

**KS3**  
LEVEL

**LEARNING  
FOR LIFE  
AND  
WORK  
IN CLOSE-UP  
YEAR 8**



**COLOURPOINT  
EDUCATIONAL**

**Paula McCullough**

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I would like to dedicate the series 'LLW in Close-Up' to Michael Spence. During his brief time as an Education Editor, Michael introduced me to writing for Colourpoint.

Thank you, Michael. Without you, my writing projects might never have happened.



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## INTRODUCTION TO THE SERIES

This series has been written to meet the requirements of the KS3 Northern Ireland Curriculum. Each of the three books covers all three areas of learning: Personal Development, Citizenship and Employability. There is a progression through Years 8, 9 and 10, with one book for each year group. There are 40 sections in each textbook, with each section containing ideas and activities for a week of LLW classes. There is plenty of choice to allow for differentiation and the interests of pupils.

The CD has been written alongside the text and follows exactly the content of each numbered lesson. The materials on this resource include a pupil worksheet for every lesson, photographs for projection and additional activities.

Learning for Life and Work is about a young person developing as an individual, relating to others, taking their place in society as an active citizen, and looking to the future and the world of work. For this reason each book starts with Personal Development, progresses to Citizenship and concludes with Employability. However, the sections can be taught in any order to suit the school curriculum.



## OVERVIEW OF THE SERIES

### YEAR 8 BOOK

PERSONAL DEVELOPMENT	CITIZENSHIP	EMPLOYABILITY
<p><b>SELF AWARENESS</b></p> <ol style="list-style-type: none"> <li>1. This is me</li> <li>2. My beliefs</li> <li>3. Influences</li> <li>4. Feeling good about myself</li> <li>5. Managing my work</li> </ol> <p><b>PERSONAL HEALTH</b></p> <ol style="list-style-type: none"> <li>6. Health matters</li> <li>7. How to be healthy</li> <li>8. Growing and changing</li> <li>9. Substance abuse</li> <li>10. Staying safe</li> <li>11. Know the risks</li> </ol> <p><b>RELATIONSHIPS</b></p> <ol style="list-style-type: none"> <li>12. My friends</li> <li>13. Getting on with people</li> <li>14. Difficult situations</li> <li>15. Sorting out problems</li> <li>16. Boyfriends and girlfriends</li> </ol>	<p><b>DIVERSITY AND INCLUSION</b></p> <ol style="list-style-type: none"> <li>1. My identity</li> <li>2. Family life</li> <li>3. Attitudes to others</li> </ol> <p><b>HUMAN RIGHTS AND SOCIAL RESPONSIBILITY</b></p> <ol style="list-style-type: none"> <li>4. What are human rights?</li> <li>5. Children's rights</li> <li>6. Where rights are denied</li> </ol> <p><b>EQUALITY AND SOCIAL JUSTICE</b></p> <ol style="list-style-type: none"> <li>7. It's not fair!</li> <li>8. Nowhere to call home</li> <li>9. Focus on The British Red Cross</li> <li>10. Focus on UNICEF</li> </ol> <p><b>DEMOCRACY AND ACTIVE PARTICIPATION</b></p> <ol style="list-style-type: none"> <li>11. What is a democracy?</li> <li>12. Getting involved in school</li> <li>13. Why do we need rules?</li> <li>14. Taking action in your local area</li> </ol>	<p><b>WORK IN THE LOCAL AND GLOBAL COMMUNITY</b></p> <ol style="list-style-type: none"> <li>1. Work in Northern Ireland</li> <li>2. Buying and selling worldwide</li> <li>3. New technology</li> <li>4. Health and safety</li> </ol> <p><b>CAREER MANAGEMENT</b></p> <ol style="list-style-type: none"> <li>5. What am I good at?</li> <li>6. Thinking about my career</li> <li>7. Investigating jobs</li> </ol> <p><b>ENTERPRISE AND ENTREPRENEURSHIP</b></p> <ol style="list-style-type: none"> <li>8. Are you an enterprising person?</li> <li>9. Having a good idea</li> <li>10. Going into business</li> </ol>

### YEAR 9 BOOK

PERSONAL DEVELOPMENT	CITIZENSHIP	EMPLOYABILITY
<p><b>SELF AWARENESS</b></p> <ol style="list-style-type: none"> <li>1. Personal responsibility</li> <li>2. Knowing right from wrong</li> <li>3. Pressures and influences</li> <li>4. Targets and goals</li> <li>5. Coping with school</li> </ol> <p><b>PERSONAL HEALTH</b></p> <ol style="list-style-type: none"> <li>6. Aspects of health</li> <li>7. Body matters</li> <li>8. Moods and emotions</li> <li>9. Addiction</li> <li>10. Illegal drugs</li> <li>11. Coping in an emergency</li> <li>12. Safe at all times?</li> </ol> <p><b>RELATIONSHIPS</b></p> <ol style="list-style-type: none"> <li>13. Peer group problems</li> <li>14. Difficulties in family life</li> <li>15. Getting on with other people</li> <li>16. Dating relationships</li> </ol>	<p><b>DIVERSITY AND INCLUSION</b></p> <ol style="list-style-type: none"> <li>1. Customs and festivals</li> <li>2. Belonging to a group</li> <li>3. Dealing with conflict</li> </ol> <p><b>HUMAN RIGHTS AND SOCIAL RESPONSIBILITY</b></p> <ol style="list-style-type: none"> <li>4. Human Rights</li> <li>5. Focus on the UDHR</li> <li>6. Where rights are denied</li> </ol> <p><b>EQUALITY AND SOCIAL JUSTICE</b></p> <ol style="list-style-type: none"> <li>7. Equal rights</li> <li>8. Living in poverty</li> <li>9. Focus on Stand by Me</li> <li>10. Focus on Tidy Northern Ireland</li> </ol> <p><b>DEMOCRACY AND ACTIVE PARTICIPATION</b></p> <ol style="list-style-type: none"> <li>11. Living in a democracy</li> <li>12. Young people and the law</li> <li>13. Community action</li> <li>14. Conservation matters</li> </ol>	<p><b>WORK IN THE LOCAL AND GLOBAL COMMUNITY</b></p> <ol style="list-style-type: none"> <li>1. The global economy</li> <li>2. Different jobs for different people</li> <li>3. Environmental issues</li> </ol> <p><b>CAREER MANAGEMENT</b></p> <ol style="list-style-type: none"> <li>4. Skills and achievements</li> <li>5. Changing careers</li> <li>6. What does an employer look for?</li> <li>7. Career opportunities</li> </ol> <p><b>ENTERPRISE AND ENTREPRENEURSHIP</b></p> <ol style="list-style-type: none"> <li>8. Skills for an 'Entrepreneur'?</li> <li>9. Being your own boss</li> <li>10. Celebrity entrepreneurs</li> </ol>




## YEAR 10 BOOK

PERSONAL DEVELOPMENT	CITIZENSHIP	EMPLOYABILITY
<p><b>SELF AWARENESS</b></p> <ol style="list-style-type: none"> <li>1. Beliefs and values</li> <li>2. Coping with pressure</li> <li>3. Personal strengths and weaknesses</li> <li>4. Body image</li> <li>5. Ambitions for life and work</li> </ol> <p><b>PERSONAL HEALTH</b></p> <ol style="list-style-type: none"> <li>6. Health and the whole person</li> <li>7. Influences on health – Exercise</li> <li>8. Influences on health – Diet</li> <li>9. The effects of substance abuse</li> <li>10. Coping with adolescence</li> <li>11. Looking after yourself</li> </ol> <p><b>RELATIONSHIPS</b></p> <ol style="list-style-type: none"> <li>12. Healthy relationships</li> <li>13. Challenging situations</li> <li>14. Being assertive</li> <li>15. Sexual relationships</li> <li>16. Teenage parents</li> </ol>	<p><b>DIVERSITY AND INCLUSION</b></p> <ol style="list-style-type: none"> <li>1. Personal identity</li> <li>2. Community relations</li> <li>3. Towards a peaceful community</li> </ol> <p><b>HUMAN RIGHTS AND SOCIAL RESPONSIBILITY</b></p> <ol style="list-style-type: none"> <li>4. Human Rights</li> <li>5. Where rights are denied – Child marriage</li> <li>6. Where rights are denied – Torture</li> </ol> <p><b>EQUALITY AND SOCIAL JUSTICE</b></p> <ol style="list-style-type: none"> <li>7. Social justice</li> <li>8. Refugees</li> <li>9. Focus on Education for All</li> <li>10. Focus on Disability Action</li> </ol> <p><b>DEMOCRACY AND ACTIVE PARTICIPATION</b></p> <ol style="list-style-type: none"> <li>11. Government in Northern Ireland</li> <li>12. Crimes and punishments</li> <li>13. Volunteering</li> <li>14. Taking action</li> </ol>	<p><b>WORK IN THE LOCAL AND GLOBAL COMMUNITY</b></p> <ol style="list-style-type: none"> <li>1. Challenges and changes</li> <li>2. The local community</li> <li>3. Rights and responsibilities at work</li> </ol> <p><b>CAREER MANAGEMENT</b></p> <ol style="list-style-type: none"> <li>4. The next step</li> <li>5. Options for employment</li> <li>6. Essential skills</li> <li>7. Careers advice</li> </ol> <p><b>ENTERPRISE AND ENTREPRENEURSHIP</b></p> <ol style="list-style-type: none"> <li>8. Enterprise at work</li> <li>9. Social enterprise</li> <li>10. Small businesses in the community</li> </ol>

## SKILLS AND CAPABILITIES KEY

Icons are used in the text to show where an activity uses the cross-curricular skills, thinking skills and personal capabilities required by the Northern Ireland curriculum for KS3.






### CROSS-CURRICULAR SKILLS

-  Communication
-  Using ICT
-  Using Mathematics



This icon is used to show that supporting activities and additional material are available on the CD ROM.

### THINKING SKILLS AND PERSONAL CAPABILITIES

-  Working with Others
-  Managing Information
-  Self-management
-  Thinking, Problem-solving, Decision-making
-  Being Creative

the 1990s, the number of publications on the topic has increased steadily. The number of publications in the field of research on the effects of the environment on human health has increased from 10 in 1980 to 100 in 1999. The number of publications on the effects of the environment on human health has increased from 10 in 1980 to 100 in 1999.

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# **PERSONAL DEVELOPMENT**

**SELF AWARENESS  
PERSONAL HEALTH  
RELATIONSHIPS**



# SELF AWARENESS

## 1. THIS IS ME

### We are learning about:

- What it means to be unique
- Our different roles and identities
- How life experiences can shape us

### YOU ARE UNIQUE

No one is exactly the same as another person. Your feelings, likes and dislikes, things you are good at and your experiences all combine to make you special. You will of course share things in common with other people, especially those you are close to. It is usual to see family members sharing some of the same characteristics. You and your best friend will probably enjoy taking part in the same activities, perhaps playing the same sport or sharing a similar taste in music. However, you are unique. No other person in the world is exactly the same as you or ever will be.



think about...

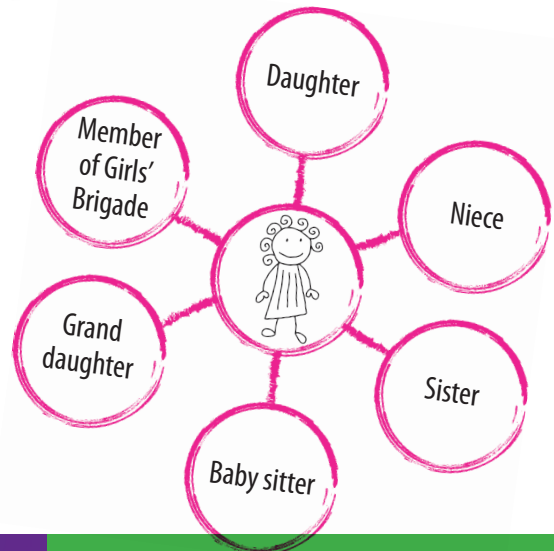
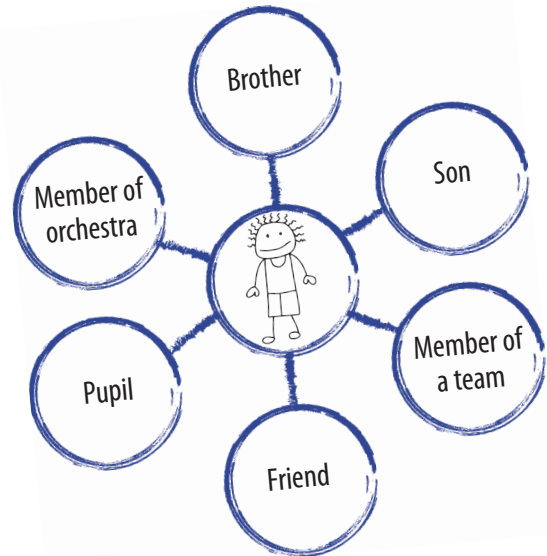


In what ways are you similar or different to your family and friends? Consider your appearance, your character and the things you like doing.

Do you agree that the world would be a very dull place if everyone was the same?

### WHO AM I?

This is a difficult question and there can be many answers to it. You might act like a different person depending on the people you are with or the situation you find yourself in.



### activity

Work in a pair. You have two minutes to tell your partner what makes you special, such as your character and what activities you enjoy doing. Your partner then does the same.

Join together with two or three other pairs to form a larger group. Each person tells the group three things about their original partner.

WO

MI

When you are on a sports team, it might be acceptable to shout loudly or run around, but not when you are a pupil sitting in a classroom with a very strict teacher! When you are with your family you probably behave differently than when you are with classmates your own age. You might find that you are more relaxed with close family members, such as a brother, sister or parent, than with relatives you do not see as often, perhaps grandparents or cousins.



You will also have different responsibilities according to which role you are in. Imagine you are helping to look after a younger brother or sister, or you are doing some jobs for a grandparent. Your responsibilities will be different than if you are going out with your friends.



TPD



- What different roles do you have?
- How do these different roles affect your responsibilities?
- Are you still the same person even though you might behave differently with different people?
- Which role do you like best or feel the most comfortable with?

### MY LIFE STORY – SO FAR

If you look back over your life there will be some events that stand out in your memory. The things that were especially enjoyable, important or perhaps made your life change direction are what you may remember. Your life experiences are all part of what makes you a unique person. Some events in life are just there to enjoy, such as a birthday party or special holiday. Others can have a life-changing effect and can help to shape the person you are. These events might include moving house, changing school or coping with the loss of someone you love.



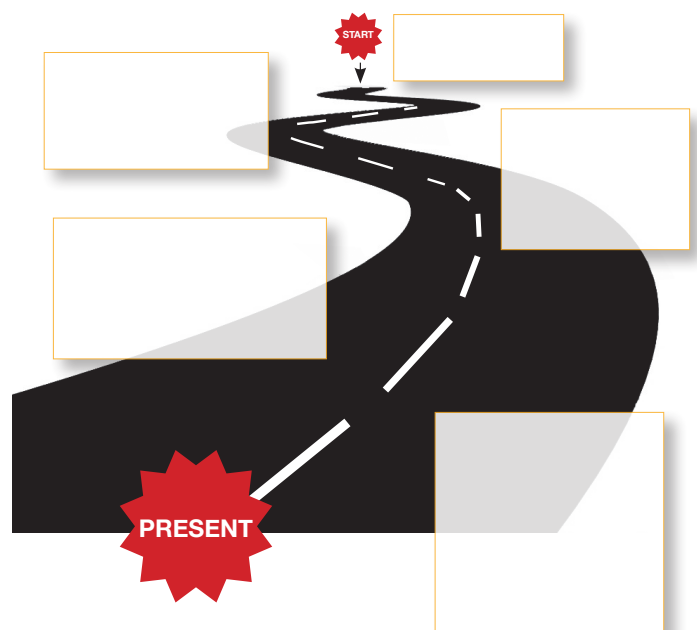
#### Write your life story

Go as far back as you can remember (you might need a parent or relative to help with some very early details) and include the events in your life that you think are the most important.

You could illustrate your work with some photos of you when you were younger.

#### Draw a life map or make a timeline

This should also include the events in your life that you think are the most important. You could use photographs and drawings to illustrate your work.





## 2. MY BELIEFS

### We are learning about:

- Where our beliefs come from
- How people show their beliefs
- Why beliefs are important

### WHAT IS 'BELIEF'?

We all have beliefs of one sort or another. What we believe in shows something about the type of person we are, our personalities and our up-bringing. Our beliefs are another factor that helps to make each of us unique. But what is belief?

Sometimes we have beliefs because of **facts and evidence**. Today, most people would believe that the earth is a spinning globe, as this is what scientists tell us. When you solve problems in maths, you probably show belief that the numbers and equations will always work out the way you expect them to.

$$\frac{1}{3} + \frac{3}{4} = \frac{3}{x+1} - \frac{4x}{x^2-1} \quad \frac{a}{x} + b =$$

Some beliefs depend on a person's idea of **right and wrong**. Most people would agree that it is wrong to steal, tell lies or to kill another person. Your ideas about the right or wrong way to act in a situation are known as your moral beliefs.

"I am a vegetarian. I don't eat meat as I believe it is wrong to kill animals for food."

"I believe it is important to care for the environment. I'm always on at my mum about recycling!"

"I believe that war and violence are always wrong. I would say I am a pacifist."

Your own **personal opinion** can also influence what you believe. Who do you believe is the most talented singer or the best sports team? You may well believe something totally different to your friend, but this does not mean that either of you are right or wrong.



### BELIEF



- An acceptance that a statement is true or that something exists.
- A firmly held opinion or conviction.

Source: Wikipedia, <http://en.wikipedia.org/wiki/Belief>

think about...

What is your definition of 'belief'?  
How do your beliefs help to shape your character?



### WHERE DO OUR BELIEFS COME FROM?

Everyone reading this will have shown belief in something today. You got out of bed believing a new day was about to start. If you travel by public transport, you would have waited for your bus and train believing it would arrive and take you to school. Did you stop to question whether your school would be open today and lessons would continue as normal? Sometimes we have beliefs because of **everyday experiences**.

