

# Year 7 PSHRE CHECKLIST

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## 1. LANGUAGE, COMMUNICATION, PREJUDICES, ASSUMPTIONS

- **Hearing & listening** - not exactly the same → important to listen to others.
- **Good communication** – *essential to good interpersonal relations*.
- **Communication**: verbal and non-verbal: eyes – facial expressions – “body language” – “tics & tells” - important to be aware of these.
- Awareness of others – *their feelings/ needs*. ***Being good to others is good for us***.
- **Beware prejudices, preconceptions, assumptions, and stereotyping people**. Assume nothing – **treat others as we’d want to be treated**.
- **Think about language used**: may have negative effect on others - *banter* may not be “harmless” - often a form of *bullying*. **Beware extremism/ dangerous radical groups**.
- **Beware prejudicial and discriminatory language and behaviour** (*Equality Act*).

## 2. ELEMENTS OF A HEALTHY LIFESTYLE <https://www.healthforteens.co.uk>

- **Water**: drink plenty, but not too much. (urine – clear? If not, drink more water.)
- **Diet**: sensible approach; food groups (carbs, fats, proteins, vits & minerals, fibre); “colours on plate”; beware too much salt, sugar, & bad fats (esp “trans fats”) common in processed/ fast food. Don’t be obsessive about food: eat healthily most of the time & occasional “treats” will do no harm - **90/10 Rule**. **Sugary drinks**: beware - even “zero” options are “iffy” → disrupt metabolism, & can be bad for prostate gland (long-term).
- **Sleep** (min 8 hrs/ night) – **Rest/ Relaxation** – **Leisure activities/ hobbies/ interests**: v important. **Try to lead a “balanced” life**. **Beware “social media”** - a mixed blessing!
- **Exercise**: aim – spend at least 30 mins/ day **moving around briskly in the open air**.
- **Tobacco smoking**: not a great lifestyle choice! **Never start & you’ll never miss it!**
- **Alcohol**: **dangerous drug** - “legal” **does not make it “safe”!** (kills 30,000+/year in UK)
- **“Drugs”**: any substances other than life essentials (oxygen, water, food) which when ingested have physical or psychological effects. Some are illegal; others regulated; some are legally available to adult users. **Any drug used inappropriately/ excessively has the potential to cause harm**. **“Recreational” drug use** – huge implications-> health/legal/ career & job prospects. **“County Lines” – know the signs!** <https://www.talktofrank.com>
- **Interesting jobs & careers** – **decent living environment** – **having enough money** – **good social relations**: very important to general wellness/ life expectancy – implications? → maximise education/ skills to optimise “life chances” & choices. **Friendships matter!**
- **Personal hygiene**: Hair – Face - Mouth & Teeth- Dental checks - Armpits/ Torso - “Down Below” - Feet/ Toenails - **Hand Washing! Coughs & Sneezes Spread Diseases! Shaving** – when necessary, find out how (ask an adult male relative, or a gents’ barber).

## 3. PSYCHOLOGICAL WELLNESS <https://www.kooth.com> ; <https://www.youngminds.org.uk> ; <https://www.headspace.com>

- **Anxiety is normal**: prompts action! **Only a problem if overwhelming** - seek help if needed. Faith/ Spirituality/ Exercise/ Friendship/ Hobbies can all help.
- **Think, Plan, Prioritise** **Don’t try to do too much at once** **“Refuge Places”** (find & use)
- **Coping Strategies**: **“Belly breathing”** (“in...2...3/ out...5...4...3...”); **“Feet on the Ground”**; **“Mind/ Body Connections”**; friendships, social interactions, humour, hobbies/ interests are **very beneficial to psychological wellness**. **Talk with real people in the real world**.
- **Internet/ Social Media** - major source of anxiety: **useful, but also often arenas of weirdness/ nastiness** – don’t get “sucked in” – **tools not gods!** (CRH, 2022)