

Year 9: PSHE Checklist

- 1. Health & Fitness:** *Not necessarily synonymous – “Health”= normal function/ lack of disease; “Fitness” is specific – fit for what? An elite athlete could be fit to run a marathon, but also be unhealthy...*
 - ❖ 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 (even “zero” options disrupt metabolism, & they’re not good for blokes long-term - prostate!). *Common sense & moderation are key* - “90/10 Rule”: eat well 90% of time - occasional “treats” will do no harm.
 - ❖ “A pound of flesh”: if energy intake exceeds usage bodily weight gain occurs: 50 cal (eg small biscuit) surplus/ day = surplus 350 cal/wk; 3,500 over 10 wks (1lb human fat is about 3,500 cal) - thus eating only 50 surplus cal/ day could result in 5-6lbs fat gain a year.
- 2. 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
 - 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://orchid-cancer.org.uk>
- 3. Drugs & Alcohol:** “Drug”= any substance other than life essentials (oxygen, water, food) which when ingested has a physical and/ or psychological effect.
 - 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 = safe!*
 - Any drug used excessively/ inappropriately can do harm - most, in sufficient concentration, can kill: *“Lethal Dose Factor”* – varies greatly by drug, but all drugs have one.
 - Some drugs are illegal (*Misuse of Drugs Act; Psychoactive Substances Act*); others regulated (*Medicines Act*); many are legal & widely used (age restrictions may apply) - eg alcohol, caffeine, nicotine, paracetamol.
 - 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. Generally, “recreational” drug use can have huge implications – legal, health, education, careers etc.
 - Find out the facts: <https://talktofrank.com> (CRH, 2017)