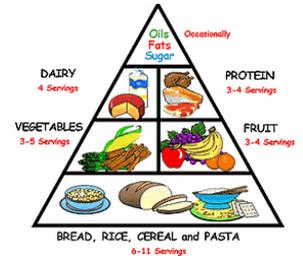


Question: What is PSHE?

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 lifestyle, body image and a lesson on the risks associated with coercive or unsafe friendships.

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.

Coercive - Relating to or using force or threats.

Manipulation - Manipulation is **the exercise of harmful influence over others**. People who manipulate others attack their mental and emotional sides to get what they want.

Self-care - The practice of taking action to preserve or improve one's own health.

Body image- Body image is **a person's perception of their physical self and the thoughts and feelings**, positive, negative or both.

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



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.

Think about

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

- 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.

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**.

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.

