

A FAIR AND EQUAL OPPORTUNITY TO BE HEALTHY: KEY STAGE 4 RESOURCES



KS4: A FAIR AND EQUAL OPPORTUNITY TO BE HEALTHY

RESOURCE 1: ATTITUDE CONTINUUM

Start of lesson: Draw a square on the line to indicate how much you agree or disagree with each of the statements below.

1. A person’s health is something they are solely responsible for as an individual.

AgreeDisagree

2. Everyone in the UK has equal access to the things that keep them healthy.

AgreeDisagree

3. It’s okay to make judgements about someone else’s health.

AgreeDisagree

End of lesson: Re-read the statements above. Use a triangle to show how much you agree or disagree with the statements now. Then complete the statements below.

At the start of the lesson...

1. I knew a person’s health was affected by:

...now I also know:

2. I could challenge stigma about health by:

... now I know more effective ways including:

OR

...I didn’t know how to challenge stigma about health, now I know:

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RESOURCE 2: SCENARIO CARDS

<p>Suley walks his dog in the nearby park. He enjoys his time there and feels connected to nature. He also gets a chance to socialise and chat. It's well-lit and there are maps and signs so it's easy to navigate.</p>	<p>Fiona spends a lot of time at her local library, there are well-lit social areas outside and the building is wheelchair accessible. She meets with community groups there, including an LGBT reading group.</p>	<p>Amirah loves socialising with her friends while they exercise or play sport. She enjoys outdoor gyms but there isn't one available in her local area and she doesn't feel very safe in the park. So, she...</p>
<p>...helped to organise a community event so that people feel safe and socialise with each other. The event will particularly support people who worry about or experience discrimination.</p>	<p>Michael lives a long way from shops that sell healthier food options. The only food he can afford nearby is fast food. He wants to make some changes but doesn't have time to get to the shops. So, he...</p>	<p>Taylor knew they didn't want to go to university, and after a conversation with their school's Careers Advisor they applied for an apprenticeship. They've just been accepted and are really excited.</p>
<p>Abid is feeling under pressure about his future, but he's not had any careers advice and he doesn't know where to go for advice about careers or what his options are. So, he...</p>	<p>Ash works with young people, and they've said that they experience discrimination which means they don't feel safe in public spaces. Ash also experienced this when younger. So, Ash...</p>	<p>...wrote to the local council about installing lighting and maps in the park, with the support of her friends and teachers. They also asked for outdoor gyms, so people don't have to pay a lot of money for memberships.</p>
<p>Kojo enjoys food tech and now he knows how to prepare a range of healthy meals. He's also had budgeting lessons in PSHE education, so he's confident he can plan for affordable, healthy meals at university.</p>	<p>...and his friends asked the school to run a careers meeting to help their families understand their career options better. They also organised an online job fair to get better careers advice.</p>	<p>...and his friends wrote to the school council to ask for their help in campaigning for healthier food options in school.</p>



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RESOURCE 2A: CARD SORT GRID

	Feeling connected and having a sense of belonging in a community	Food security with access to a range of healthier food options	Economic security and safe, fulfilling work	Access to safe green spaces and spaces for physical activity
Example of addressing the barrier to accessing the building block to health				
Example of a barrier to accessing this building block to health				
Example of being able to access this building block to health				

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RESOURCE 2B: CARD SORT GRID SOLVED

	Feeling connected and having a sense of belonging in a community	Food security with access to a range of healthier food options	Economic security and safe, fulfilling work	Access to safe green spaces and spaces for physical activity
Example of being able to access this building block to health	Fiona spends a lot of time at her local library, there are well-lit social areas outside and the building is wheelchair accessible. She meets with community groups there, including an LGBT reading group.	Kojo enjoys food tech and now he knows how to prepare a range of healthy meals. He's also had budgeting lessons in PSHE education, so he's confident he can plan for affordable, healthy meals at university.	Taylor knew they didn't want to go to university, and after a conversation with their school's Careers Advisor they applied for an apprenticeship. They've just been accepted and are really excited.	Suley walks his dog in the nearby park. He enjoys his time there and feels connected to nature. He also gets a chance to socialise and chat. It's well-lit and there are maps and signs so it's easy to navigate.
Example of a barrier to accessing this building block to health	Ash works with young people, and they've said that they experience discrimination which means they don't feel safe in public spaces. Ash also experienced this when younger. So, Ash...	Michael lives a long way from shops that sell healthier food options. The only food he can afford nearby is fast food. He wants to make some changes but doesn't have time to get to the shops. So, he...	Abid is feeling under pressure about his future, but he's not had any careers advice and he doesn't know where to go for advice about careers or what his options are. So, he...	Amirah loves socialising with her friends while they exercise or play sport. She enjoys outdoor gyms but there isn't one available in her local area and she doesn't feel very safe in the park. So, she...
Example of addressing the barrier to accessing the building block to health	...helped to organise a community event so that people feel safe and socialise with each other. The event will particularly support people who worry about or experience discrimination.	...and his friends wrote to the school council to ask for their help in campaigning for healthier food options in school.	...and his friends asked the school to run a careers meeting to help their families understand their career options better. They also organised an online job fair to get better careers advice.	...wrote to the local council about installing lighting and maps in the park, with the support of her friends and teachers. They also asked for outdoor gyms, so people don't have to pay a lot of money for memberships.

Rill Borough Record

Pineton-on-Rill named least healthy town in the borough. How does your town measure up?

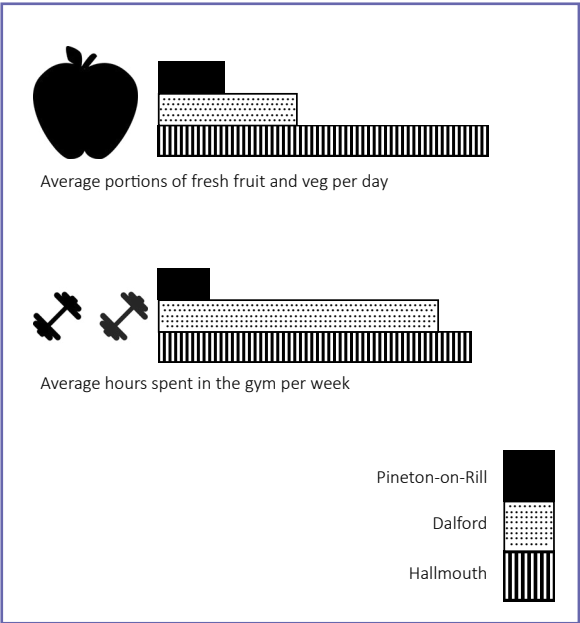
The people of Pineton-on-Rill, a small village in the Rill borough, are officially the least healthy people in the area, says Dr Michaels of the Rill Borough Health Centre.

This comes from a recent survey of time spent in the gym and portions of fresh fruit and veg eaten each day.

Rill borough councillor Bart Bloxham commented “We’ve spent thousands of pounds on a public health campaign to raise awareness of ways to stay healthy in Pineton-on-Rill. If people just follow our guidance, then Pineton-on-Rill will catch up with nearby towns like Dalford and Hallmouth city.”

The council has expanded plans for their health campaign to restrict buy-one-get-one-free offers in Pineton-on-Rill’s local shop to help residents make healthier choices.

Deanne Thomsett, resident of Pineton-on-Rill commented on the survey findings “It’s very easy to say that people in Dalford and Hallmouth go to the gym more, they have more gyms and ours is really expensive. We’ve only got a little corner shop so how are you meant to get fresh fruit and veg anyway?”



Pineton-on-Rill residents spend hardly any time in the gym and eat next to no fresh fruit and veg

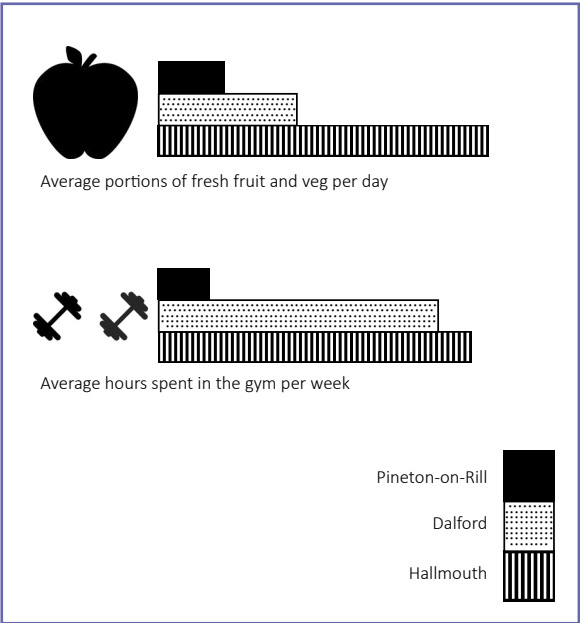
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How does your town measure up?**

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Is going to the gym the only way people can take part in physical activity?

What barriers might there be to going to the gym?



Pineton-on-Rill residents spend hardly any time in the gym and eat next to no fresh fruit and veg

This comes from a recent survey of time spent in the gym and portions of fresh fruit and veg eaten each day.

Is it fair to only ask people about fresh fruit and vegetables? Why?

What might be a more helpful approach to supporting the residents of Pineton-on-Rill?

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RESOURCE 4: TALKING HEADS

Ash came to the health centre where I'm a doctor, to talk about the needs of the community. We realised that young people in same sex relationships were worried they wouldn't be able to access sexual health services without being judged. So, we came to the community centre to talk about our services and to share information for our specific drop-in clinic for LGBT young people.

I fell asleep in class and my teacher told me that I needed to eat better to have more energy. I felt really frustrated at that, but I had been falling asleep in a lot of classes recently.

I thought the doctor would just say the same thing and blame me for what I was eating. But when my Mum got my report from school, she took me to the doctor, they were actually really good, and it turns out I needed a bit of medical help, so I'm feeling a lot better day-to-day now.

Loads of people in our area have asthma and I read that it can be made a lot worse by pollution. So, our community group wrote letters to the local MP and our town council. Because we made them aware of our concerns, our MP is raising this for us in parliament and our council is working on a plan to improve air quality in our area.

There was a time where I wasn't feeling so great. It was affecting my life day-to-day; I couldn't focus on my schoolwork and didn't want to chat to my friends so much. In the end I spoke to my Grandad, and he took me to the doctor. Since then, it's been getting better; the doctor's been really helpful, and my Grandad and a couple of friends have been doing things like going fishing with me. I feel much calmer when we do that.

The school usually runs a careers meeting in the hall and invites parents along, but because we care for our Nan it means my parents can't always make it to school events. When my form tutor asked why my parents hadn't confirmed they were coming I explained, and my form tutor spoke to the school. My form tutor arranged for my parents to come to an online session instead, so now they know just as much about my career options as everyone else in the school.