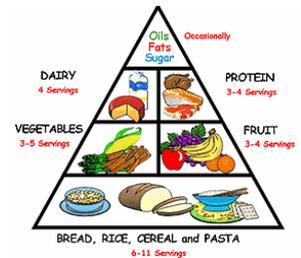


Question: What is PSHE?

PSHE stands for **Personal, Social, Emotional and Economics**. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

Health and Safety Online - The bigger picture:

This term in PSHE the topics you will be learning about are healthy lifestyles and a lesson on sharing information safely online. Your lessons will include learn about exercise and relaxation, healthy sleeping habits, growing and changing and dental health.

**Key words & Definitions:**

Healthy balanced diet - Eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Exercise - Activity requiring physical effort, carried out to sustain or improve health and fitness.

Puberty - is the process through which the body changes from that of a child to an adult.

Dental or oral health - is concerned with your teeth, gums and mouth. The goal is to prevent complications such as tooth decay (cavities) and gum disease and to maintain the overall health of your mouth.

Fraud — illegal deception intended for financial or personal reward.

Identity fraud — when a fraudster uses someone else's identity (or creates a fake identity) to access a product or service so they don't have to pay for it themselves.

Sharing information safely online

Everyone should be careful what they share on social media and that there are lots of ways to protect personal information.

- Always think before posting and be prepared for anyone (family, teachers, online 'friends', a fraudster) to see what has been uploaded.
- Be wary when using public computers or accessing public WiFi.
- Recognise the risks of sharing too many distinguishing features, such as school logos, addresses, location, check-ins etc. as this might be used to build a picture of someone's identity.
- This could be used by fraudsters or others who want to gain their trust, 'befriend' them, or find out their location offline.

Where can you find support?

If you're worried about online fraud, or any aspect of online safety, you should always speak to your parent or carer or a teacher in school so they can help you. Further information and support can be found at:

www.childline.org.uk

www.thinkuknow.co.uk

www.cifas.org.uk



Being healthy not only means our physical fitness but also being mentally & emotionally healthy too. Being healthy should be part of our overall lifestyle as this can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health is important for your self-esteem and self-image.

Healthy Eating



Looking after our body is one way we can help support our mental wellbeing. Evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

Therefore, depending on what you eat it may help to:

- improve your mood
- give you more energy
- help you think more clearly

Think about

- Eating regularly
- Staying hydrated
- Getting your 5 fruit and vegetables a day
- Getting enough protein in your diet
- Eating the right fats

Why is exercise important?

- Helps to build/ maintain **healthy bones, muscles and joints**
- Achieve and maintain a **healthy body weight, which will help** to reduce the risk of developing obesity and chronic diseases.
- Have a greater **self-esteem and better self-image.**

- It is recommended to exercise every day for at least 30 minutes but should try to aim for 60 minutes if you can.
- This could be going for a run, cycling, swimming, taking part in an exercise class and/or playing sport.
- 30 minutes of cardio exercise per day boosts confidence, reduces stress and anxiety.
- Regular exercise can also improve the quantity and quality of your sleep.



Dental Health

Did you know...

- Young people are entitled to free NHS dental care until they are 19 years old and in full-time education! However, cosmetic procedures will incur a cost that is not covered by the NHS.
- Preventative actions, such as regular check-ups, good oral hygiene practices, and wearing a gum shield during sports, can all help to avoid decay and keep teeth protected and healthy!
- Often photos online or photos of celebrities aren't always as they appear! Physical changes, such as applying veneers, and digital changes, such as editing photos, can make smiles appear whiter than they really are.
- Braces can be cosmetic, but are also offered on the NHS to those who fall into categories deemed to be 'higher need'.

When it comes to sleep...

- It is important that you have enough sleep or you may become moody or irritable, as well as experience delayed cognitive ability.
- Additionally, you are more likely to be impulsive, and engage in risk-taking behaviours when sleep-deprived.
- Try to stick to a regular sleep schedule. This means waking up and going to sleep at the same time every day.
- That time before bed (at least 60 minutes) for winding down time and avoid screen use e.g. TV, phones, tablets etc.



How many hours of sleep should you have per night?

Facts about Puberty

Everyone experiences puberty. Young people, male and female, as they grow into adults will experience puberty. Though this can start at different times for each person.

- Pubic hair grows during puberty.
- People's body shape changes when they go through puberty.
- It's normal to have mood swings and feel different, strong emotions during puberty.
- Puberty causes people to sweat more.
- Voices get deeper during puberty.
- Puberty is a natural part of growing up and the human life cycle.