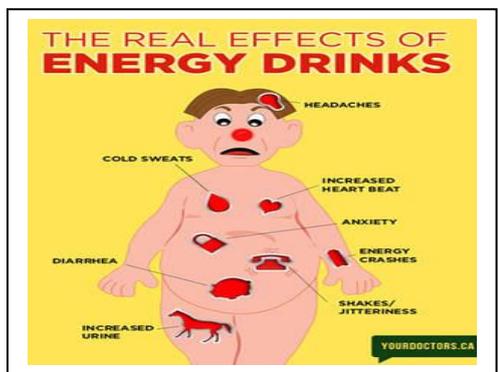
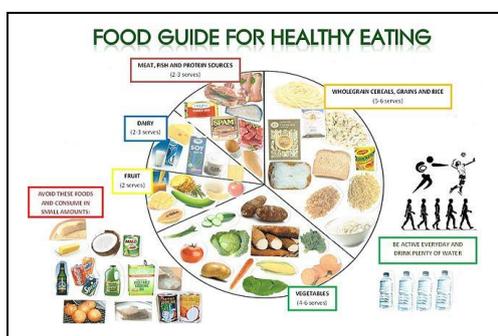


Year 7 PSHE – Autumn term – Health and wellbeing

Key Words			
Healthy	In a good physical or mental condition; in good health.	Diabetes	A lifelong condition that causes a person's blood sugar level to become too high.
Lifestyle	The way in which a person lives.	Cigarettes	A thin cylinder of finely cut tobacco rolled in paper for smoking.
Calorie	Unit of energy widely used in nutrition.	Alcohol	A drink that contains the recreational drug ethanol
nutrition	The process of providing or obtaining the food necessary for health and growth.	Stimulant	Drugs which make your more energetic
Caffeine	A drug found in energy drinks, tea and coffee which stimulates the body.	Depressant	Drugs which make you more relaxed
Dopamine	A chemical in the brain which is affected by caffeine and can change how we feel.	Drug	Any substance that causes a change in an organism's physiology or psychology when consumed
Anger management	The act of taking control over our anger and managing this emotion in a constructive way	Adrenaline	The chemicals in our body which can lead to feeling angry
Mental health	Like physical health, a measure of how well a person is, just in their mind instead of their body.	Depression	Feeling of low mood for a period of time, leading to hopelessness and loss of pleasure in life



ORGANISATIONS THAT CAN HELP AND SUPPORT YOU

Helpline 0800 0086 811

IN ALL LIFE-THREATENING EMERGENCIES ALWAYS DIAL 999

0800 1111

National Gambling Helpline 0808 80 20 133

Talk to us, we'll listen 116 123

National Domestic Abuse Helpline 0808 2000 247

NSPCC Helpline 0808 800 5000

0808 2000 247

Support and advice when someone dies 0808 808 1677

Key Ideas	
What is PSHE?	PSHE (Personal, Social, Health and Economic Education) <ul style="list-style-type: none"> - Health and Wellbeing - Living in the Wider World - Relationships and Sex Education (RSE)
How can I be healthy?	Good exercise and sleep Eat healthy – diet and nutrition Have good hygiene and medical care
Food and diet	Having a good mixture of foods and nutrition
Unhealthy eating and energy drinks	Looking at the consequences of an unhealthy diet and lifestyle. Studying the effects of energy drinks on the body
Cigarettes and alcohol	Identifying the negative effects, long and short-term, of smoking and drinking alcohol on the body
Drugs	There are 3 categories of drugs – A,B,C Identify effects, long and short term, of different drugs and why so many are dangerous and illegal
Anger	Understanding how to control anger in a positive way as well as the positives and negatives of anger.
Mental Health	Identifying ways to have a positive mental health and where to go if you or someone is struggling

