



PSHE Knowledge Organiser

Year 7
Term 2
RESILIENCE



Looking After Myself

The importance of sleep



A good night's sleep has a positive impact on the **brain** and body, improving performance and productivity.



Sleep affects your **physical appearance** as well as your mood, **mental health** and your memory.



It is recommended to not use any **screen technology** one hour before bedtime.



11-16 year-olds are recommended to get **8 to 10 hours sleep a night**.



When it's dark our bodies produce a hormone called **melatonin** which tells our bodies it's time to sleep.



Physical activity during the day improves your sleep.

Coping with stress

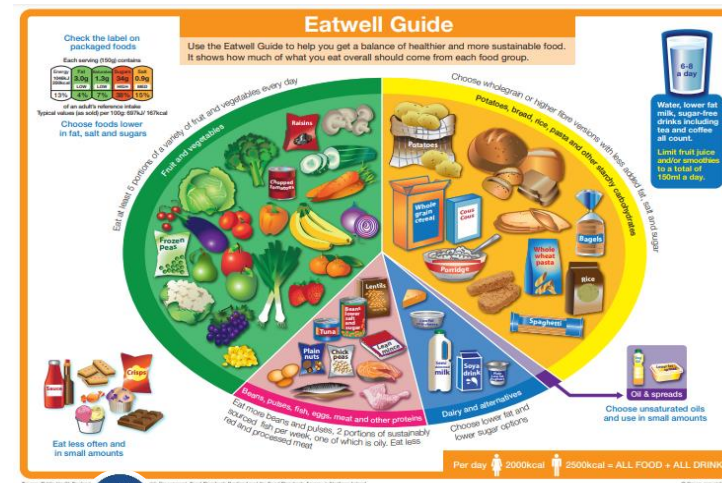
Symptoms of stress

There are many physical and mental symptoms of stress, some of the main ones are: **Fatigue, aches and pains, crying, depression, anxiety attacks, tummy ache, itchy skin and broken sleep.**

How can we look after ourselves?

- Give yourself a break each day.
- Try and keep some time for yourself.
- Try not to do too much work at once.
- Eat more fresh fruit and vegetables.
- Get regular exercise.

Healthy eating



Further help and advice

Childline- Have advice on a wide range of issues. Call 0800 1111

<https://www.childline.org.uk/>

NHS- Have information on medical issues

<https://www.nhs.uk/>

Mind- Mental health support for young people - <https://www.mind.org.uk/for-young-people/>

When should you wash your hands?

- ✓ After using the toilet
- ✓ Before eating
- ✓ Before touching raw meat
- ✓ After touching raw meat
- ✓ After touching pets
- ✓ Before touching fresh piercings
- ✓ Before applying makeup
- ✓ After garden or touching soil.
- ✓ Before touching wounds or cuts or putting on a plaster.
- ✓ After handling any chemicals or cleaning stuffs
- ✓ Before and after inserting tampons
- ✓ Before and after inserting contact lenses



Hand hygiene

The number of germs on your finger tips doubles after using the toilet – yet half of all men and a quarter of all women don't bother to wash hands after using the toilet. There are an estimated 5.5 million cases of food poisoning in the UK in a year – and germs from hands are responsible for a great deal of it. You might get food-poisoning from your hands as you put food in your mouth, or from the hands of the person who prepared your food.