

# PSHE Knowledge Organiser



## **Health and Well Being**

Year 8
Term 2
RESILIENCE

#### Self-esteem

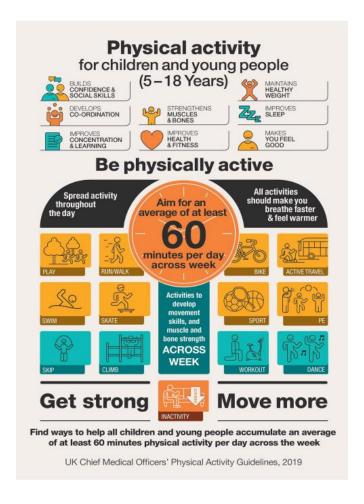
The term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself.

#### **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



#### **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'

## *i* 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-** Metal health support for young people - <a href="https://www.mind.org.uk/for-young-people/">https://www.mind.org.uk/for-young-people/</a>