

CHECKLIST: Yr 11 (PSHE)

Healthy Lifestyle:

- A. SLEEP/ REST & RELAXATION; LEISURE/ INTERESTS/ HOBBIES; FRIENDSHIP/ SOCIAL INTERACTION. MONEY MATTERS – LOOK AFTER IT! (budget/ credit/ APRs etc)
- B. DIET – BALANCE – FOOD GROUPS – COLOURS ON PLATE. (At least 1 hot meal daily)
- C. WATER! (urine – clear?)
- D. ALCOHOL & OTHER DRUGS - IMPLICATIONS - LETHAL DOSE FACTORS. (Issues re health/education/ careers/ jobs/ travel) TOBACCO ! <https://www.talktofrank.com>
- E. EXERCISE – MODERATION – BEWARE EXTREMES (diet/ training regimes/ “supplements”!)
- F. PERSONAL HYGIENE (head/ face/ dental/armpits/ “down below”/ feet...)... HAND WASHING!
- G. STRESS – perspectives – “Wisdom of Psychopaths”(Dutton); “eff it!”(Parkin); it’s good to talk... <https://www.kooth.com>

Sex/ Sexual Health:

- A. CONSENT – 16 - “No” means **No!** (*Sexual Offences Act*).
- B. PERCEPTIONS/ DISTORTIONS (perils of porn!) – “Right time”, “Normal”!? LOVE & SEX...
- C. CONTRACEPTION – barrier, hormonal, other (IUDs, NFP)
- D. STIs/ STDs – RISKY BEHAVIOUR? GET CHECKED OUT <https://www.nhs.uk/service-search> and <https://wiltshiresexualhealth.co.uk>

Wellness:

- A. CANCER AWARENESS – MALE SPECIFIC – TSE (“TESCO!”) <https://orchid-cancer.org.uk>
- B. CA RISK FACTORS – LIFESTYLE, ENVIRONMENTAL ... DIET/ EXERCISE/ ALCOHOL/ SMOKING. SUN (skin cancer) – cover up/ sunscreen. <https://www.cancerresearchuk.org>
- C. PSYCHOLOGICAL WELL-BEING... AWARENESS/ WATCH OUT FOR OTHERS... BODILY DYSMORPHIA... EATING DISORDERS... GET HELP! TALK!
- D. ALCOHOL – DANGEROUS DRUG – DISINHIBITION – DEPRESSANT – FOETAL ALCOHOL SYNDROME – ACUTE ALCOHOL POISONING (Lethal Dose Factor!)

Personal Safety:

- A. DOMESTIC HAZARDS – FIRE! (escape routes!) ELECTRICAL OVERLOADS (eg multisockets) – CARBON MONOXIDE – CARE IN THE KITCHEN, BATHROOM, ON STAIRS. ELECTRICITY! CHEMICALS! FOOD HANDLING/ STORAGE, & KITCHEN HYGIENE!
- B. ROAD SAFETY – SITUATIONAL AWARENESS – LOOK/ LISTEN/ THINK! (ice, fog, wet etc)
- C. FIRST AID (First Aid to 1st Aid = COMMON SENSE) PRIORITIES – ABC. KEEP STILL. DIAL 999. (Take a First Aid course) <https://www.sja.org.uk>
- D. CARS – DRINK/ DRUGS & DRIVING DO NOT MIX – SEAT BELTS – FOLLOW THE RULES – BEWARE MACHISMO. DON’T PHONE/ TEXT WHEN DRIVING!
- E. ON THE STREET – 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!
- F. WATER HAZARDS – DRINK/ DRUGS & SWIMMING DO NOT MIX! BEACH/ CLIFF HAZARDS!
- G. ON LINE – PERSONAL SECURITY – BE CAREFUL – HAZARDS OF SOCIAL MEDIA.
- H. DISCRIMINATORY practices/ language. LGBTQI+ issues. *Equality Act*. (CRH, 2019)