

## Year 9: PSHRE Checklist

---

- Health & Fitness:** *Not necessarily synonymous* – “Health”= normal function/ lack of disease; “Fitness” is specific – fit for what? An elite athlete may be fit to run a marathon but also be unhealthy. <https://www.healthforteens.co.uk> (NHS site – v good)
  - ❖ Athletes train for specific purposes (*specifity*); very different from the *functional general fitness* desirable for the wider population.
  - ❖ Generally, **physical activity is good for health & well-being**, & is **protective** of these – **physically** and **psychologically**. Engage in *enjoyable physical activities*. **Aim** - 30 mins/ day *moving around briskly in the open air* (Eg. walking, bike riding, kickabout games, gardening).
  - ❖ **Diet:** sensible/ balanced approach - variety (all major food grps – carbs, fats, proteins, vits & mins, fibre) - “colours on plate” - beware processed & “fast” foods (sugar, salt, “trans fats”). Drink water, but not to excess! (Urine – clear? If not, drink more.) Beware canned drinks (“zero” options disrupt metabolism, & not good for blokes long-term - prostate!). *Common sense is key* -> “**90/10 Rule**”: **eat well 90% of time - occasional “treats” will do no harm.**
  - ❖ “**A pound of flesh**”: if energy intake exceeds usage, weight gain occurs: 50 cals (Eg. small biscuit) surplus/ day = surplus 350 cals/wk; 3,500 over 10 wks (1lb human fat = approx. 3,500 cals) -> eating 50 surplus cals/ day could result in 5-6lbs fat gain a year.
- Cancer:** 100+ diseases characterised by abnormal, uncontrolled cell growth/ proliferation. Can occur anywhere (expt teeth, nails, hair). **Complex causes, but cancer risks are reduced by** – **healthy diet** **not smoking** **moderate alcohol use** **regular exercise** **sun protection** <https://www.cancerresearchuk.org>
  - **Male specific cancers:** *Prostate* (30,000+/ yr in UK – older men); *Penile* (v rare – generally, older men); *Testicular* (2-3,000/ yr in UK – young males – 15-40 “danger zone”).
  - “**Know Your Balls – Check ‘em out!**” **Testicular Self-Examination** -> do it regularly/ in bath when everything’s ‘hanging loose’ - **TESCO!** (Testes; Epididymis; Scrotum; Cord; Other bits). Anything unusual/ any change -> go to doc asap! <https://www.orchid-cancer.org.uk>
- Drugs & Alcohol:** “Drug”= any substance other than life essentials (oxygen, water, food) which when ingested has a physical and/ or psychological effect. <https://www.talktofrank.com>
  - **Reasons for drug use?** Complex/ multiple – **Context:** Legal/ illegal? Medical? Social/ Recreational? Be aware of the Law, but also be self-aware & assertive: a legal drug may not necessarily be good for individual well-being: “**Legal**” **does not = harmless!**
  - **Any drug used excessively/ inappropriately can harm - most, in sufficient concentration, can kill: “Lethal Dose Factor”** – varies greatly by drug, but most drugs have one.
  - Some drugs are illegal (*Misuse of Drugs Act; Psychoactive Substances Act*); others are regulated (*Medicines Act*); many are legal & widely used (age restrictions may apply) – Eg. alcohol, caffeine, nicotine, paracetamol. “**County Lines**” – **beware – know the signs!**
  - **Alcohol: dangerous drug** (kills 30,000/ yr in UK). **Acute alcohol poisoning** – an “overdose” – drinking too much alcohol in one go **will kill**. **Long-term alcohol misuse** -> huge range of health, psychological, & social problems (Eg. obesity, type 2 diabetes, raised cancer risks, liver & heart disease, mental health, violence, accidents, domestic abuse).
  - **Foetal Alcohol Syndrome (FAS)** – alcohol is one of the most potentially harmful drugs (to a baby in utero) a woman can use during pregnancy.
  - **NB** – tobacco smoking (nicotine delivery) & alcoholic drinks [both legal] **kill far more people in UK than illegal drug use.** “**Recreational**” drug use may have huge implications – **legal, health/ personal well-being, education, careers, etc.** (CRH, 2022)