

## Cystic Fibrosis – What You Don't See

### KS3 Lesson Plan PSHE Health Education

#### Learning objectives

- \* To learn about the condition cystic fibrosis.
- \* To consider how the condition affects people's physical and mental health and wellbeing.
- \* To understand the importance of positive relationships and supporting others.

#### Resources required

- \* Lesson Presentation
- \* CF: A Lifelong Challenge Sorting Cards
- \* Coping Strategies List

#### Key vocabulary

Cystic fibrosis, lungs, digestive system, organs, mucus, condition, inherited, genetic, lifelong, physical and mental health and wellbeing, tablets, treatment, nebuliser, feeding tube, Kaftrio, infections, exercise, physio (physiotherapy), coping strategies, relationships, support

#### Prior learning

Your students may have differing levels of knowledge about cystic fibrosis, ranging from very knowledgeable to having never heard of the condition. Build on any existing knowledge but consider the accuracy of the information students have and challenge any misconceptions. There is a wealth of information about CF on our [website](#).

## Special considerations

We know that CF is often discussed in schools when teaching about genetics and genetic conditions. If you have a child with CF in your class, this lesson could be difficult for them. Equally, they may wish to share their knowledge and experiences. We've created a [factsheet for teachers](#) full of important information that can help you with teaching a lesson on CF.

Be mindful of the fact that some children may share details of their health conditions (CF and other conditions) during discussion and group work activities. Consider how you will support any students who may find the content of this lesson challenging, in line with your school policy. This may include signposting students to external organisations.

Time	Main activity	Notes and key questions
15 mins	<p>Use the <b>Lesson Presentation</b> to introduce the lesson and the learning objectives. Read through the information on slides 3 and 4 about the condition, then watch the video on slide 5.</p> <p>Explore the challenges that people living with face, asking students to reflect on the information Kieron shared in the video.</p>	Establish students' existing awareness, knowledge and understanding of CF.
10 mins	<p>Work through the slides to consider how CF affects people's physical health and wellbeing. There is another video and questions on the slides to encourage students to recall information they have learnt.</p> <p>The video mentions Kaftrio – a medicine used to treat people with CF, to improve lung function.</p>	If students have questions about CF that you are unsure how to answer, or don't have time to answer, make a note and aim to find the relevant information on our <a href="#">website</a> .

Time	Main activity	Notes and key questions
20 mins	<p>Move on to think about how living with CF affects people's mental health. Ask students to use the <b>CF: A Lifelong Challenge Sorting Cards</b> to consider which aspects of living with CF they would find most challenging.</p> <p>Students can then look at the <b>Coping Strategies List</b> and think about which strategies have worked or would work well for them. Discuss the fact that some coping strategies may be considered healthier than others and that some may be more appropriate for certain people at certain times, depending on their circumstances.</p> <p>Again, there is a video for students to watch.</p>	<p>Students could work in pairs or small groups to discuss their responses.</p> <p>Ensure students understand that there are no right or wrong answers regarding the challenges and the coping strategies.</p>
10 mins	<p>Explain the importance of relationships to support mental health and wellbeing and learn about the role of friends to people with CF.</p> <p>Watch the final video and end the lesson asking students to consider the significance of the Cystic Fibrosis Trust's slogan, 'Uniting for a life unlimited'.</p>	<p>Ensure students understand the worth of positive, supportive relationships for anyone, at any time.</p>

### Lesson reflections / next steps / teacher notes

## Assessment criteria

- Can students provide a basic description of what cystic fibrosis is?
- Can students demonstrate an understanding of how CF affects people's physical and mental health and wellbeing?
- Can students show an awareness of the importance of positive, supportive relationships to people with CF?

## Further learning opportunities

- If students would like to learn more about CF, there are more resources and videos on our website. [What is cystic fibrosis, exactly?](#) is an informative video explaining the condition in more detail.
- As a class, year group or school, you might like to engage students in a fundraising activity for Cystic Fibrosis Trust, allowing students to plan and organise an event.

## Home learning opportunities

- Students could be asked to design a poster to show four effective coping strategies that people can use when facing challenges in life.