

# 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

- Water: drink plenty, but not too much. (urine – clear? If not, drink more water.)
- Diet: sensible balanced 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. Do not 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!
- 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://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: keep yourself clean! Hair – Face - Mouth & Teeth- Dental checks - Armpits/ Torso - “Down Below” (penis, perineum, bum crack, base of back) - Feet/ Toenails - Hand Washing! Coughs & Sneezes Spread Diseases! Shaving – when necessary, find out how (ask an adult male relative, or a professional gents’ barber).
- Crossrail Burial Ground: lessons re lifestyle choices & health? (sugar, tobacco, STDs)

## 3. PSYCHOLOGICAL WELLNESS (<https://kooth.com> )

- Anxiety is normal: prompts us to prepare for testing life events. Only a problem if overwhelming - *seek help if needed*. Faith/ Spirituality/ Exercise/ Friendship 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”. (CRH, 2017)