

Year 10 PSHE Checklist

1. Psychological wellness & healthy lifestyle choices/ decision making

- Risk: Why take risks? What is a “risk”? Assessing risk (“Lies, damned lies, statistics”) - Perceptions & realities? Which risks are worthwhile, and which are foolish?
- Cost/ Benefit Analysis (eg driving; swimming; sports; alcohol, & other drugs)
- Absolute risks – Relative risks – Short, & Long-term (“deferred”) risks (eg tobacco smoking)
- Life is risky – knowing how to evaluate risks (physical, social, personal) is a key “life skill”.
- Who can be trusted? Reliable sources of info? - NB Not only politicians selectively reveal what’s to their advantage (“Vote for me!”) – advertisers, PR firms, “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” (*Twitter etc*).

“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.
- **Rule of Ps** – Preparation & Planning Prevent Poor Performance. **KISS** – Keep It Simple, Stupid!

3. Danger Zones

- “Social Media” → distorted self-perceptions – “body image” issues – body dysmorphia.
- “Selfie” & Gym cultures → striving for “peak perfection” – obsessive diet/ training regimes.
- Risks posed by “training supplements”, skin tanning, teeth whitening etc.
- Porn, Fashion – not real! Distorted perceptions of “normal” → implications - personal & legal?
- Alcohol & other drugs: Alcohol = dangerous drug (kills 30K/yr in UK) → causes huge range of problems. Acute alcohol poisoning. **Foetal Alcohol Syndrome**.
- “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 & Tripswitches – Fire (risks & escapes).
- Money matters: Mr Micawber; Budgets; Shopping/ Unit Costs; Loans; APRs; Credit cards; Compound Interest; Notice Accounts; Pay Day Loans; Business Basics. (CRH, 2018)