

CHECKLIST: Yr 11 (PSHRE)

Healthy Lifestyle: <https://healthforteens.co.uk>

- A. **SLEEP/ REST & RELAXATION/ INTERESTS/ HOBBIES/ FRIENDSHIP/ SOCIAL INTERACTION. MONEY MATTERS** – LOOK AFTER IT (budget/ credit/ APRs; savings; notice accounts)
- B. **DIET** – BALANCE – FOOD GROUPS/ VARIETY – WATER -> urine – clear?
- C. **ALCOHOL & OTHER DRUGS** -> IMPLICATIONS - LETHAL DOSE FACTORS. (Issues – health, educ, careers, travel) **TOBACCO!?** <https://www.talktofrank.com>
- D. **EXERCISE** – MODERATION – BEWARE EXTREMES (diet/ training regimes/ “supplements”)
- E. **PERSONAL HYGIENE** (head/ face/ dental/armpits/ “down below”/ feet/ hands!)
- F. **MENTAL HEALTH** – perspectives – “*Wisdom of Psychopaths*” (Dutton). **GOOD TO TALK.** <https://www.kooth.com> ; <https://www.youngminds.org.uk> ; <https://www.headspace.com>

Sex/ Sexual Health: <https://www.brook.org.uk> [*Sexual Offences Act* – consent etc] **CONSENT** – 16 - “No” means **No!** “**ACK ACK**” (YouTube “*Tea & Consent*”). **SEXUAL HARASSMENT; COERCIVE / CONTROLLING RELATIONSHIPS - UNACCEPTABLE. If in doubt, lay off! RESPECT OTHERS!**

- A. **PERCEPTIONS/ DISTORTIONS** (perils of porn!) – “Right time”, “Normal”? **LOVE & SEX.**
- B. **CONTRACEPTION** – barrier, hormonal, other (IUDs, NFP)<https://www.fpa.org.uk>
- C. **STIs** – RISKS? **IF IN DOUBT GET CHECKED OUT** <https://www.wiltshiresexualhealth.co.uk>

Wellness:

- A. **CANCER AWARENESS** – MALE SPECIFIC – **TSE (“TESCO!”)** <https://www.orchid-cancer.org.uk>
- B. **CA RISK FACTORS** – LIFESTYLE, ENVIRONMENT, DIET/ EXERCISE/ ALCOHOL/ SMOKING/ SUN. <https://www.cancerresearchuk.org>
- C. **PSYCHOL. WELLNESS/** WATCH OUT FOR OTHERS/BODILY DYSMORPHIA/EATING DISORDERS.
- D. **ALCOHOL – DANGEROUS DRUG** – DISINHIBITION – DEPRESSANT – **FOETAL ALCOHOL SYNDROME – ACUTE ALCOHOL POISONING** (*Lethal Dose Factor*).

Personal Safety: **Beware – on-line extremists/ radicals. “County Lines” – know the signs!**

- A. **DOMESTIC** – FIRE! (escapes!) ELECTRICAL OVERLOADS! CARBON MONOXIDE! CARE IN KITCHEN, BATHROOM, STAIRS. ELECTRICITY! CHEMICALS! FOOD HANDLING/ STORAGE, & KITCHEN HYGIENE! HAND WASHING! COUGHS & SNEEZES SPREAD DISEASES!
- B. **ROAD SAFETY** – SITUATIONAL AWARENESS – LOOK/ LISTEN/ THINK! (ice, fog, wet, light)
- C. **FIRST AID (First Aid to 1st Aid = COMMON SENSE) PRIORITIES** – ABC. KEEP STILL. 999. <https://www.sja.org.uk> ; <https://www.hse.gov.uk>
- D. **CARS** – DRINK/ DRUGS & DRIVING DO NOT MIX – SEAT BELTS – FOLLOW RULES – BEWARE MACHISMO. DON’T PHONE/ TEXT WHEN DRIVING!
- E. **THREAT ANTICIPATION/ AVOIDANCE** – COMMON SENSE – INSTINCTS – DON’T FIGHT – MOVE AWAY/HANDS & FEET! / BARRIERS/ ESCAPE ROUTES/ RUN AWAY. LAST RESORT – “BASH & DASH”. KNIVES/ LETHAL THREATS – RUN! <https://premierself-defence.co.uk>
- F. **WATER HAZARDS** – DRINK/ DRUGS & SWIMMING DO NOT MIX! BEACH/ CLIFF HAZARDS! WATER AND ELECTRICITY DO NOT MIX!
- G. **ON LINE** – PERSONAL SECURITY – SOCIAL MEDIA. GAMBLING! CRYPTO CURRENCIES. <https://www.begambleaware.org> ; <https://www.gamcare.org.uk>
- H. **DISCRIMINATOIN** – LGBT, CULTURAL/ETHNICITY etc - *Equality Act*. (CRH, 2022)