

## Lesson Plan 5

# MAY CAUSE CONFIDENCE

		Learning Styles	Timings	Resources Available from <a href="http://www.clearasil.co.uk/schools">www.clearasil.co.uk/schools</a>
<b>Starter</b>	Introduce the learning objectives.	KAV	5 Mins	
<b>Teacher led discussion</b>	Explain how self-esteem and confidence can be related.			<ul style="list-style-type: none"> <li>IWB Lesson Plan Support Presentation – <i>May Cause Confidence</i></li> </ul>
<b>Episode 1: Whole class activity in pairs</b>	<p>Look at each Top Tips on the 13 slides.</p> <p>Next, students work in pairs with randomly allocated or 'lucky dipped' top tips. Each pair to present their thought shower on the top tip they have been given and lead a 2 minute discussion.</p> <p>Explain how all tips lead to better confidence and how a confident person achieves in life. Advise on correctness of presentation as required.</p>			<ul style="list-style-type: none"> <li>IWB Lesson Plan Support Presentation* – <i>May Cause Confidence</i></li> <li>AND/OR</li> <li>Student Information Sheet* – <i>Top Tips for Confidence</i></li> </ul>
<b>Episode 2: Whole class activity in groups of four</b>	<p>Using the IWB links or Student Information Sheet look at and discuss the eight Confidence Stories.</p> <p>Next, working in groups of four students, allocate or ask students to select a story that appeals to them and task the students to present the story to the class explaining:</p> <ul style="list-style-type: none"> <li>Why the story might lead to better confidence</li> <li>How a confident person can influence society by making the right decisions and being a good citizen.</li> </ul> <p>Teacher prompts why the stories lead to increased confidence, if points not raised by the students themselves.</p>			<ul style="list-style-type: none"> <li>IWB Lesson Plan Support Presentation – <i>May Cause Confidence</i></li> <li>AND/OR</li> <li>Student Information Sheet – <i>Confident Stories</i></li> </ul>
<b>Teacher led discussion Skin facts and the effects of cleansing</b>	<p>From the students' comments, lead on to discuss how looking good is often a major concern for teenagers, causing anxiety and affecting their confidence.</p> <p>Discuss skin facts and the effects of cleansing using prompts from the IWB or Skin Facts Sheet.</p>			<ul style="list-style-type: none"> <li>IWB Lesson Plan Support Presentation – <i>May Cause Confidence</i></li> <li>AND/OR</li> <li>Fact Sheet – Skin Facts</li> </ul>
<b>Plenary</b>	Five things learned.			
<b>Evaluation</b>				

**Subject:** PSHEE

**Year:** \_\_\_\_\_

**Key Stage:** 3 and 4/Secondary S1 – S4  
Male and Female

**Grouping:** Mixed ability

**Learning Objectives:**

- Understand confidence and how a healthy skin gives you confidence
- Understand skin facts and how a clear skin effects you

**Key Words:** Confidence, Self-esteem, Healthy skin, Clear.

**Resources:** IWB, Lesson Plan Support Presentation – *May Cause Confidence*, *Student Handout either You, Your Skin, Your Body; Face the Challenge or A Spot of Stress with Clearasil StayClear Skin Perfecting Wash* sample, Student Task and Fact Sheets. Available from [www.clearasil.co.uk/schools](http://www.clearasil.co.uk/schools)

**Role of Supporting Staff:** To support those students who need help with text written on the board and with those who feel uncomfortable with topic. All groups to be mixed ability so that students can all work successfully as a unit and less able students are not isolated; also students of similar ethnic and religious persuasions are intermixed in group settings.

\* can be used to support all episodes of the lesson.

**Curriculum links for PSHEE**

**England:** KS 3 1.1 b,c 1.2 a,b,c 1.3 b,c 1.4 a,c 1.5 a,b 2.1 d,e,f 2.2 a,b,d,f 2.3 a,b,c,d,e 3 b,c,d,f,i,j,l,n 4 d,e,f,g,h **KS 4** 1.1 a,b,c 1.2 a,b,c 1.3 b,c 1.4 a,b,c 1.5 a,b 2.1 a,b,c,d,e 2.2 a,b,d,e 2.3 a,b,c,d,e 3 b,c,d,e,g,j 4 a,b,c,d,e,f,g,h,i