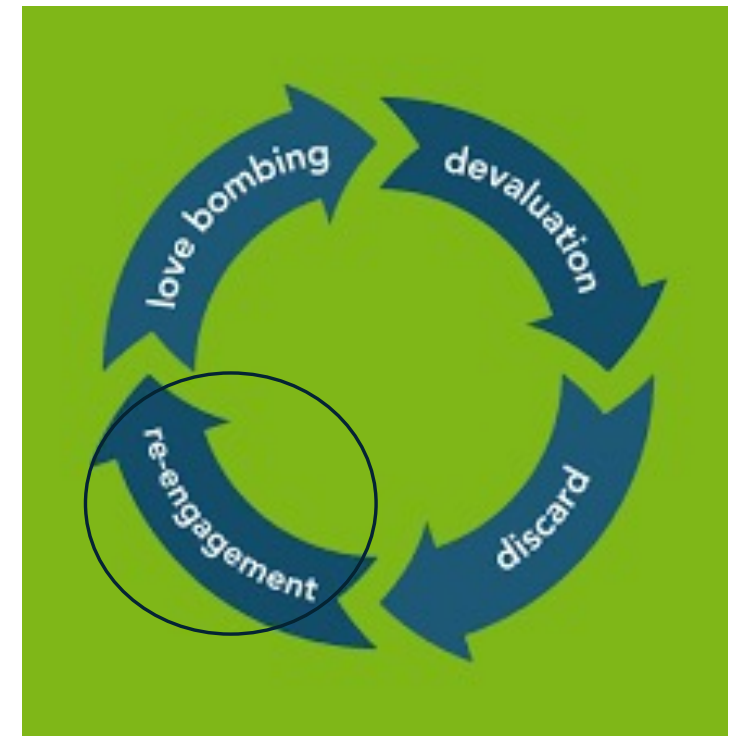


# Lovebombing: why it can trick you



You might think phew, I dodged a bullet. But what often happens after the “discard” stage is what is sometimes known as a “hoovering” stage. They will return to the love bombing stage and when you come back, the cycle starts again.

This cycle is called a [trauma bond](#). Your brain gets used to the high of love-bombing after the intense low of emotional or physical violence. This [trauma](#) bond can make it very difficult to leave the relationship.



# THE HOUSE PARTY

**YOU ARE HAVING A HOUSE PARTY AT  
THIS PROPERTY**

- What is the occasion?
- Who is invited?
- What are the activities at the party?
- How will you make the party fun?
- Timings for the party?

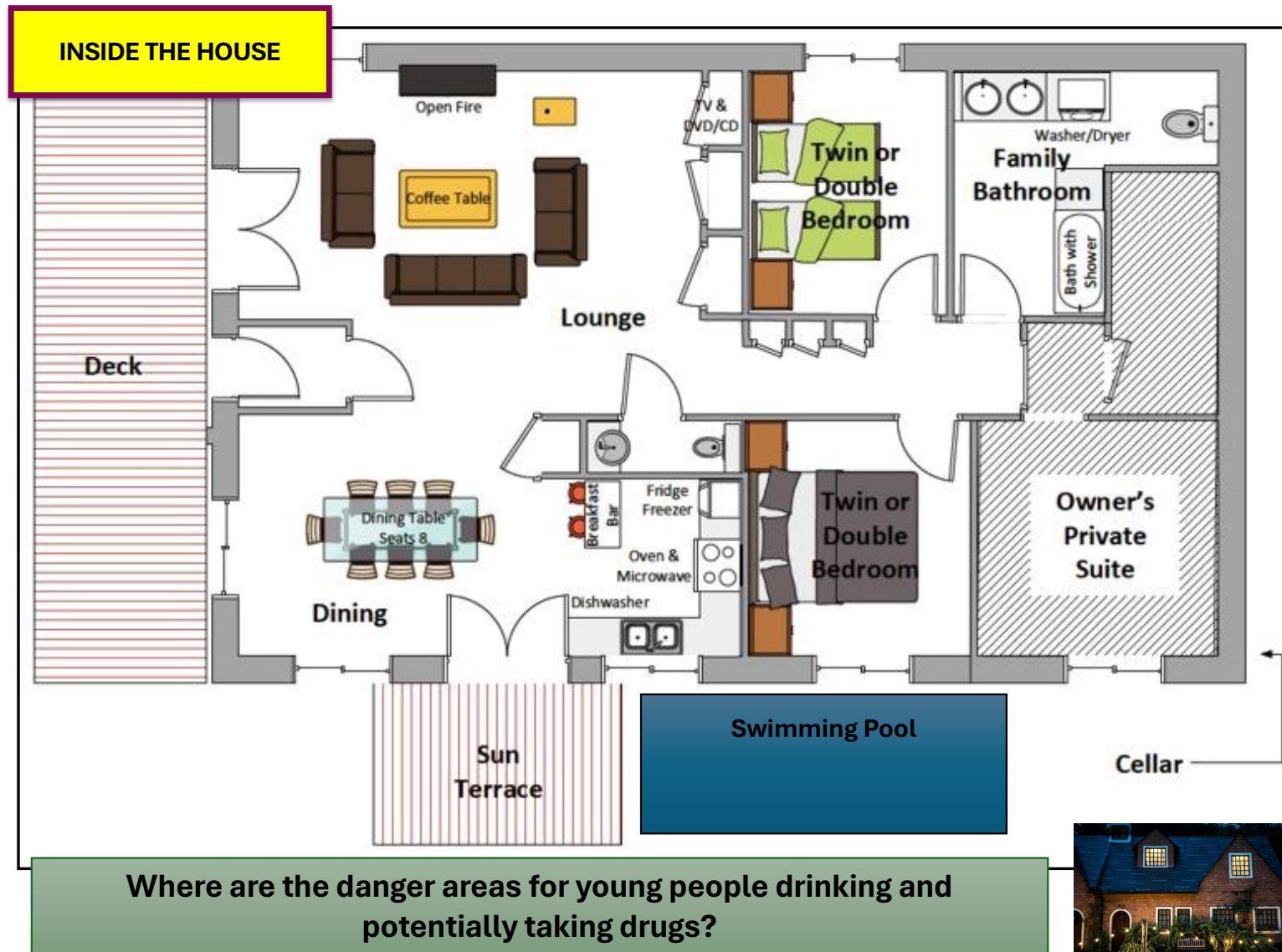
**What else do you need to  
consider?**



# THE HOUSE PARTY: The Dangers



1. What could go wrong?
2. What is your plan if this happens?
3. How will you stay safe?
4. How could alcohol impact the party?
5. How could drugs impact the party?
6. How could unwanted guests impact the party?





## Alcohol



### Graffiti Wall

In pairs, discuss and write down  
some of the effects alcohol has  
on the body

**THINK ABOUT THIS:** Is there a  
difference for men or women?

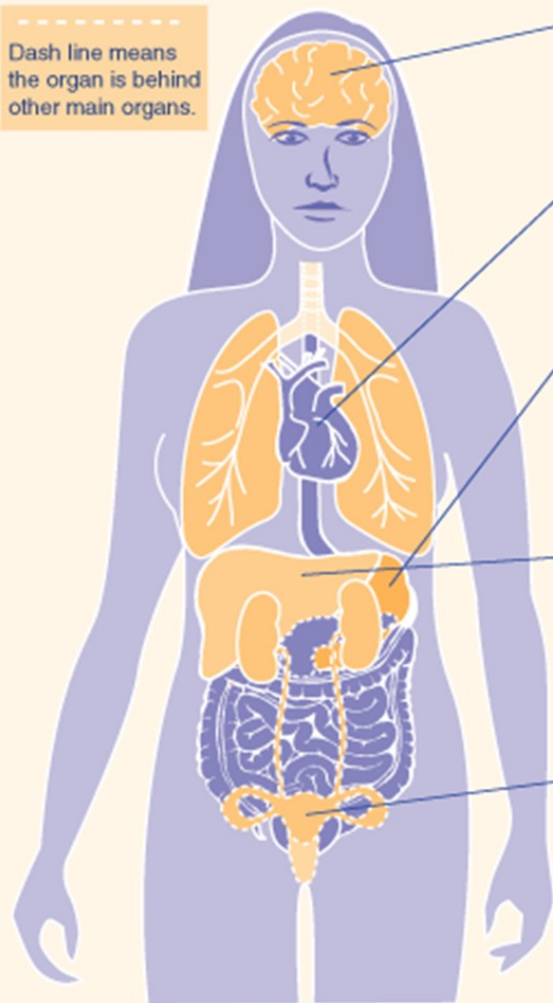
**Physical  
effects?** Changes  
that happen to the  
body

**Social effects?**  
Changes to the way you  
interact with others

**Psychological  
effects?** Changes to  
the way you think

## How Alcohol Affects Your Body

-----  
Dash line means  
the organ is behind  
other main organs.



### **Brain**

Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, loss of memory, and even blackouts.

### **Heart**

Drinking alcohol could cause your blood pressure to rise, increase your heart rate, cause your heart to beat abnormally, and can increase the size of your heart.

### **Stomach**

You're putting empty calories into your body, which could cause weight gain. If you drink too much, you may vomit because alcohol is toxic. Drinking alcohol can also cause stomach ulcers and cancer.

### **Liver**

Drinking alcohol could cause diseases such as cirrhosis (sir-o-sis). It also can cause hepatitis (inflamed liver) or even liver cancer, which weakens the liver's ability to clot and keep our blood free from poisons and bacteria.

### **Reproductive System**

Heavy drinking can cause painful periods, heavy flow, discomfort before your period (PMS), and irregular periods (not getting your period when you're supposed to). Drinking also raises the risk of getting sexually assaulted and having unsafe sex.

The statistics show that fewer young people are drinking.

However, those who choose to drink are usually binge drinking.

This is where problems can arise.

## Why is binge drinking particularly harmful to teenagers?

HINT:



The teenage brain continues to develop until the age of 25, but most brain change occurs between ages 12-17. Abusing alcohol during this time is very dangerous because it can lead to **permanent** changes, making mental illness more likely and cognition more difficult.



Brain scans have shown that the prefrontal cortex of teens who binge drink were thinner and had less volume compared to teenagers who did not drink



The statistics show  
that fewer young  
people are drinking.

However, those who  
choose to drink are  
usually binge  
drinking.

This is where  
problems can arise.

**If alcohol lowers  
inhibitions and affects  
our ability to rationalise,  
what could be the  
consequences?**





**Can you think of risks you might take at a house party having binged on alcohol?**

**Sex? How might this be more risky?**

**Social risks?**

**Personal safety risks?**

**Decisions?**





**Can you think of risks you might take at a house party having binged on alcohol?**

**Sex:  
unprotected,  
can't give/get  
consent**

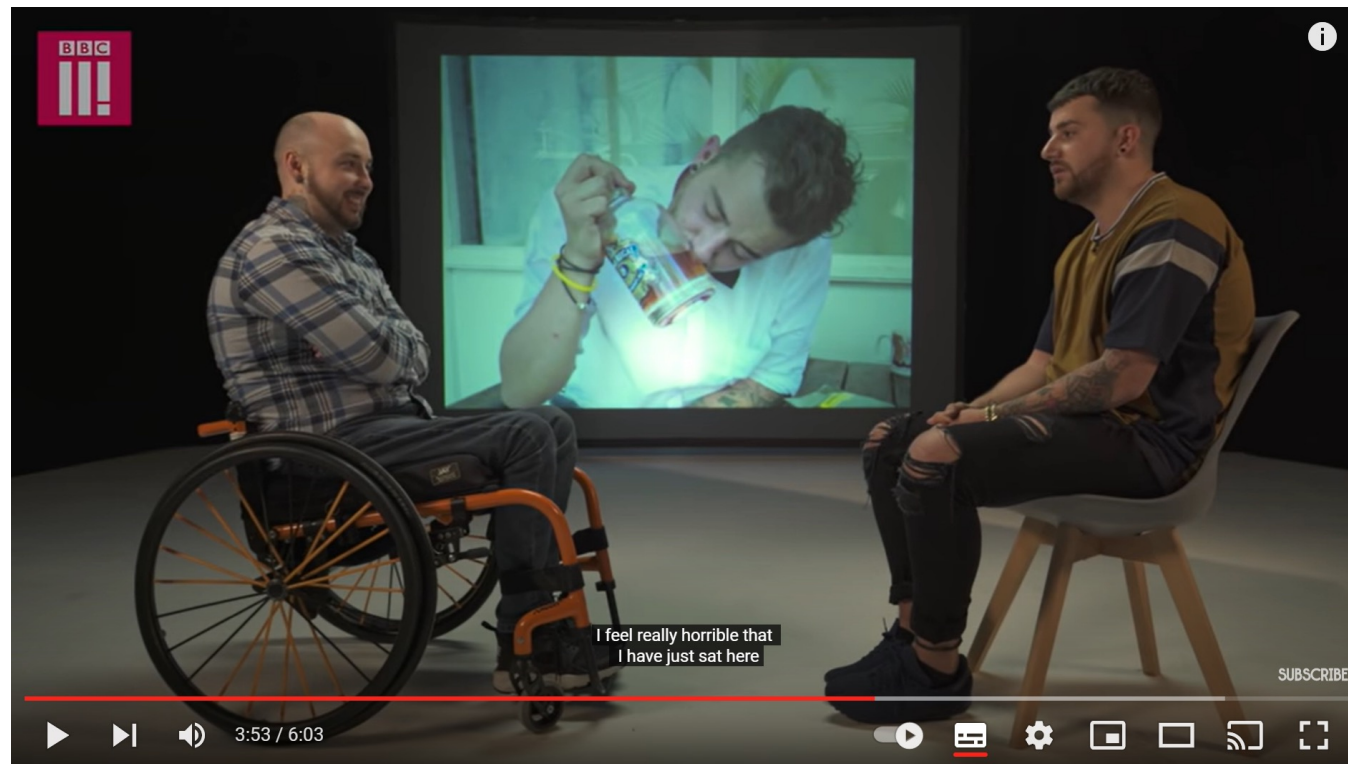
**Social risks:  
fights,  
arguments,  
nastiness**

**Personal  
safety risks:  
how are you  
getting  
home? What  
happens if you  
vomit in sleep?  
Are you aware  
of how safe  
your drink is?**

**Decisions:  
would you do  
something you  
would normally  
say no to?  
Tempted to "up"  
the enjoyment  
to drugs?**



## Facing The Consequences Of Binge Drinking - YouTube



# Alcohol first aid

## What is alcohol poisoning?

- Alcohol poisoning is an overdose of alcohol, caused by drinking too much alcohol in too short a time, which overloads the liver and body in general.

Teenagers are much more likely to experience alcohol poisoning than adults because their livers are under-developed and their tolerance is generally lower.

## If someone has alcohol poisoning, look for:

- being slow to respond
- moist and reddened face
- deep, noisy breathing
- strong and rapid pulse.

## If it develops things will start to shut down and you may see:

- shallow breathing
- a weak, rapid pulse
- dilated pupils that react poorly to light
- Unresponsiveness
- Unconsciousness

# Alcohol first aid

If you think someone has alcohol poisoning:

- Reassure them and cover them with a coat or blanket to keep them warm.
- Check them for any injuries, especially head injuries.
- If you're at all concerned, or if they're unconscious, you **MUST** call 999.
- If they're unconscious put them in the recovery position.
- Keep a close eye on them until they recover or medics arrive.



**How to put someone in the recovery position:**

<https://www.nhs.uk/video/Pages/recovery-position.aspx/RK=2/how-to-wash-hands.aspx>

Supporting young people to make safer choices about drugs

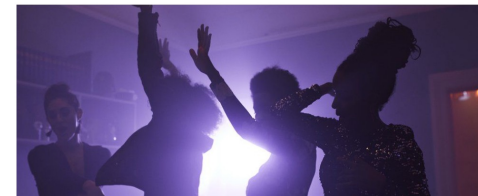
- **Drink spiking incidents at house parties have become the "biggest concern" for lead police officers tackling the crime in England.**
- "You naturally assume everybody there knows everybody so you can wrongly think it's a safe environment," says Sgt Dave Moore.
- A charity says it's seeing an anecdotal rise of cases in spiking in places that don't have CCTV or security staff.
- Jayda, 20, felt "violated" when she was spiked at her own party two weeks ago.
- "I couldn't see, I felt sick, had stomach pains, and was in and out of consciousness," the Manchester University student tells Radio 1 Newsbeat.
- The symptoms of drink spiking are often similar to being drunk, and include slurred speech, dizziness, drowsiness, sickness, headaches, confusion and passing out.
- **'I remember screaming'**
- For Jayda, whose name we've changed, those symptoms lasted all night.
- "The worst thing was that I kept having panic episodes. I remember screaming and feeling trapped in my body."
- It's left her feeling angry.
- "It happened at my home, a place where I should feel safe."



## Drink spiking at house parties 'big concern' for police

By Megan Lawton  
Newsbeat reporter

© 15 October



## DRINK SPIKING AND DATE RAPE DRUGS

**What are the key messages to take away from the link below?**

<https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/drink-spiking-and-date-rape-drugs/?fbclid=IwAR3a1MDeLd9WPljsgf9Da9KlzwtbQrw6kDa7EfgCthGk7F4DfXXFTQndFMI>



# Communication and conflict resolution



Friendships get tricky. Puberty hits, emotions run high and people can change.





Communication  
is the key to  
resolving conflict.

*Number these proverbs in order of how helpful and realistic they are. 1 is most realistic and helpful, 8 is least realistic and helpful.*

It is easier to refrain than to retreat from a quarrel

Come now and let us reason together

When two quarrel, the person who stops first is the most praiseworthy

Kill your enemies with kindness

Kind words are worth much and cost little

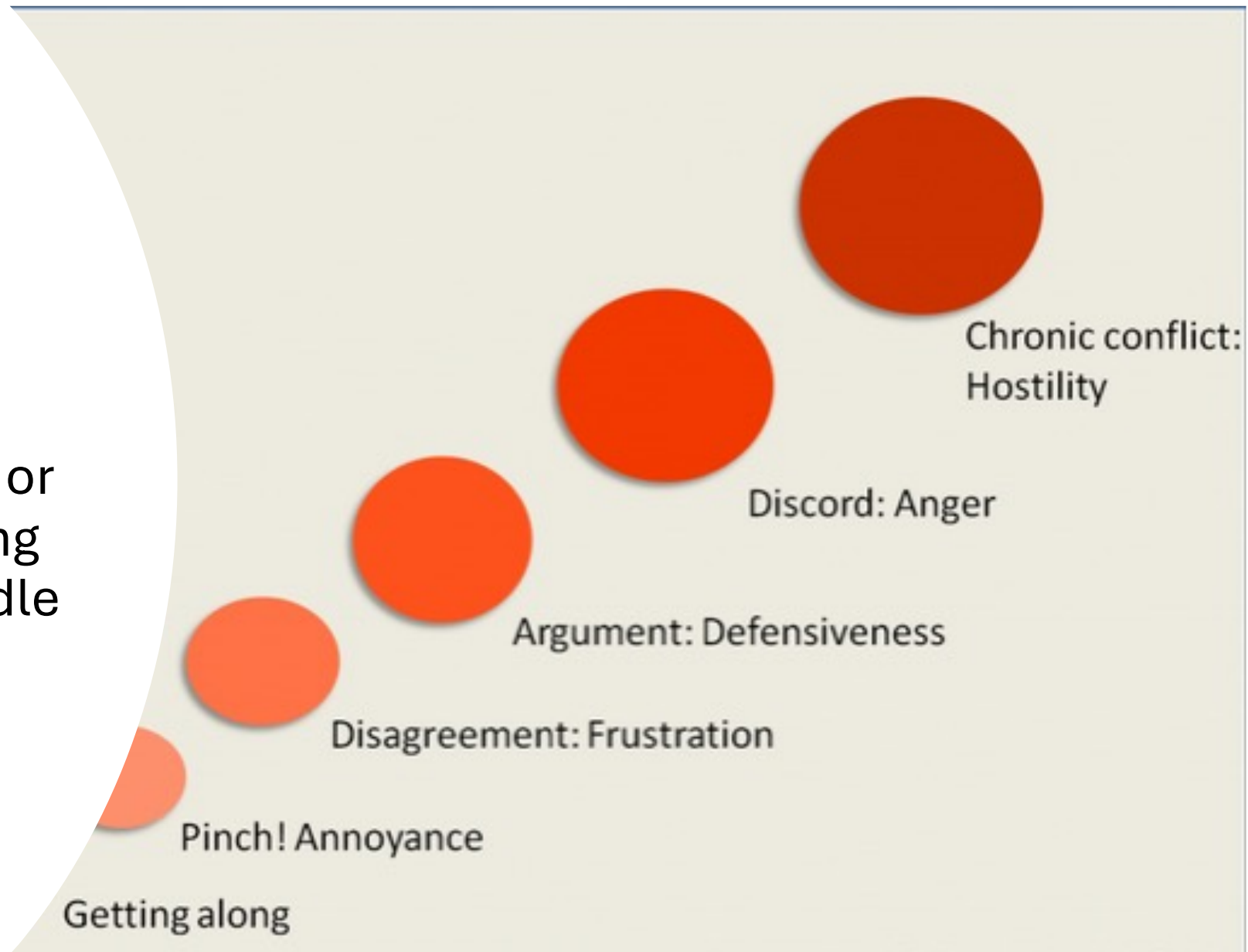
Avoid quarrelsome people as they will only make your life miserable

Bring your conflicts into the open and face them directly; only then will the best solution be discovered

The best way of handling conflicts is to avoid them

# Conflict Escalator

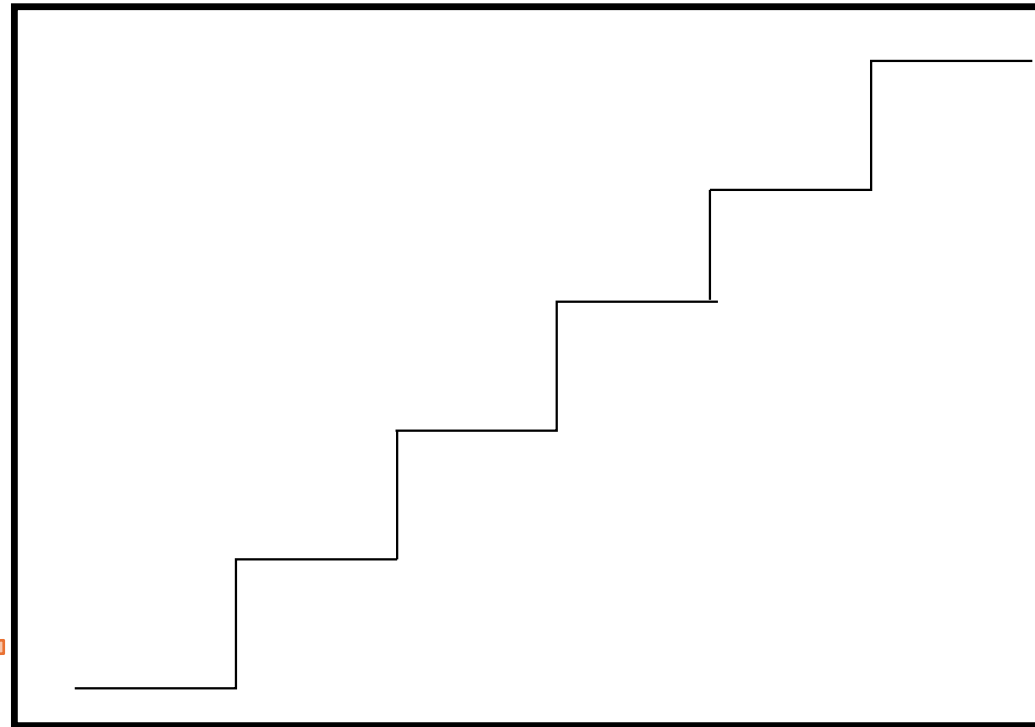
We can make conflicts better or worse depending on how we handle them.



# The Conflict Escalator

You and your friend are having an argument about you not texting him/her back quickly enough. What behaviours could improve this argument? What would make it worse?

Better

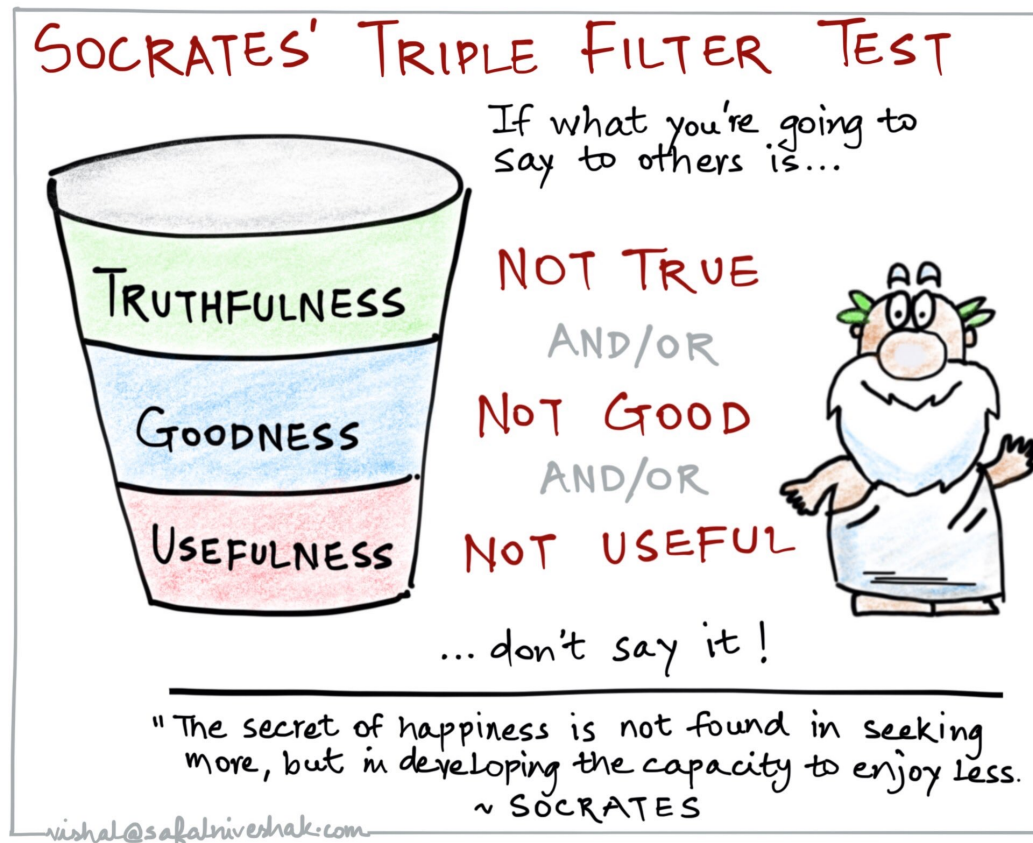


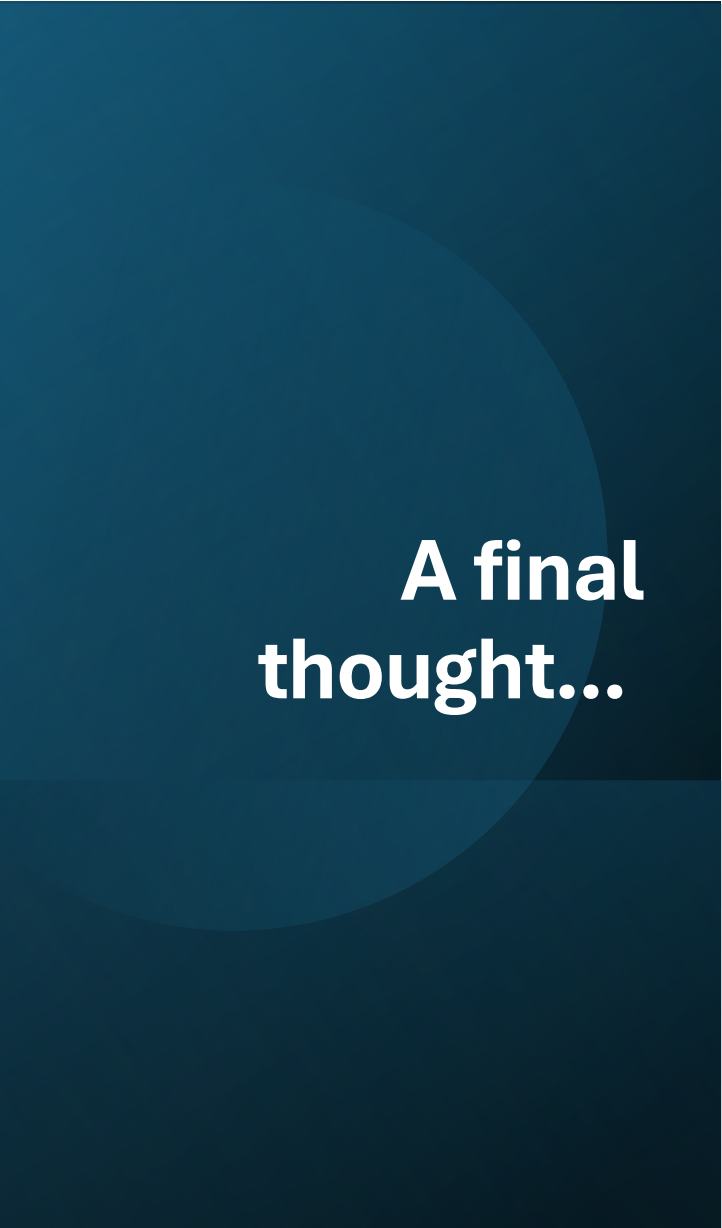
Worse



# Socrates' Triple Filter Test

*So, what has an ancient Greek philosopher got to teach us about communicating?*





## A final thought...

---

Sometimes it is better to agree to disagree, to say sorry and move on.

---

Holding grudges is exhausting and no fun.

---

You can't win them all and not everyone will be best friends with everyone else. And that's absolutely fine.

---

Kindness is key. Up the kindness and reduce the sarcasm/meanness. Not only will it make those around you feel better, science tells us kindness towards others makes us feel better too.

---

Remember that what you say and do can make such a difference to someone. Make that difference a positive one.

# Role play

Imagine you are having an argument with one of your friends.

Write a script for the argument, showing how breaking our communication rules makes the situation worse and then apply the rules to make it better.

You don't have to use all the rules, but do try to use a variety of them.

**IMPORTANT** – this should be a made-up argument and must **NOT** be one that has happened in real life.