

Year 10 PSHRE Checklist

- 1. Psychological wellness & healthy lifestyle choices** <https://www.healthforteens.co.uk> **Risk:** Why take risks? What is a “risk”? **Assessing risk** (“Lies, damned lies, statistics”)- **perceptions & realities?** Which risks are worthwhile; which are foolish?
 - **Cost/ Benefit Analysis** (Eg. driving; swimming; sports; alcohol, & other drugs; gambling)
 - **Absolute risks – Relative risks – Short, & Long-term (“deferred”) risks** (Eg. smoking)
 - **Life is risky** – knowing how to evaluate risks (physical, social, personal) - key “life skill”.
 - **Who can be trusted? Reliable sources of info?** - NB Not only politicians selectively reveal what’s to their advantage – “Social Media”/ powerful organisations do likewise → **Key point: Are we getting the full picture? Agendas?**
 - **Think critically! Beware – preconceptions assumptions prejudice bias “Group Think”**
 - **A widely held/ popular view is not necessarily correct – beware “the herd”. Beware extremist/ radical groups, esp on-line/ social media.**
“Confirmation Bias” → tendency to notice only that which confirms preconceived views.
“Cognitive Dissonance” → denial of anything contradicting preconceptions/ prejudices.
 - **Anxiety:** normal – prompts planning/ preparation; only a problem if overwhelming. **Sources of anxiety?** → think/ plan to minimise them – rational pragmatism. **Stop – Think- Check Facts- Plan** (checklists; priorities; realism). **“Wisdom of psychopaths”** → apply if necessary.
- 2. Coping Strategies [Move briskly for 30 mins/ day in open air. Talk with real people.]**
 - **“Wisdom of Boxers”** - Archie Moore, “The Old Mongoose”: died happy & wealthy - he was realistic/ planned/ prepared /played to his strengths/ looked after his money.
 - **“Belly Breathing”** (In 2, 3; out 5, 4, 3, 2, 1). **“Visualisation”** - “feet on ground”. **Assertiveness** – buying time; “fogging”; “broken record”; saying no. **“Refuge places”** – find/ use.
 - **Hobbies/ interests/ exercise/ sport – faith/ spirituality – social interactions – friendship – humour:** invaluable to psychological wellbeing. <https://www.youngminds.org.uk> ; <https://www.headspace.com>
 - **Rule of Ps** – Preparation & Planning Prevent Poor Performance. **KISS** – Keep It Simple, Stupid!
- 3. Danger Zones – Eg. drugs – “County Lines” – know the signs! Coercive/ controlling relationships – respect others. Sexual harassment – unacceptable.**
 - **“Social Media”** → **distorted self-perceptions** – “body image” issues → body dysmorphia.
 - → striving for “peak perfection” → obsessive diet/ training regimes. **Risks** – pschol. well-being, and possibly use of “training supplements”, skin tanning, teeth whitening etc.
 - **Porn, Fashion – not real! Distorted perceptions of “normal”** → implications?
 - **Alcohol & other drugs: Alcohol = dangerous drug** (kills 30K/yr in UK) → huge range of problems. **Acute alcohol poisoning. Foetal Alcohol Syndrome.** <https://www.talktofrank.com>
 - **“Recreational” drug use** → health, legal, & other implications? **No drug is “harmless”!**
 - **On the street/ out & about: stop – look – listen – think. Trust instincts. Common sense. Situational Awareness. If in doubt, get out!** Car safety (seat belts/ texting/ speeding/ drink).
 - **Water/ Sea/ beaches/cliffs/ rivers** – hazards (currents; tides; rip-tides; freak waves; cliff edges; rock falls etc). **Alcohol & swimming** – not a good mix.
 - **Domestic Dangers:** kitchen (“sharps”, boiling water) – stairs (don’t run) – electrical overloads (multi-sockets) – toxic/ caustic substances (safe storage) – heating systems (carbon monoxide!) – baths/ showers (slipping) – Stopcocks & Trip-switches – Fire (risks & escapes).
 - **Money matters:** Mr Micawber; Budgets; Shopping/ Unit Costs; Loans; APRs; Credit cards; Compound Interest; Notice Accounts; Pay Day Loans; Crypto currencies. (CRH, 2022)