

Year 8 PSHE – Autumn term – Health and wellbeing

Key Words			
Self-confidence	This means belief in your own ability, skills and experience, plus feeling good and ready to tackle challenges.	Self-awareness	Being aware of how we are coming across. If we have high levels of self-awareness we are more able to control others' perceptions of us.
Growth mind-set	People believe that their most basic abilities can be developed through dedication and hard work	Mental health	Like physical health, a measure of how well a person is, just in their mind instead of their body.
Self-esteem	Confidence in one's own worth or abilities; self-respect.	Mindfulness	The idea that being more conscious of your surroundings and feeling that you are in the present (rather than worrying about the future) can help you feel more calm.
Self-development	Developing yourself. This could be working on your personality through your behaviours or your skills, whether they are academic or interpersonal.	Vaping	Breathing in a steam-like fume designed as a replacement for tobacco smoking, still containing nicotine in many cases.
Self-manager	Being someone who takes control of their own behaviour, failures and successes and does not blame or credit others with their actions.	Smoking	breathing in smoke from a cigarette, cigar or roll-up (usually for tobacco smoke) or, spliff, joint or bong (usually for cannabis) to gain pleasure from the chemicals.
Sensitivity	Being aware of how issues and the actions of others can emotionally affect ourselves and other people. This can also mean the amount to which we are affected	Personal safety	Your level of protection from potential harm. This is what you consider to ensure you minimise or prevent risks to yourself.

ORGANISATIONS THAT CAN HELP AND SUPPORT YOU



Key Ideas	
Self-confidence	Identifying ways to boost self-confidence so you can reach your best potential
Self-management	Identifying goals/targets you want and how to achieve them. Considering good and bad behaviour management
Self-awareness and sensitivity	Considering how to be aware of yourself and your surroundings. Identifying how to show sensitivity in a positive manner and to support others.
Mental health and mindfulness	Studying how best to maintain a good mental health and looking at mindfulness and how to use it for your own mental well-being.
Smoking and Vaping	Identifying the consequences of smoking and vaping on the body
Personal safety	Knowing how to be safe when out and in different social situations
Decision making	What makes a good decision? What makes a bad decision? What influences our decision making?