

Welcome!

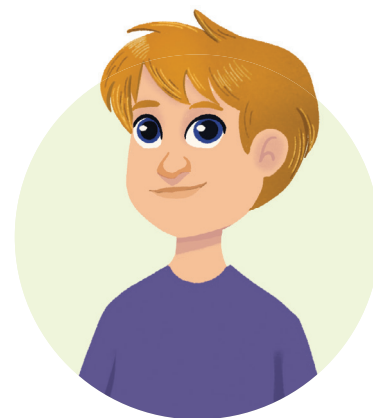
Welcome to First Year and welcome to SPHE! SPHE stands for **Social, Personal and Health Education**. It is a subject that explores your personal development, health and wellbeing. You studied SPHE in primary school, so you should already be familiar with many of the topics.

In SPHE you will learn about making choices for a confident and healthy lifestyle. There is no exam in this subject – the focus is on learning and developing skills to support your wellbeing.

In SPHE class, with your teacher and your classmates, you will talk about all the ups and downs of growing up. This gives you the chance to build the skills to help you to:

- Understand yourself and other people
- Make healthy choices
- Build positive relationships
- Deal with the emotional ups and downs of life.

This book has 30 lessons that will help you to develop these skills in First Year. You are encouraged to talk at home about the topics that you learn about in SPHE. Parents/guardians or other family members can offer you a lot more knowledge and guidance on many topics.



Look inside

Every lesson starts with a page like this:

This box lists what you will learn.

This box lists the most important words in the chapter.

These symbols explain the areas of wellbeing that are covered.

This number shows teachers what learning outcome is being covered from the SPHE specification.

LESSON 08

Being Connected

At the end of this lesson, you will:

- ▶ Recognise the signs of digital stress and know how to reduce it.
- ▶ Assess the advantages and disadvantages of the internet and social media.
- ▶ Examine the risks of sharing certain information online.

KEY WORDS

- Social media
- Consent
- Sexting

Wellbeing indicators

38

Connected **Responsible** **Aware**

LEARNING OUTCOMES: 2.7, 2.9

Here are some of the features you will find in a lesson:



Reasons Why

In your opinion, what is the main reason some young people vape, smoke, or use alcohol or other drugs? Tick one or more reasons in the table below.

	Curious	Enjoyment	Coping with stress	Dealing with difficulties	Pressure to fit in	It's 'normal'	Other reason
Vape							
Smoke							
Drink							

There are activities you can do by yourself.



PAIR WORK: New Rules

In pairs, write down three rules in your new school that are different from the ones you had in primary school.

Pair work activities give you a chance to work with someone else in your class to answer a question or solve a problem.



GROUP WORK: One Interesting Thing

Say your name and one interesting thing about yourself. The next person repeats what you said and adds their own name and something about themselves. Continue this until everyone in the class has introduced themselves. For example: 'John likes basketball. Sonia is from Lithuania. My name is Joe and I support Arsenal.'

Group work activities ask you to work with others to see things from different perspectives.



CLASS DISCUSSION: Advertising



Think of an energy drink or snack that is popular among your age group. Look at examples of advertising for this product.

Discuss how this food or drink is made attractive to young people. Consider the colours, packaging, logo, catchphrase, where it is advertised, and any celebrities involved in the advertisements.

Class discussion activities give the class and the teacher a chance to share their ideas.



Wellbeing refers to our social, emotional, physical and spiritual health.

Key word boxes explain new and important words.

Reflect

3

3 topics we discussed today

2

2 places or people I could find out more information from on this lesson

1

1 action I can take, based on what I learned today

Dialogue: Remember to talk to my parents/family/guardians about ...

Parent's/guardian's signature

(Your teacher will tell you if this should be signed each week.)

At the end of every lesson, you have a chance to reflect on what you learned, where you could learn more, and a positive action you could take.



Problem drinking can be very worrying and upsetting for any young person. The Barnardo's website offers excellent information on how living with a problem drinker can affect young people, and it gives support around finding help and keeping safe. See www.barnardos.ie.

Online activities suggest research you can do online, with your teacher's permission.



GROUP WORK: Seán's Story



Listen to Seán's story and answer the following questions.

- 1 What problem did Seán have?

Activities sometimes involve listening to audio or watching a video, which your teacher can play in class, or you can access from your eBook.

STRAND REFLECTION

1 Making Healthy Choices

In this strand, you learned about:

- Setting into school
- Making friends
- Changes
- Balanced lunches
- Sleep
- Substance use
- Social media

Look back over the lessons that you completed. In the table below, tick the skills that you think you used or learned.

Managing myself	Staying well	Communicating
I know myself better.	I am healthy and active.	I used language.
I made decisions.	I am social.	I used numbers.
I set goals.	I feel safe.	I listened to my classmates.
I achieved goals.	I am spiritual.	I expressed myself.
I thought about what I learned.	I feel confident.	I performed/presented.
I used technology to learn.	I feel positive about what I learned.	I had a discussion/debate.
		I used technology to communicate.

Being literate	Being creative	Working with others
I understand some new words.	I used my imagination.	I developed relationships.
I enjoyed words and language.	I thought about things from a different point of view.	I dealt with conflict.
I wrote for different reasons.	I put ideas into action.	I cooperated.
I expressed my ideas clearly.	I learned in a creative way.	I respected difference.
I developed my spoken language.	I was creative with digital technology.	I helped make the world a better place.
I read and write in different ways.		I learned with others.
		I worked with others using digital technology.

Managing information and thinking	Being numerate
I was curious.	I expressed ideas mathematically.
I gathered and analysed information.	I estimated, predicted and calculated.
I thought creatively.	I was interested in problem-solving.
I thought about what I learned.	I saw patterns and trends.
I used digital technology to access, manage and share information.	I gathered and presented data.
	I used digital technology to review and understand numbers.

Action

Suggested task for your portfolio

Create a booklet for incoming First Years with all the information that you think is important for them to know before starting secondary school.

Areas to research

- Making friends
- Setting in
- Where to get help

Learning Outcome
(You don't need to cover the full learning outcome.)

Strand 2: Making Healthy Choices
2.4 demonstrate skills and strategies to help make informed choices that support health and wellbeing and apply them in realistic situations that may be stressful and/or involve difficult peer situations

Useful websites

www.childline.ie
Advice for children and teenagers, including advice for starting secondary school

Suggested task for your portfolio

Conduct a survey in your class, year, or school on social media usage.

Areas to research

- Hours spent on social media on weekdays or weekends
- Most popular sites/apps
- Favourite and least favourite things about social media

Learning Outcome
(You don't need to cover the full learning outcome.)

Strand 2: Making Healthy Choices
2.7 assess the benefits and difficulties associated with their online world and discuss strategies for dealing with a range of scenarios that might arise

Useful websites

www.webwise.ie
Advice for young people, teachers and parents on internet safety

At the end of each section of the book, there is a page for you to reflect on the skills that you developed. There is also a page that suggests **actions** to take to learn and raise awareness about different issues.

Teacher's Guide

Teachers have access to the Teacher's Guide, which includes planning advice, schemes of work and other resources to assist their teaching.

Online resources for teachers

Teachers have access to a range of online resources on FolensHive.ie, including:

- Editable planning resources
- Editable PowerPoints
- Audio, video and animations
- Carefully selected links to useful websites.

