

Key Assignments



How to use this section

- Key Assignments are a very important part of your Social Education course, as they go towards your final credits. Each module in this section is worth 1 credit. You can earn 6 credits just by working through this section of the book!
- You should complete four Key Assignments in every module. This will help you to keep all of your Key Assignments in one place.
- At the start of each module, there is a list of the four Key Assignments that you must complete. Tick these off as you complete them, so you know which ones you have done.
- There are instructions for each of the Key Assignments and how to complete each one. Read these carefully to complete them to the best of your ability.
- Note that Key Assignments do not have to be typed, so you can write them out if you wish.
- In Modules 2, 3 and 5, one Key Assignment should be an out-of-class experience (for example, contacting an agency, visiting somewhere, going for a local walk) and one Key Assignment should be a group activity.

Module 1: Social and Health Education 1

What is this module about?

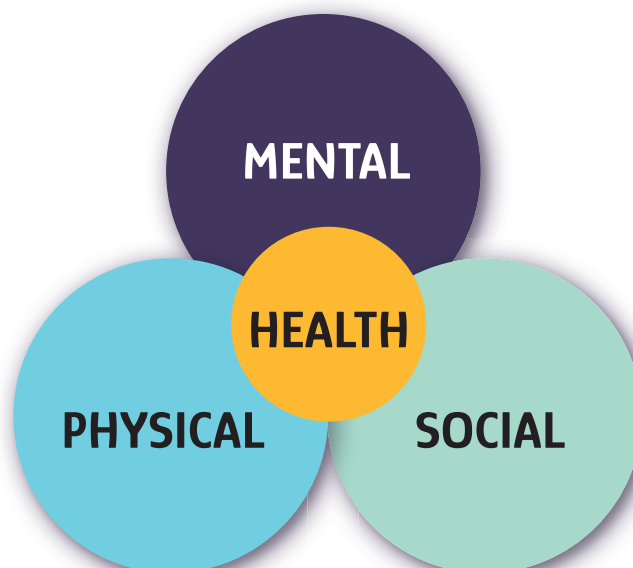
Module 1 explores the world of our personal and interpersonal health. This covers the ways in which we communicate with people, the peer pressure we could experience and how we can view people in a particular way.

This module also investigates our physical, mental and social health and lifestyle choices and how we can improve these.

It identifies the recreational drugs that are being used today. It looks at the short-term and long-term harmful effects and the reasons why these drugs are illegal in Ireland.

The checklist below lists the Key Assignments for this module. Tick each Key Assignment as you complete it.

- I completed exercises and worksheets on assertive, passive and aggressive behaviour and different communication styles.
- I collected information on healthy lifestyles and made a plan to improve one aspect of my own lifestyle.
- As a member of a small group, I collected information from magazines and newspapers and used it to make a collage illustrating ways in which the media promote sex-role stereotyping.
- I presented a report on a drug in which I described five things that I learned about the drug, its effects and the risks involved in taking it.



3. Think of scenarios where people can be passive and write them below:

4. Think of scenarios where people can be assertive and write them below:

5. What does it mean when people say someone is being passive-aggressive?

6. From studying these types of behaviours, in which way do you behave most often? Give a reason for your answer.

Module 1: Key Assignment 1

7. Write out the dialogue of a situation in which you act aggressively or passively. Then explain how you could have handled the situation better by being assertive.

Sample situations:

- Returning something to a shop
- Hearing a rumour about yourself and confronting the person who has spread it
- Making a complaint about a job someone has done for you
- Forgetting your homework and your teacher has given you detention
- Wanting to go to a teenage disco, but your parents have grounded you

The dialogue in which you act aggressively or passively:

How the situation would be handled better if you acted assertively:

8. In the boxes below, list the different methods we use to communicate with one another.

9. List the advantages and disadvantages of three of the methods of communication that you have listed.

Method of communication:

Advantages

Disadvantages

Method of communication:

Advantages

Disadvantages

Method of communication:

Advantages

Disadvantages

10. What method of communication do you like using best to communicate with the following people?

Family:

Friends:

Teachers:

Don't forget to give reasons for your answers! 😊