



AUSTRALIAN HEALTH
SERIES

Health

Workbook For Year 5



By Miranda Cooke

**Title:**

AUSTRALIAN HEALTH SERIES
Health Workbook For Year 5
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Author: Miranda Cooke
Illustrators: Alison Mutton

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Section 1: Puberty

Sample



Activity

Puberty

Puberty is the time when your body starts to change and you go from being a child to an adult. During puberty, your body will grow faster and change more than at any other time in your life, except for when you are a baby. It helps to know about the changes that puberty causes before they happen. That way, you know what to expect.

- The following paragraph identifies some of the changes that we experience when we are going through puberty. Fill in the blank spaces below with the correct terms, to complete the sentences.

earlier lower oestrogen puberty grow testosterone dreams pubic menstruation

_____ is the term used to describe the changes that your body begins to experience between the ages of 8 and 16. Often, girls will start puberty _____ than boys. Puberty is controlled by hormones, _____ in females and _____ in males. Some of the changes that people experience in puberty include growth of _____ hair. Girls will start _____ which is a sign that they can become mothers. Breasts will also start to _____. Boy voices will become _____ and they may start to experience wet _____.

- Find the nine words that you used in the first activity in the word sleuth below. Circle or highlight each letter that makes up the words.

M	E	N	S	T	R	U	A	T	I	O	N
G	I	R	L	S	U	S	U	A	L	L	O
Y	P	U	B	I	C	S	T	A	R	T	E
T	U	O	G	O	T	H	G	R	O	U	S
G	B	H	L	O	W	E	R	P	U	B	T
E	E	R	T	Y	B	E	O	F	O	R	R
E	R	B	O	Y	S	N	W	I	T	D	O
O	T	E	S	N	O	T	M	A	T	T	G
E	Y	R	W	H	O	Y	O	U	A	R	E
E	E	V	E	R	Y	O	N	E	G	O	N
T	E	S	T	O	S	T	E	R	O	N	E
E	E	A	R	L	I	E	R	S	T	H	R
O	U	G	H	D	R	E	A	M	S	I	T



- ☐ Read the information then complete the task on the following page.

Puberty can be a strange time for teenagers. It signifies the time in life when you change from a child into an adult. Your body will go through lots of changes.

Puberty usually starts earlier for girls, possibly from the age of 9; while boys often start puberty from the age of 10. A change in the level of hormones in the body is responsible for starting these changes. This is oestrogen for girls and testosterone for boys.

Boys and girls experience some similar changes in puberty: growth spurts, changes in body shape, growth of pubic hair and underarm hair. For many, pimples become a problem. These start to appear as the hormones cause your skin to become oilier and bacteria can get into the pores of your skin. It is important to keep your skin clean by washing and cleansing twice a day. Also, it is important to start using deodorant during puberty as your body will start to produce body odour, which can be pretty smelly.

These same hormones can also cause mood swings, which means that sometimes it can be difficult to control your temper.

For girls, breasts will start to develop and a girl's body will change shape as hips start to get wider. Girls will also start to menstruate (have their period). This will then happen every 28 days or so and is a sign that a girl's body is starting to get ready to be able to have a baby one day.

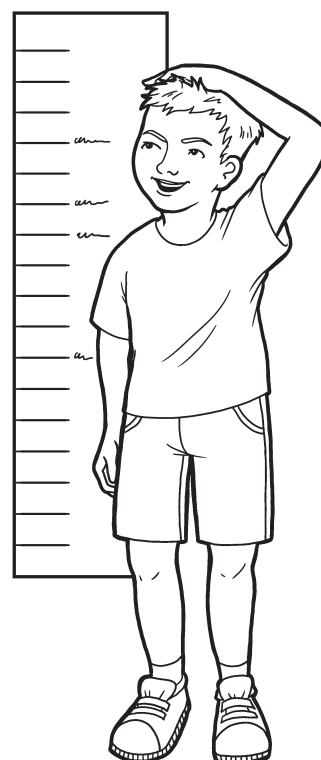
For boys, facial hair will start to grow and a boy's voice will change, becoming deeper. Boys may start to experience some strange happenings while asleep. Wet dreams happen during sleep, this means that a boy ejaculates (semen comes out of the penis) when asleep. This is a result of the change in levels of testosterone.

It is important to remember that everybody goes through puberty - nobody escapes it. Puberty is a natural part of growing up and getting older and more mature.

What is happening to me?



Wow, I'm getting taller.



☐ Use the information on the previous page, to complete the task below.

- Match the numbers with the letters to create eleven sentences. Write your answers in the last column using the corresponding letters. *Note: There are two sentences that provide new and additional information. Highlight these sentences.*

1. Boys' voices ...	A. can happen unexpectedly.	1. =
2. Breast development ...	B. is a sign you can become a mother.	2. =
3. Erections in boys ...	C. are hormones that cause changes throughout puberty.	3. =
4. Testosterone and oestrogen ...	D. egg to make a baby.	4. =
5. Ejaculation during sleep is called ...	E. is often the first sign of puberty for girls.	5. =
6. Pimples are ...	F. to everyone. Nobody escapes it.	6. =
7. Menstruation ...	G. is caused by hormones.	7. =
8. Moodiness ...	H. become deeper.	8. =
9. Boys usually start puberty ...	I. a wet dream.	9. =
10. A sperm joins with an ...	K. caused when oil ducts are blocked with bacteria.	10. =
11. Puberty happens ...	J. later than girls.	11. =

- There are two sentences that provide new and additional information. Write these sentences below.

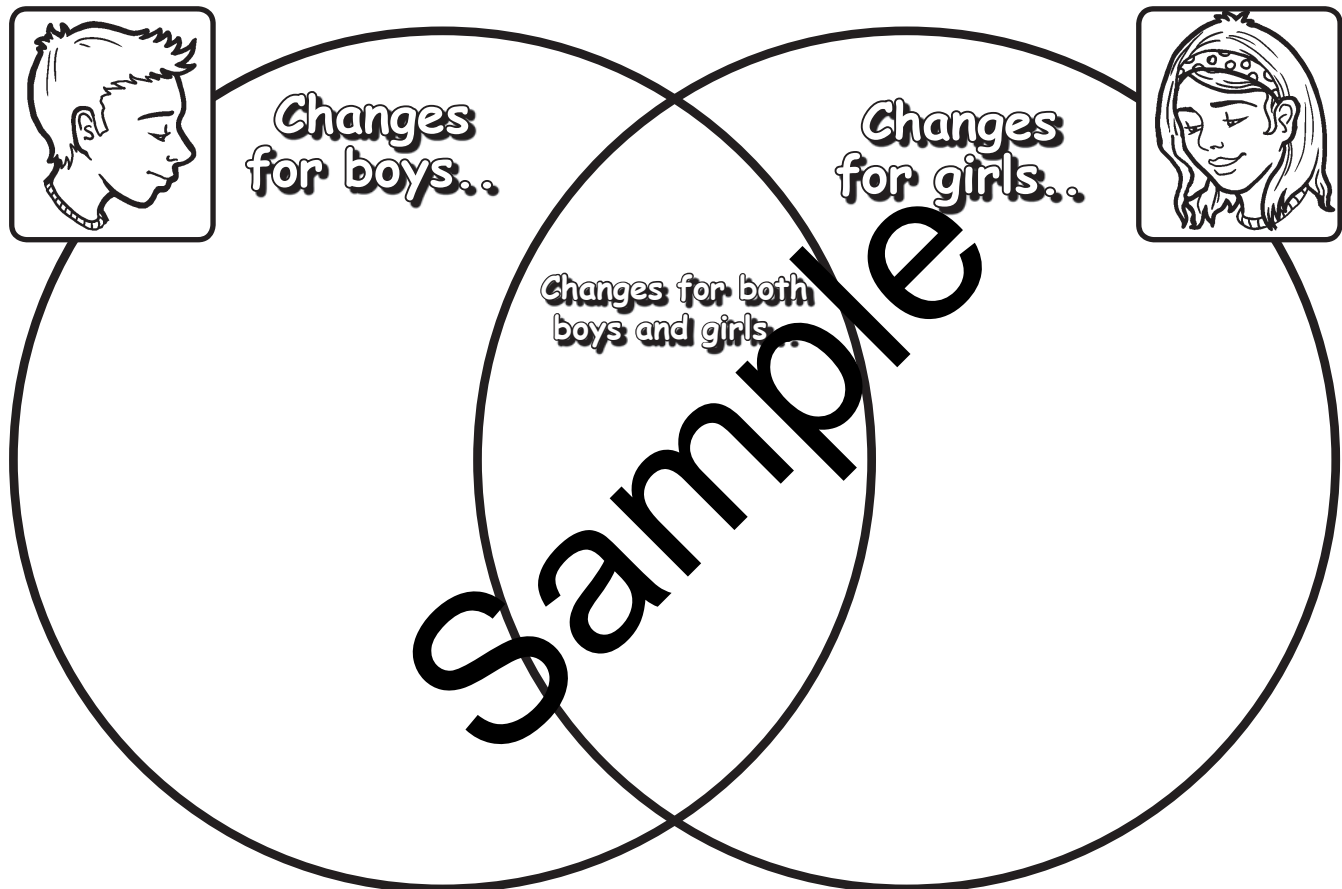
Sentence 1: _____

Sentence 2: _____

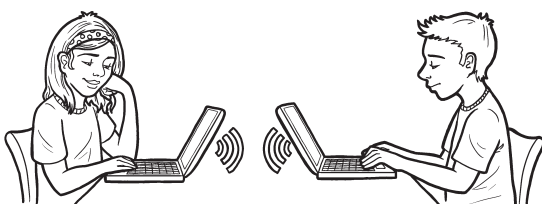
Everyone goes through puberty. It doesn't matter who you are, what sports you play, what T.V. shows you watch or what you eat. There is nothing that you can do to stop the process as it is a natural part of growing up and changing into an adult.

Some of the changes are the same for boys and girls, while other changes vary between the sexes.

2. After reading the information on the page 9, complete the Venn diagram below.



2. Research and identify websites that will help students in Year 5 understand more about puberty. Make a list here. →



WEBSITES

Section 2:

Assessing Health Information

Sample



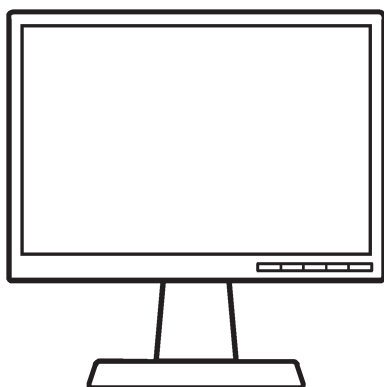
Activity

Reliable Health Information 1



The Internet and other media forms make it easy to access information about healthy habits. The challenge lies in accessing trustworthy and reliable sources of information.

- ☐ Look at the websites below which provide information about healthy eating.



- ▶ www.healthyactive.gov.au
- ▶ www.diet.com/
- ▶ www.eatforhealth.gov.au
- ▶ www.cheeseburgerdiet.com/
- ▶ www.hbf.com.au/living-well
- ▶ www.bupa.com.au/health-and-wellness
- ▶ www.dietdoctor.com/
- ▶ http://blog.yourbestfatburner.com/
- ▶ www.michellebridge.com.au

Sort them to show which ones are likely to be trustworthy and which ones aren't. Things to think about:

- Is the website published by, or affiliated with, a credible source such as the Australian Government or a well-known Australian company or person?;
- Is the site primarily trying to sell you something rather than give you information?;
- Is it from overseas and so may not comply with Australian standards or outdated?;
- Does it contain spelling errors?;
- Is it written by an individual company who may have vested interests in certain foods?

Likely To Be Reliable	Likely To Be Unreliable

- ☐ With a friend pair up and explain your choices.

EXTRA!

- ☐ Find two reliable local information websites on health topics and list them here:

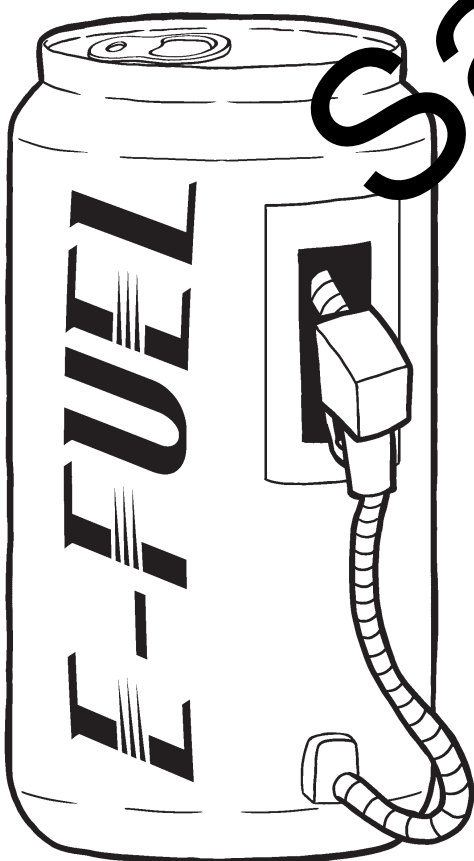
Not all information sources about food and drink are reliable. Some sources can be misleading and therefore cannot be trusted. In the past large food chains in Australia have been accused of, and charged for, false advertising. For example, a large Australian supermarket in 2014 was forced to admit that the claim that its bread was "freshly baked" was in fact inaccurate, as the bread was imported from other countries and had been frozen for long periods of time. More serious, are companies who claim that products have lots of health benefits when they are in fact unhealthy.

- ☐ Look at the online advertisement below. Highlight and make annotations to show why this source seems to be misleading and is not therefore trustworthy. Think about what you know already about energy drinks like the one advertised below.

E-Fuel

Good for body
and mind.

All you need to make you feel hydrated.



Gives you the fuel you need to keep you going all day and night.

Builds muscle, increases stamina and detoxifies.

Will enhance your performance.

Contains energy boosting ingredients:

Ginseng

B-Vitamins

Taurine

Natural
herbal
extracts

Treat your body to the fluid it needs.

Activity

Sharing Health Information

- ☐ Louise lives in Perth. She wants to change her eating habits, but needs help accessing local services that can help her to do this. Do some research to find community resources available to Louise to help her lead a healthier lifestyle. List them on the community noticeboard below.

Community Noticeboard

Lisa Grey
Nutritionist
0455 889 546

Lose Weight
Now Phone
Jimmy Craig
0412 244 447

- ☐ Below, choose one of the community resources listed above that is available to Louise and create an advertisement for this resource below.

Section 3:

Drug Awareness

Sample



Activity

What Are Drugs?

1. As a class, brainstorm types of drugs and record responses in the thought bubble.



2. Divide this list into two categories: legal and illegal drugs. Some drugs may be legal and illegal in different circumstances; these should be placed in the middle column.

Legal	Both	Illegal

3. What is a drug? As a class discuss this and develop a definition of the word "drug". Write your definition here.



- ☐ Read the information then complete the questions.



Did you know that caffeine is classified as a drug? Caffeine is typically found in a range of beverages (drinks), but is also found in chocolate.

Recommendations for the intake of caffeine for adults and children:

Caffeine is not a nutrient like calcium and fibre. This means that we don't need to consume any caffeine to be healthy.

Because consuming too much caffeine can have bad effects on our health, it is recommended that 500 grams per day or up to five cups of coffee, should not be exceeded for adults.

It is recommended that children do not consume caffeine, as the effects on children are more serious than they are for adults.

Questions

1. Brainstorm and identify as many beverages as you can think of that contain caffeine.

Sample

2. Why do people consume caffeine? _____
3. Think about how caffeine affects the body. Use the bolded words to complete the paragraph.

•stimulant •faster •stomach •dependant •awake •too much

Caffeine is a _____ drug and can help to make a person feel more _____ and energetic. However, consuming _____ caffeine can cause a person to feel hyperactive, nervous and jumpy. It can also make a person's heart beat _____ and can cause headaches and _____ aches. If you consume caffeine regularly, it is possible to become _____.

Activity

Cigarettes – Some Facts

- ☐ Consider each of the following statements. Place a tick next to the statements that you believe are true, and a cross next to the statements that you believe to be incorrect.

1. The legal age to be allowed to buy cigarettes in Australia is 16. ☐

2. Point of sale advertising is allowed in Australia. ☐

3. Groups such as Healthyway (Quit) provide sponsorship for sporting events to replace advertising revenue from cigarette companies. ☐

4. Cigarettes cause lots of different types of cancer, including lung cancer, cancer to the lips and throat. ☐

5. Passive smoking is when you only smoke occasionally, not on a daily basis. ☐

6. Smoking can cause emphysema, asthma and blindness. ☐

7. Smoking kills more people in Australia than all the people killed by alcohol, other drugs, murder, suicide, road crashes, rail crashes, air crashes, poisoning, drowning, fires, falls, lightning, electrocution, snakes, spiders and sharks. ☐

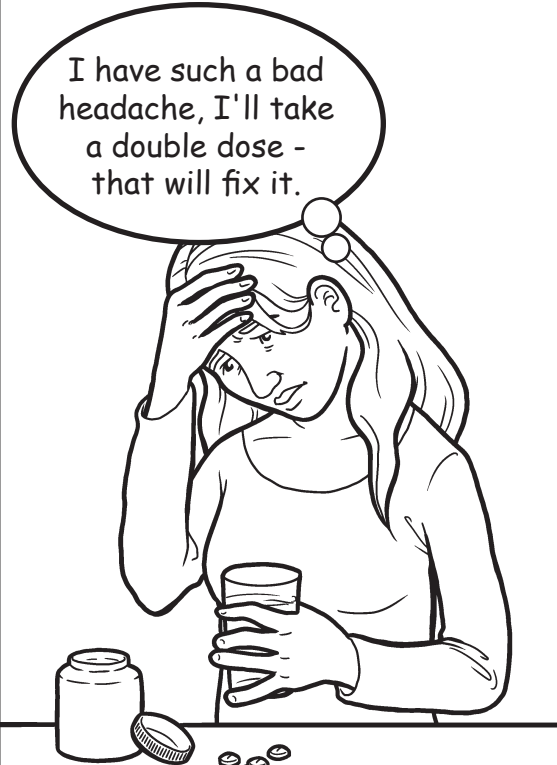
8. Tobacco is the addictive part in cigarettes. ☐



- ☐ In the space below, rewrite the false statements to make them true and correct statements. You may need to do some research.

- ☐ **EXTRA!** On another piece of paper, explain how cigarettes can affect your body. You will need to do some research. A good place to start your research is at ► <http://www.quit.org.au/resource-centre/>

- ☐ Read the information then complete the questions.



I have such a bad headache, I'll take a double dose - that will fix it.

An analgesic is any medicine that is used to provide relief from pain.

Sometimes people think that taking more analgesics will have a better effect, so instead of taking two pills to help with a headache, they take three or four or even more. This can make a person very sick and may put their health at serious risk.

Some people have tried mixing analgesics with other prescription medications or with other drugs such as alcohol. If this happens, it is not possible to predict how the combination of drugs will affect the body and can put the person at risk of serious health problems.

Questions

1. List some analgesics that you have heard of.

Sample

2. Why do you think people use analgesics? _____
- _____
3. How can you make sure that you don't have any problems if you need to use this type of medication?
- _____
- _____

Activity

Refusing Drugs

Some people take drugs because they are offered them and feel pressured to say yes. Practising how best to refuse drugs is important; it will make you feel more confident if ever put in this situation. Giving reasons why you do not want to take drugs offered, helps to make you appear firm in your response and not able to be easily influenced.

- ☐ In the speech bubbles below, script refusing drugs and offer reasons why you do not want to take the specified drugs.

1

Say NO to Cigarettes



Want one?
One won't hurt.

Empty speech bubble for response.



2

Say NO to Caffeine



Do you want a cup
of coffee? It might
help you to stay
awake and finish
your homework?

Empty speech bubble for response.



3

Say NO to Analgesics



These
painkillers will
take away your
shoulder pain.

Empty speech bubble for response.



Section 4:

Food Labels

Sample



Food Labels

By law, all food packaging must contain certain information about the nutritional value and content of food. All ingredients must be listed on food packaging and listed in order of quantity - so listed first is the ingredients which make up the greatest part of the product.

This information can be useful for a number of reasons. People with allergies can check the labels to make sure that they don't eat food that they are allergic to. It also enables people to check for the content of certain ingredients, which they may wish to include or exclude from their diet. Additionally, it is possible to compare the labels of different foods, to check if one is healthier than another. To be able to make an accurate comparison, it is important to compare the columns that list nutritional content per 100 gram. There are columns for serving size, but these vary between products.

Let's consider the nutrition information panel:

Energy: Energy is measured in kilojoules (kj) or calories (kcal). This is a way of informing you how much energy a certain food can give you. If you consume more energy than you use through daily activity, this energy will be stored as fat.

Fat: While our bodies need some fat, too much fat (especially saturated fat) can cause health problems including high cholesterol and heart disease. Foods with more than 10% fat (10 grams per 100 grams) are not generally considered to be healthy food choices.

Carbohydrate: Carbohydrate is a nutrient that provides the body with energy. We need carbohydrates in our diet, but need to ensure that this intake is balanced with

adequate exercise. Unused carbohydrates will be stored in the body as fat.

Sugars: Sugars are a form of carbohydrate. It is ok to have a small amount of sugar in your diet. Lower sugar options are healthier.

Fibre: Fibre content in food is good and helps the body to maintain health. It is better to choose foods with a higher fibre content.

Sodium: This is another word for salt. Foods with high salt content can contribute to increasing the risk of heart disease and high blood pressure. Foods with a low salt content are healthier food choices.

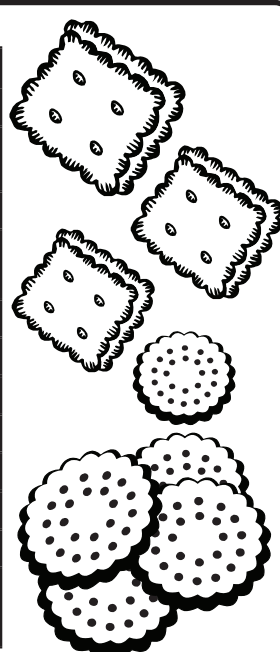
Ingredients: This section refers to all of the items that are used to make the product. People with food intolerances or allergies should check here. This is also a good place to check if the food contains any nasty preservatives or artificial additives.

Golden Munchies - your favourite breakfast cereal -		
Nutrition Information		
Servings per package: 15 Serving size: 30g		
	Per serve	Per 100g
Energy	500KJ 119kcal	1670KJ 379kcal
Protein	2.2g	7.4g
Fat	0.6g	1.8g
- Saturated	0.3g	0.9g
- Carbohydrate	26g	87g
- Sugars	4.2g	14g
Dietary Fibre	2.1g	7g
Sodium	117mg	390mg
Iron	3mg	10mg
Folate	50g	167g
Ingredients	wheatmeal, rice flour, maize flour, sugar, sultanas, skim milk powder, salt, sodium bicarbonate, iron, folate, turmeric	

- ☐ Drawing on what you have learned from the information on the previous page, answer the questions below based on the two food labels.

Wheat Crackers		
Nutrition Information		
Servings per package: 10		
Serving size: 3 crackers		
	Per serve	Per 100g
Energy	333KJ 95kcal	1533KJ 438kcal
Fat	3.5g	16g
- Saturated	0.2g	1.0g
Carbohydrate	8.8g	40.7g
- Sugars	1.1g	5.1g
Protein	3.0g	13.7g
Dietary Fibre	2.2g	10.3g
Sodium	53mg	240mg
Ingredients	wheat flour, vegetable oil, salt, poppy seeds, sugar, garlic, pepper	

Sweet Biscuits		
Nutrition Information		
Servings per package: 8		
Serving size: 2 biscuits		
	Per serve	Per 100g
Energy	720KJ	1798KJ
Fat	34.6g	13g
- Saturated	2.6g	7.5g
Carbohydrate	23.1g	67.9g
- Sugars	12.6g	36.1g
Protein	2.4g	8.8g
Dietary Fibre	0.6g	1.7g
Sodium	105mg	300mg
Ingredients	wheat flour, sugar, butter, coconut, vanilla	



Questions

- Which product has the lowest sugar content? _____
- How much energy does each product have? Express this in kj per 100 grams.

- How many biscuits/crackers in a single serving for each product? _____
- How many biscuits in a packet of Wheat Crackers? _____
- How many biscuits in a packet of Sweet Biscuits? _____
- In terms of sodium, which product do you think is the healthiest choice and why?

- What is sodium? _____
- Do these products have any of the same ingredients and if so, which one/s?

- Overall, which of the two products do you think is the healthiest? Explain your answer in detail with reference to the nutritional information provided.

- ☐ Find two food labels for a similar product. Paste them below, then complete the questions.

Food Label 1	Food Label 2
<div></div>	<div></div>

Questions

1. Which product do you think is the healthiest? Give reasons for your choice. Think about sodium, fat and sugar content etc.

2. Do any of the products contain, in your opinion, unnecessary unhealthy ingredients? Please specify.

3. Choose one ingredient from each product that could be substituted with a healthier ingredient without compromising the flavour of the products too much.

Section 5:

Good Relationships

Sample



A life without friendship would be very lonely. We need friends to provide us comfort when we are sad and to share happy moments and experiences with. Good friendships help us to make boring days interesting and provide us with opportunities to feel good by being kind and friendly to others.

☐ Think about your friendships and complete the following sentences.

1. A good friend is someone who _____

2. My longest friendship is _____

3. My friends and I enjoy _____

4. My friends make me feel special when they _____

5. If a friend lets me down I _____

6. I can be a good friend to other people by _____

7. I choose my friends _____

8. Friendship is important to me because _____

9. Sometimes friendship is hard because _____

☐ On another sheet of paper, write about the importance of friendship.

Some points to consider:

- *Why are your friends important to you?*
- *How would you feel if you didn't have any friends?*
- *How do you chose your friends?*



As time passes, your friends are likely to change. Let's look at some of the reasons why this happens:

- you might join a new club;
- you might move school;
- you might develop different interests to your current friends and make new friends that share your new interests.

Think about the friends that you played with last year. Are these the same friends that you play with this year?

☐ Complete the Friend Analysis below.

1. Name two friends who you played with last year that you don't play with as much this year.

2. Name two new friends that you have made this year.

3. Where did you meet your two new friends?

4. Have you got a friend who has moved away from your area or left your school? Do you still keep in contact with this friend? Say how.

5. If you or a friend moved away, how might you choose to keep in touch with them?

6. Why do you think that it is often harder to maintain a close friendship with someone who lives a distance away? (Maybe you disagree with this?)

Activity

Friendships Change 2

Sometimes friends change and don't make you feel good anymore. This is when it is time to make new friends. If people bully or pressure you or make you feel sad, they are not good friends. Do not make friends with people who make you feel sad or bad about yourself. If your friends make you feel good about yourself, are helpful and make you smile, they are worth holding on to.

1



☐ Is this a good friendship?

☐ Why/Why not?

☐ Is it time to make a new friend?

2

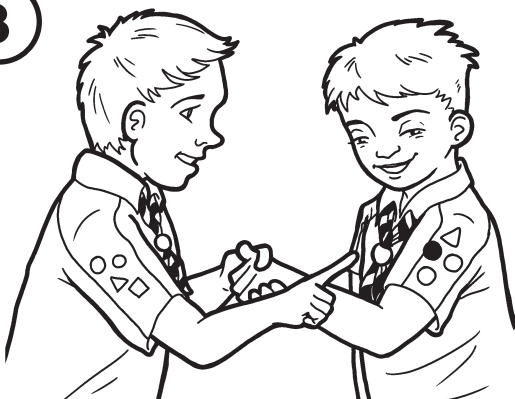


☐ Is this a good friendship?

☐ Why/Why not?

☐ Is it time to make a new friend?

3



☐ Is this a good friendship?

☐ Why/Why not?

☐ Is it time to make a new friend?

Sometimes your friends don't always behave in a way that you agree with, this means that maintaining friendships can be challenging. It is important to realise that these challenges are a part of life. While you don't get to choose how other people behave, you can choose how you deal with challenging friendships.

- ☐ Consider the following two scenarios and answer the same three questions for each.

Scenario 1

Two friends of yours are fighting with each other. They demand that you choose between them. You don't want to lose either of them.



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Scenario 2

Your friend starts acting in ways that you think are wrong (maybe using drugs, stealing, bullying or being rude).



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Sometimes friends don't always behave in a way that you agree with, this means that maintaining friendships can be challenging. It is important to realise that these challenges are a part of life. While you don't get to choose how other people behave, you can choose how you deal with challenging friendships.

- ☐ Consider the following two scenarios and answer the same three questions for each.

Scenario 1

Your friend invites you to go to the movies, but calls back an hour later to cancel. You find out that your friend went to the movies with someone else.



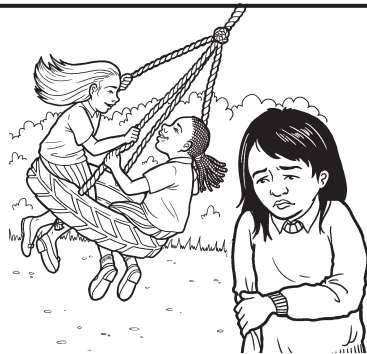
- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Scenario 2

You discover that your friend has been telling stories about you that aren't true.



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

- ☐ Read the information then complete the task.

What is bullying?

- When someone keeps picking on you again and again to make you feel bad.
- When a person says mean things to you over and over.
- When a person physically hurts you.
- When a person tries to control who you are friends with.

If these things are being done repeatedly and with the intention of causing physical or emotional harm, then they are classified as bullying.

Why do people bully?

- To look cool or tough.
- To get attention.
- To make onlookers laugh in an attempt to be funny.
- To put others down to make themselves feel better because they feel insecure about themselves.
- They don't know how to get along with others.



- ☐ One way to deal with a friend who has begun to bully you, is to make a new friend. Bullies do not make good friends. In the space below write three things that you can do to build new friendships.



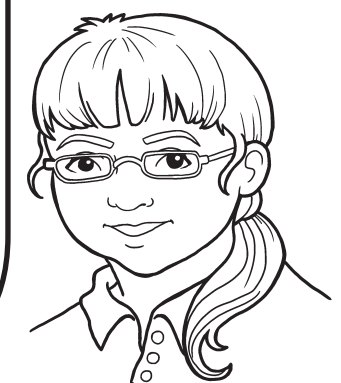
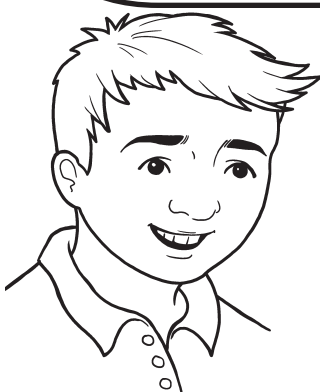
BUILDING FRIENDSHIPS



1

2

3



Being bullied is horrible. It makes you feel bad about yourself, erodes your self-confidence, can make you feel unsafe and frightened. It is important for you to understand that bullying is never OK.

- ☐ Consider the following scenarios in small groups or with your class. Decide which are examples of bullying. You need to be able to explain and justify your answers.

Scenario 1

John asks Luke to go to the movies with him but he says he is already going with his two friends.

- Is this an example of bullying?

**Scenario 2**

Sarah and Eve are in the same English class. Sarah pulls Eve aside and asks for her assignment to copy. Sarah says she will report Eve to the teacher for cheating if she doesn't hand the work over. This is not the first time that Sarah has threatened Eve like this.

- Is this an example of bullying?

Scenario 3

Adam walks past Sophie in the hallway and bumps her.

- Is this an example of bullying?

**Scenario 4**

Simon is new to the school and no-one sits with him at lunch time on his first day.

- Is this an example of bullying?

**Scenario 5**

Every time Michael walks past Jeremy, he sniggers and calls him horrible names. Out of school, Michael texts Jeremy nasty messages and phones him throughout the night, but hangs up when he answers.

- Is this an example of bullying?

Section 6:

Emotional Responses

Sample



- ☐ Read the information, then complete the tasks on this page and the next page.

If we lead a balanced lifestyle, we are more likely to respond to people and situations in positive ways. There are four essential elements that we need for good mental health: enough relaxation, good food, adequate exercise and plenty of sleep.

It is important that each of these four elements of lifestyle are balanced. If even one of these is not balanced then this can have a detrimental effect on your health and can cause you to react inappropriately to people and damage your relationships.

- ☐ Complete the following questions. (Your teacher may ask you to draw or write your answers.)

RELAXATION: What activities do you do to help you to relax?	FOOD: What are some of your favourite foods?
EXERCISE: What physical activity do you participate in each week?	SLEEP: How many hours of sleep do you get each night?

- ☐ What do you think you can do to improve the balance of the above four essential elements of lifestyle so that you are more likely to be in control of your emotions?

- ☐ Read the information, then complete the questions.

Finding a good balance by way of participating in relaxing activities, eating healthy nutritious food, engaging in regular exercise and ensuring that you get a good amount of sleep each night helps to maintain a healthy lifestyle. An imbalance, can contribute to a decline in health and lifestyle problems.



1. What do you feel like when you haven't had enough sleep?

2. What do you feel like when you have eaten lots of junk food?

3. What do you feel like when you have sat in front of the computer all day?

4. A balanced lifestyle helps us to remain calm, think about things clearly and act rationally and appropriately. Study the picture. Imagine that the boy with marked shorts has had a late night and has been eating junk food all day. How is he likely to react to his friend laughing at him?



- ☐ Read the information, then answer the questions on this page and on the next page.

The way that you feel about yourself is called self-esteem.

If you feel confident and good about yourself, you have high self-esteem. If you generally feel bad about yourself and have little or no confidence, you have low self-esteem.

Our emotional responses are linked to our self-esteem. People who have high self-esteem are not only happy in themselves, but are more likely to be happy for others and so are fun to be around, have friends, can be trusted, and care about themselves and others. People with high-self-esteem are more likely to make positive decisions and less likely to respond to others in ways that express anger and jealousy.

People who have low self-esteem are more likely to make poor decisions, and make friends with people who also have low self-esteem.

Most people experience times in their lives when they feel bad about themselves, this is a normal part of life. This is why it is important to learn strategies to think positively about yourself. Thinking positive about yourself means that you will make positive decisions.

1. Write down some positive things about yourself.
2. Write down some positive things about another person.

3. What things can you do to get high self-esteem?

Don't expect perfection.

☐ Use the information on the previous page to help you to complete these tasks.

A



1. Look at the boy in this picture. Do you think that he has low or high self-esteem?

2. How do you know this?

3. How do you think this boy's self-esteem is affecting his relationship with his family?

4. How might a boy with different self-esteem react to this situation?

B



1. Look at the children in this picture. Do you think that they have low or high self-esteem?

2. How do you know this?

3. How do you think that the children's self-esteem has affected their relationship with other members of their peer group who do not smoke?

- ☐ Read the information, then complete the task.

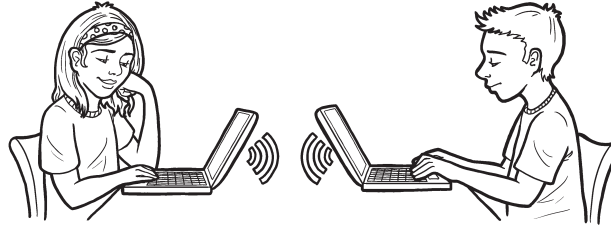
- Resilience (or resiliency) is an emotional response which helps you to learn from difficulties and bounce back after you have encountered a problem.
- Resilient people have personal strengths, skills and abilities which help to buffer them against stress.
- Resilient people are usually optimistic and believe that they can find a way to make things work well.
- Resilient people have high self-esteem, are confident and make good decisions.
- Resilient people resist negative thinking.



- ☐ Some people just seem to be more resilient than others, but there are things that we can all do to improve our resiliency. Create a poster below to display in the classroom which encourages children to be resilient. Think about these sayings: "Pick yourself up and try again", "If at first you don't succeed, try and try again", "If somebody knocks me down, I get back up".

Sample

Etiquette refers to having good manners. Netiquette (Net = Internet) refers to conducting yourself appropriately, with respect to others and using your best manners while using the Internet. This includes the use of emails, instant messaging (IM) and other online posts. If you do not use the Internet responsibly it could impact your friendships.



- ☐ There are some general rules that outline what netiquette is about. Draw lines to find out what these rules are.

Keep flaming under control ...

the way that you would want to be treated

Look good online...

makes people think that you are shouting.

Typing letters in all capitals ...

don't get into big arguments on the Internet.

Treat other people ...

treat people with respect as you would in person.

Remember the human ...

think about what you write before you write it.

- ☐ Create a poster that highlights the importance of Netiquette and some of the key rules.

NOTES!



Section 7: The Media

Sample



Activity

Copy Cat Behaviour

When you were a baby you ate what you were served. Now that you are older, you have more freedom to choose what you eat. It is tempting to eat the wrong types of foods if your friends are doing this, but it is important to resist copying your friends' bad habits and make your own healthy choices. Your healthy choices might even rub off on your friends.

- ☐ This is a story about Sam and his three friends who are all in Year 6. On a Saturday, the boys go to soccer training together. One Saturday, Sam's three friends want to go to Greasy Joe's Burger Bar before soccer training to eat. Sam wants to eat at The Raw Food Kitchen instead because it serves healthier food which he believes will give him more energy before soccer. In the speech bubble, write what Sam could say to his friends to convince them to change their minds.



Sample



- ☐ Think of two healthy eaters you know. Write their names here:

- ☐ There are many people in the public eye (public figures/celebrities) who want to influence people to make good food choices. Jamie Oliver and Michelle Bridges are two examples. List more below.



Influential Public Figures



Activity

The Media And Food Choices

Sometimes the media can have a positive influence on people's health. Reality television shows like The Biggest Loser can inspire people to change their poor eating habits. Television commercials can also aim to encourage people to eat healthier.

- ☐ List five television programs or commercials which encourage the general public to choose to eat healthily.

Television Program Or Commercial	Healthy Food Choice It Encourages
1.	
2.	
3.	
4.	
5.	

- ☐ List five television programs or commercials which encourage the general public to choose to eat unhealthily.

Television Program Or Commercial	Unhealthy Food Choice It Encourages
1.	
2.	
3.	
4.	
5.	

- ☐ Magazines and newspapers are other media forms which influence our behaviour. Find a print advertisement in a newspaper or magazine which promotes either good or bad eating habits. Paste it in your workbook and answer the questions below.



Questions

1. What food is this advertisement promoting?
2. What food group does this food belong to?
3. Is this a healthy or unhealthy advertisement?

- ☐ Read the information then answer the questions.

The media can influence the way that the public perceive and respond to drugs. The media can play a large part in sending positive health messages to society to encourage them to understand the dangers of drug use. The slogan Smarter Than Smoking for example was used by the media to discourage smoking in Australia. However, the media can also encourage the use of legalised drugs such as cigarettes and alcohol, by sponsoring large events and tournaments.

In the 1970s the Australian government started to place restrictions on the advertising of cigarettes. These restrictions have continued to increase over time and are now very strictly monitored and are law. On the television however, there can be conflicting messages about alcohol use. Some advertisements glorify the act of drinking while other government sponsored advertisements display the dangers of alcohol, especially if consumed by young people.



1. Think of another slogan which discourages the use of drugs and is widely known in Australia.

2. Why do you think advertisements promoting smoking have been banned? Why were they ever allowed?

3. How and why has cigarette packaging changed?

4. Do you think companies promoting alcohol and cigarettes should be allowed to sponsor large commercial events? Give reasons for your answer.

Activity

The Way We Live

There is no doubt that our lifestyle causes, or at least increases, the risk of health problems that were not nearly so common in the past.

- ☐ Write down the consequences of the unhealthy lifestyle habits listed below.

CAUSES		CONSEQUENCES
Not enough fibre in our diet...	▶	
Too many sugars...	▶	
Too much caffeine...	▶	
Not enough exercise...	▶	
Excessive alcohol...	▶	
Smoking...	▶	
Taking unnecessary medicines...	▶	

Sample

Sample