

## Year 7 CPSHE Autumn Term 2

### Being Healthy

#### Lesson overview

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The Ullathorne Way and Character Passport

Healthy lifestyles

Body image

Mental wellbeing

My life on screen

#### Keywords

#### Definitions

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Swap

To exchange something.

Smoking

Inhaling and exhaling cigarette smoke.

Vaping

Inhaling and exhaling vapour containing nicotine and flavouring.

Body image

Describes our ideas of how our body looks and how we think it is perceived by others. This can include our thoughts and feelings about our height, weight, shape, skin and colour.

Self esteem

The beliefs you have about yourself – what you think about the type of person you are, your abilities, the positive and negative things about you and what you expect for your future.

Eat well guide

Is based around the image of a plate and is used to help us to see what a balanced diet should look like.

Mental well-being

Mental wellbeing does not have one set meaning. We might use it to talk about how we feel, how well we are coping with daily life or what feels possible at the moment.

CEOP

Child Exploitation and Online Protection—who you contact if you have been the victim of online abuse.



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#### Swaps

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#### Things to swap from:

#### Things to swap to:

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#### Breakfast swap

• Sugary cereals

• Plain porridge  
• Plain wholewheat biscuits  
• Plain shredded whole grain

#### Drinks swap

• Fizzy drinks  
• Sugary drinks  
• Sugary squash

• Water  
• No-added-sugar drinks  
• Sugar-free drinks  
• Lower-fat milks  
• Diet drinks

#### After school snack swap

• Muffins  
• Cakes  
• Croissants or pastries  
• Biscuits  
• Chocolate bars  
• Cereal bars  
• Sugary breakfast cereal  
• Puddings  
• Sweets

• Fruit, fresh and tinned (in juice not syrup)  
• Cut up vegetables such as carrot or cucumber sticks  
• Plain rice cakes  
• Toast or bagel with spread such as low fat spreads and reduced fat hummus  
• Wholewheat biscuits and shredded whole grain cereals  
• Plain unsalted nuts  
• Fresh or tinned fruit salad (not in syrup)

#### Pudding swap

• Chilled desserts  
• Cakes  
• Ice cream  
• Puddings  
• Yoghurt

• Fruit, fresh and tinned (in juice not syrup)  
• Fresh or tinned fruit salad (not in syrup)  
• Sugar-free jelly  
• Low-fat, lower-sugar yoghurt

## WHY EXERCISE?

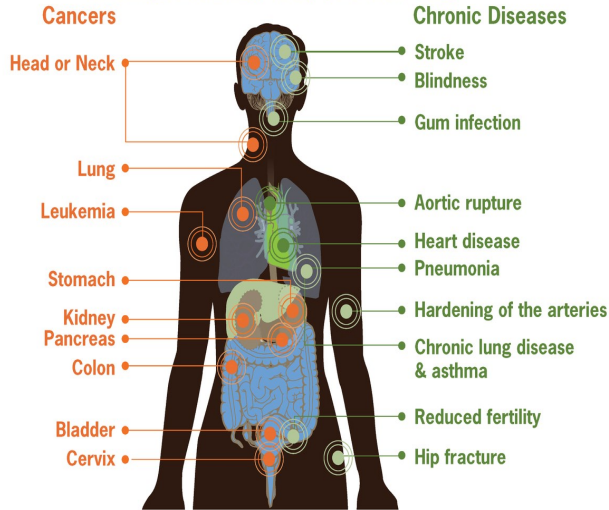
Regular physical activity is very important for all people who want to lead a healthy and fulfilling life. Here are some of the reasons why.

- Exercise increases your energy.**
- Exercise increases your strength and muscle tone.**
- Exercise helps you sleep more restfully.**
- Exercise burns off unwanted calories.**
- Exercise improves your circulation.**  
This enables all the organs and muscles in your body to work efficiently.
- Exercise helps your joints stay loose and supple.**
- Exercise improves endurance.**  
The more you do, the more you will be able to do.
- Exercise helps relieve stress.**  
It also enables you to cope with high-pressure situations.
- Exercise helps provide you with a good posture.**
- Exercise increases your ability to concentrate and learn.**
- Exercise makes you happy.**  
It improves your state of mind as well as your self-confidence.

# Risks from Smoking

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Smoking can damage every part of the body



# Causes of Teenage Stress

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- Physical development
- Spots
- Sexuality
- Relationships
- Peer pressure and friends
- Money
- Sense of Inadequacy
- Exams
- Fear of failure
- Employment
- Parents
- Bullying and violence
- Drugs and Alcohol usage
- Self Image
- Loneliness

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## Tips for Developing a POSITIVE BODY IMAGE

<p>See yourself as a whole human being, rather than an object with certain physical characteristics.</p>	<p>Be aware of when you talk negatively about your size, shape, and appearance or someone else's.</p> <p><del>NEGATIVITY</del></p>	<p>Don't diet or weigh yourself.</p>
<p>Stop using your size or shape as a measure of your self-worth.</p>	<p>Become more concerned with how you feel rather than how you look.</p> <p>I FEEL GREAT!</p>	<p>Focus on what your body can do instead of focusing on how it looks.</p>

# 5 TIPS TO HELP TEENS COPE WITH STRESS

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<p><b>GET SOME SLEEP</b></p> <p>Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about <b>8-10 hours each night.</b></p>	<p><b>FOCUS ON YOUR STRENGTHS</b></p> <p>Take time to <b>think about what you're good at</b> and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.</p>	<p><b>DO THINGS THAT MAKE YOU HAPPY</b></p> <p><b>Find activities or hobbies that make you happy</b> and incorporate them into your daily life.</p>	<p><b>ENGAGE IN PHYSICAL ACTIVITY</b></p> <p><b>Exercise takes our mind off stress</b> and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.</p>	<p><b>TALK TO SOMEONE</b></p> <p>It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find <b>ways to manage your stress.</b></p>
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# childline

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ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



**YOUNG MINDS**  
fighting for young people's mental health

# BE SMART & STAY SAFE ONLINE

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<p><b>S</b> <b>SAFE</b></p> <p>Keep safe by being careful not to give out your full name, address, phone number, email, school name, or photo to strangers. Think twice before sharing photos or documents with anyone, even if you know them; it could lead to cyber bullying.</p>
<p><b>M</b> <b>MEETING</b></p> <p>Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.</p>
<p><b>A</b> <b>ACCEPTING</b></p> <p>Accepting emails, IMs or opening files from people you don't know or trust can be dangerous - they may contain viruses or nasty messages.</p>
<p><b>R</b> <b>RELIABLE</b></p> <p>Someone online might lie about who they are and information on the internet may not be true. Always check information with other websites, books or someone who knows. If you like chatting online, it's best to only chat to your real world friends and family. Don't play online games with strangers or accept friend requests from strangers.</p>
<p><b>T</b> <b>TELL</b></p> <p>Tell your parents, carers and/or teachers if someone or something makes you feel uncomfortable or worried, or you or someone you know is being cyber bullied.</p>
<p><b>BE SMART WITH A HEART</b></p> <p>Always show respect online. Never share images/videos of others without their permission. Never share inappropriate images/videos of yourself or others. Never lie or make hurtful comments online. Never create fake accounts to cause distress to others. Never create posts, vlogs or access sites that your parents wouldn't approve of.</p>

USA MENTAL HEALTH FIRST AID  
MHFA.org/teens