

UNIT 1: Healthy individuals

Area of Study 1: Identity and self-care

In this area of study, students will be introduced to the concepts of personal identity and emotional intelligences in differing contexts. Students will explore the elements of emotional intelligence (self-awareness, self-regulation, motivation, empathy and social skills), and develop and apply strategies relating to personal identity and emotional intelligence.



Key knowledge

- The concepts of personal identity.

Personal identity

Your personal identity is who you are. It is how you define yourself. Your personal identity is how you see yourself and how you believe others see you. It is the factors that distinguish you from others, that make you different, unique and makes you who you are. Your personal identity is formed by your likes and dislikes, your relationships with family and friends and role models who you may look up to.

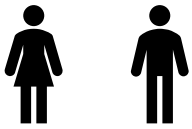
Your personal identity is always evolving. Who you are and how you see yourself changes overtime as you explore your community and the world around you. Your interest will change and this influences your personal identity. Meeting new people and socialising can introduce you to new things and influence your perception of things. You may find new interest, hobbies and passions as you grow and develop and these will become a part of your personal identity and who you are.

Your personality will strongly influence your personal identity. These are the characteristics that make you unique and sets you apart from others. Your personality will include your willingness to try new things and how you will react and handle situations that you are faced with in your life. How you handle yourself in the good times and bad and how you change and adapt will influence your personal identity.

To have a positive personal identity it is important to:

- Recognise your strengths and weaknesses. Be honest and open about your capabilities and short-falls.
- Think about your core values. What do you believe in and how do you want to live your life? If you don't believe in eating animals then live by this and consume a vegetarian diet.
- Ensure that your life has meaning and purpose. Think about and create goals. This will help you to have positivity, motivation and energy in your day-to-day life.
- Form meaningful relationships, nurture and value them.
- Contribute to your community in any way you can. This doesn't mean that you have to donate money or time. Just consider your environment. Be pleasant to the attendant at your local supermarket, offer to help someone who looks to be struggling with something or if you see rubbish on the ground in your local park pick it up and dispose of it appropriately.

Your personal identify includes everything that makes you, you including:



Your name



Hobbies



Education



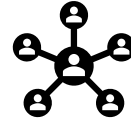
Interests



Skills



Family



Friends



Cultural background



Physical features



Favourite foods



Favourite movie



Favourite music



Things your good at



Things you're
not so good at



Personality traits



Habits



Dreams and
aspirations



Where you live



Things you are
passionate about



Likes



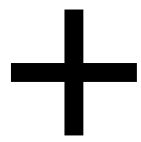
Dislikes



Beliefs, values
and morals



Motivations



And many,
many more

Knowing your personal identify is not always something that comes easily. People can have difficulty at stages of their life understanding who they are. Many find it a struggle to describe themselves and their characteristics. Knowing who you are is important allows you to focus, live with purpose, have good relationships and know what you want to achieve. This contributes to your emotional health and wellbeing.

To develop your personal identity, you should:



Challenge yourself

Challenge yourself to try new things and explore new concepts and ideas. When speaking with someone and they have a differing opinion from your own, listen to their reasoning, ask questions and try to understand and appreciate their point of view.

If someone invites you to try a new activity, like badminton, go, try it. You might find that you really enjoy it and you may have just found a potential new hobby or interest.



Make your own decisions

Talk over choices that you need to make with someone that you trust like a parent, friends or guardian. Outline the pros and cons of each choice and then make it. It is important for your personal identity that you make decisions that you are comfortable with.



Spend time on your own

Spending time by yourself allows you to really think about the things that are going on in your life and reflect on what's been happening. Reflect on the good as well as those aspects that you feel require improvement. Being alone allows you to focus on your own thoughts and opinions without the pressure and judgements of others. It also allows you to relax and calm your mind which is crucial for both your emotional health and wellbeing.

You may even like to use a journal to jot down your feelings to better organise and reflect on them. It is a great way to relax on your own and further develop your personal identity as you explore your feelings. When times are tough journaling can help to reduce stress and anxiety as it allows you an outlet to release your negative thoughts and feelings giving yourself an opportunity to reflect on them and potentially find a solution. Using a journal is a great way to find inspiration and set goals for yourself and monitor your progress towards them. As you achieve them your confidence will increase, making you feel better about yourself as a person.



Consider your values

Your values are what is most important to you in life. They are your basic beliefs that motivate your actions and attitude. Your values are the things that you feel are desirable and worthwhile. They can include things like creativity, authenticity, fun, honesty and respect.



Discussion spot 1.0

Consider the list of personal values listed below. Select no more than five that you feel are most important to you by circling them. Then, provide a brief explanation of why they are important to you. If time permits, your teacher may ask you to share your values with the class.

Achievement	Adventure	Appreciation	Attentiveness
Authenticity	Balance	Beauty	Caring
Compassion	Community	Connection	Courage
Creativity	Curiosity	Determination	Diversity
Empathy	Enjoyment	Equality	Excellence
Fairness	Faith	Family	Finances
Fitness	Forgiveness	Fun	Generosity
Giving	Gratitude	Growth	Happiness
Harmony	Health	Honesty	Humanity
Humour	Innovation	Integrity	Intelligence
Justice	Kindness	Knowledge	Leadership
Learning	Love	Loyalty	Openness
Order	Optimism	Peace	Personal development
Pleasure	Professionalism	Quality	Recognition
Religion	Reputation	Resilience	Respect
Security	Selflessness	Self-reliance	Self-respect
Spiritualism	Stability	Status	Strength
Success	Teamwork	Tolerance	Toughness
Trustworthiness	Wealth	Willingness	Wisdom

Value 1

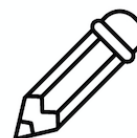
Value 2

Value 3

Value 4

Value 5

TASK 1 YOUTUBE YOUR PERSONAL IDENTITY



Imagine you have just decided to start a YouTube channel. In your first ever video you are going to introduce yourself to your viewers and potential subscribers in a 1-minute clip.

Before you record your clip, you are going to think about and draft what you might say to describe yourself and what makes you unique. To do this you are going to complete the following template to summarise elements of your personal identity.

Once you have completed this and shown your teacher you are going to record yourself using a device such as a phone, tablet or computer introducing yourself to the world. Remember YouTubers are energetic, confident and interesting. You want viewers to subscribe to your channel so make it engaging and fun! Scan the QR Code to view and example.



UNIT 1: Healthy individuals

Area of Study 2: Community health and wellbeing

In this area of study, students will explore concepts of health and wellbeing for individuals and groups, the factors that affect wellbeing and the characteristics of inclusive and cohesive communities. They will investigate activities and support services that aim to improve individual and group wellbeing within the community. Students will explore the requirements for undertaking activities or voluntary work within the community. They will understand and apply the key elements involved in designing, implementing and evaluating a purposeful activity that aims to achieve a clear objective.



Key knowledge

- The concepts of health and wellbeing for individuals and groups.



Key skills

- Describe the concepts and factors relating to individual and group health and wellbeing

Health and wellbeing

Health is defined by the World Health Organisation (WHO) in 1946 as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'. A person's health is influenced by their genetics, environment and lifestyle. According to the Australian Institute of Health and Welfare (AIHW) a person's health depends on two factors:

- **Determinants** – Factors that influence their health. These include the social and economic environment, the physical environment and a person's individual characteristics and behaviours, such as income, education, job security, housing, food and social inclusion. These determinants can influence a person's health and wellbeing in a positive or negative way.
- **Interventions** – Actions taken to improve health and the resources required for those interventions. Interventions may include vaccinations, screening and test, adopting a healthy lifestyle, i.e. a healthy diet, regular exercise, not smoking and limiting alcohol intake.



Your wellbeing is strongly linked to how you feel about yourself and your life and if you are happy and satisfied with the factors that in your life such as your family, relationships, career, friends, sleep, diet and your finances, just to name a few.

Types of health

Physical Health

Physical health is the state of being free from illness or injury. It is about the physical body and how well it is functioning.

Having good physical health ensures that you are healthy and reduces your risk of developing diseases that are influenced by lifestyle factors such as type II diabetes, some cancers and cardiovascular disease.

Physical health includes all factors that affect your body both positively and negatively, such as regular exercise, good nutrition, hydration, adequate sleep and drug and alcohol use.



Social Health

Social health is our ability to interact with others and form meaningful relationships. These relationships may be friendships, intimate relationships, family and professional work relationships.

Our social health also includes how we feel in these social situations, if we feel comfortable and have the ability to adapt.

Building and maintaining interpersonal relationships allows you to be socially healthy. The quality and quantity of these social connections can affect both mental (emotional) and physical wellbeing.

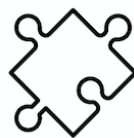
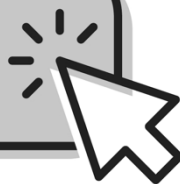


Emotional Health

Emotional health is an aspect of mental health. It is the health of a person's mind and thought processes. Emotional health is about how we think and feel. It is the ability to cope with both positive and negative emotions and being aware of them.

Having good emotional health is not about being happy all the time. It is about recognising your emotions and how you are feeling and dealing with it.



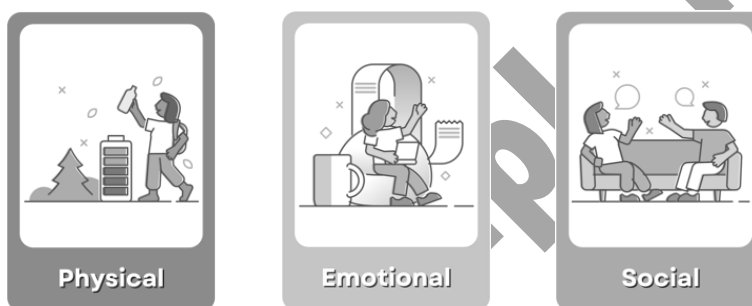
TASK 4 HEALTH SNAP

Time to play snap!

Find a partner. Your teacher will give you a set of Health Snap Cards. There are three categories of cards – Physical Health, Social Health and Emotional Health. Split the cards into these three groups.

Grab one card from each category and position them between you and your partner so that you both can easily reach the cards to snap them.

Like this:



When you are ready your teacher will call out an example of a type of health. You will then need to quickly work out if category it falls into: Physical Health, Social Health and Emotional Health and snap the corresponding card.

Your teacher will then give you the answer. If you are right, you get to keep the card. If you are wrong, your partner gets to keep the card. The players with the most cards at the end wins.

Then, replace the card taken and the game continues.

You can see an example of how to play by scanning the QR code.

Once you have finished your game of snap, complete the allocated questions.

There is to be NO cheating, calling out or arguing during the game. There is also NOT to be any aggressive slapping.



QUESTIONS

1. Define Health.

2. What are three factors that influence your health?

3. Provide an explanation of physical, social and emotional health.

Physical:

Social:

Emotional:

4. From the snap game, write down **two** examples for each type of health.

Physical Health



Social Health



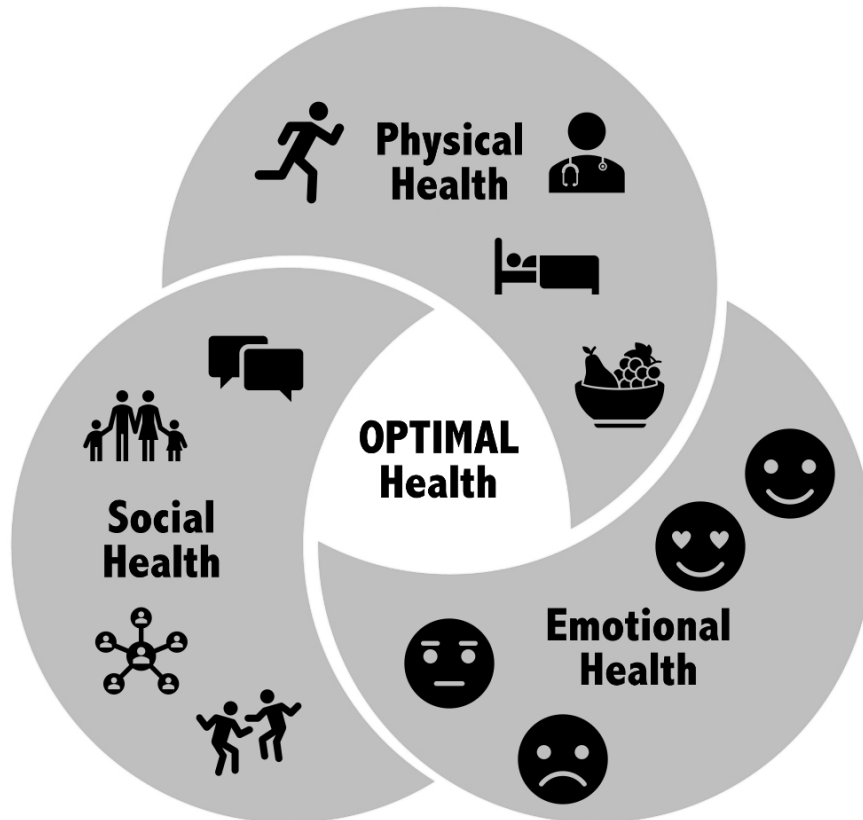
Emotional Health



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The interrelationship

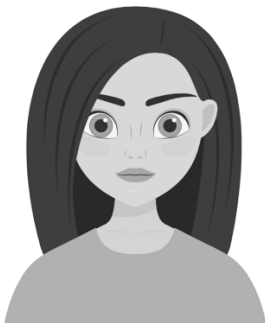
All aspects of our health, physical, social and emotional are interrelated. They are connected and impact one another. These three dimensions of health contribute to and measure a person's overall health status. If one aspect of our health is poor or out of balance, the other may also be affected. When all aspects of our health are good and balance, we are said to have optimal health status.



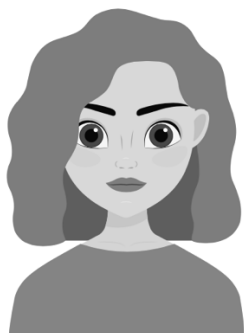
Interrelationship examples



Freddie is sick in bed with a cold or flu his physical health has been negatively affected. As a consequence of this he may feel sad, therefore in this case his physical health has directly impacted his emotional health. Furthermore, as a result of feeling sad and unwell Freddie may not want to, or be able to socialise, affecting his social health. In this example physical health was directly affected which has imbalance all aspects of health, affecting a Freddie's emotional and social health, as they are interrelated.



Susan is a netball player. She sustains an ankle injury and will not be able to play for the next few months. Her physical health has been effects by her injury, she must rest with her ankle elevated, is on crutches to move around for the next 6-weeks and is in pain. Due to her injury, she has lost the opportunity to participate in training and socialise with her teammates. Susan's physical health has directly affected her social health. Her emotional health may also be affected as she is unable to exercise and obtain the release of endorphins that you get from being physically activity. This could make her feel sad and depressed.

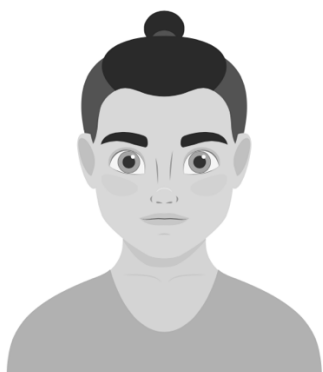


Toni has just lost their mother. This loss has made them sad, affecting their emotional health. Toni is not up to going out with friends and doesn't really feel like talking to anyone. Their lack of socialising has affected their social health. Toni is home on their own a lot as they feel so upset and hurt. They are drinking more and more alcohol every day to numb their pain. This is making them ill and is affecting their body and it's normal functioning. They are also at risk of an alcohol overdose or developing heart, liver, GI tract, vasculature system and kidney issues if their drinking becomes long-term. The loss of their mother has affected Toni's physical, emotional and social health.

TASK 5 EXPLORE THE INTERRELATIONSHIP



For each of the following health issues consider and explain how you think it may affect the other aspects of the person's health.



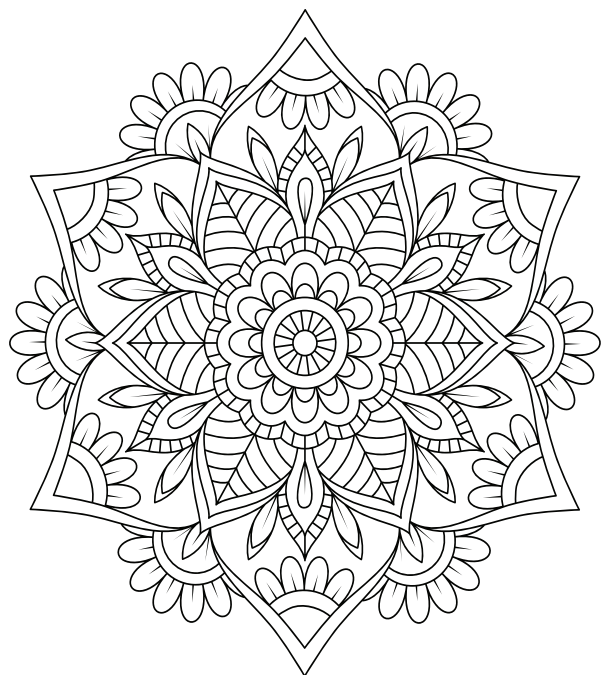
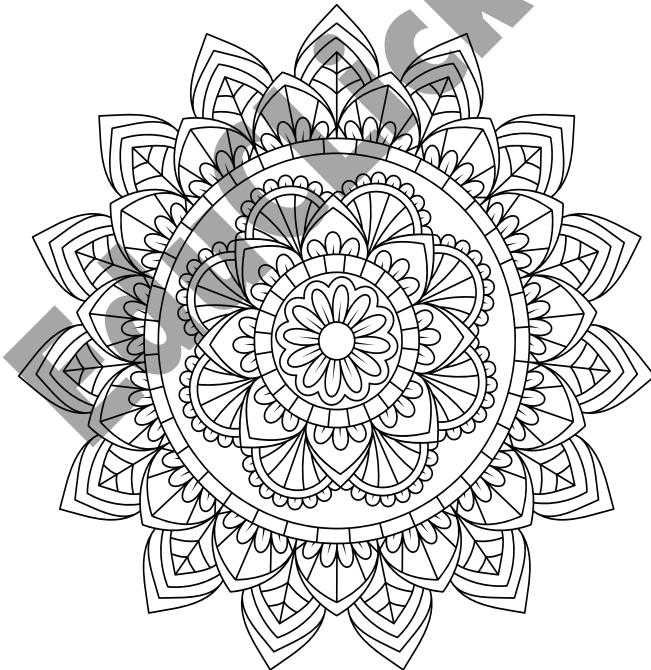
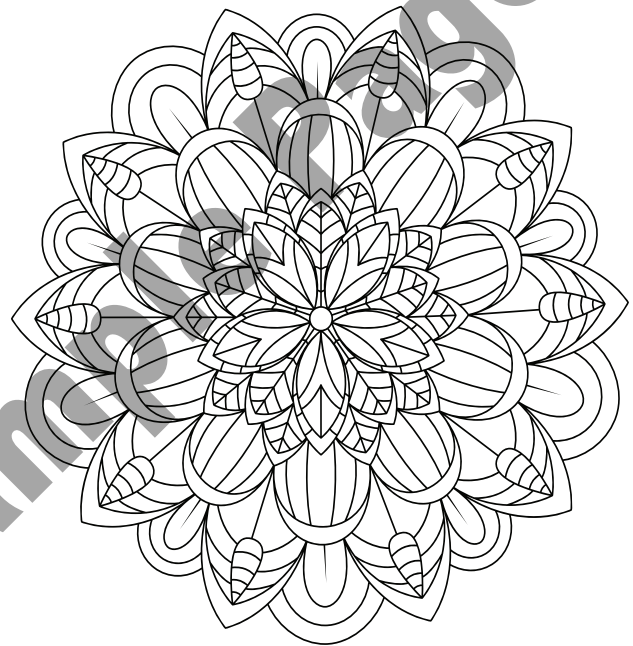
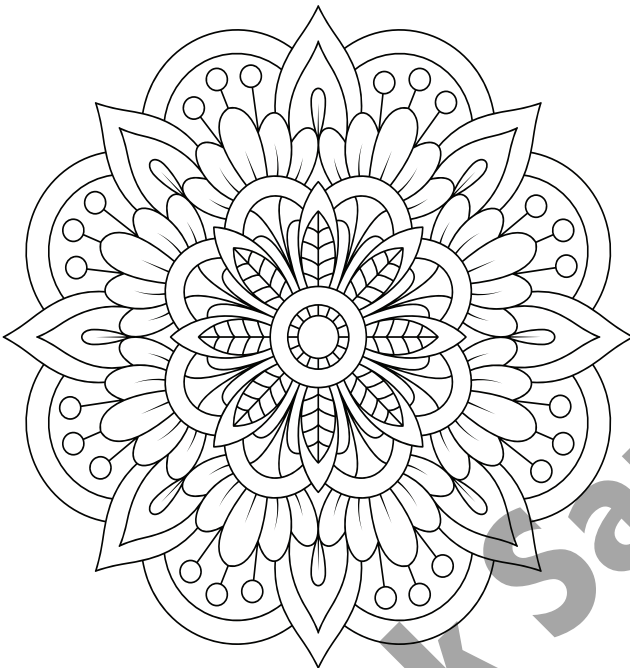
Randy just tested positive for COVID-19.



Sarah's partner of 2 years just broke up with her and she really doesn't know why.

Activity 3 – Boost your emotional health**30 Minutes**

Today you are going to spend time relaxing, in silence completing a Mandala. Mandalas are traditionally used as spiritual tool to aid meditation, however, in western culture, mental health counselors are using them to assist with stress relief. Research has shown that if you are fully emersed in a Mandala colouring you can enter a state of “flow”. This can increase the levels of dopamine in your brain, giving you a sense of wellbeing.



QUESTIONS

Activity 1 – Boost your physical health

1. How did the activity make you feel?

2. How do you think this activity helps to boost physical health status?

3. List three other activities you could do to boost your physical health.

4. How is physical health connected with social and emotional health?

Activity 2 – Boost your social health

5. How did you socialise during this activity?
