

# Year 7 PSHE 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. (*Balloon Ride; Fit vid. – Drama Lesson*)
- Think about *language used*: may have negative effect on others - *banter* may not be “harmless” - often a form of *bullying*.
- 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 at least 30,000/yr 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. <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. Friendship matters!
- 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).
- Crossrail Burial Ground: lessons re lifestyle choices & health? (sugar, tobacco, STIs)

## 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, 2020)