



PSHE Knowledge Organiser



Health and Well Being

Year 8
Term 2

RESILIENCE

Self-esteem

The term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself.

Healthy relationships

People in healthy relationships have the following characteristics:

- ✓ Listen to you and take your feelings and ideas seriously
- ✓ Never use threats of harm, violence to get his/her own way
- ✓ Not to control what you do, where you go or who you talk to
- ✓ Respect you and say good things to you, and about you
- ✓ Enjoy spending time with you and show it
- ✓ Allow you to enjoy the activities and people that matter to you

The importance of exercise



Be physically active



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Body confidence

A positive or healthy body image is feeling happy and satisfied about your body, as well as being comfortable with and accepting the way you look.

- Be aware that the media use filters or edit images. Many of the photos we see are not real.
- Accept that we are all different body shapes.
- Learn to appreciate 'you'

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/>