



PSHE Knowledge Organiser



Health and Wellbeing

Year 10
Term 2

RESILIENCE

When a habit becomes an addiction

People repeat behaviour when they do something and get a response (an effect they like). The more they repeat it, the more it becomes a habit.

Habit: a regular behaviour that is repeated sometimes without thought.

Addiction: unable to stop doing something as a habit, especially something harmful.

Alcohol and Risky Behaviour

- Alcohol is a potent and potentially dangerous drug.
- It lowers inhibitions, increases the desire to take risks, slows reactions, impairs memory and makes us more impulsive.
- The effects of alcohol are stronger in young people not accustomed to drinking.
- The developing teenage brain is more susceptible to the effects of alcohol.

Physical activity for children and young people (5–18 Years)

Be physically active

Get strong

Move more

Aim for an average of at least 60 minutes per day across week

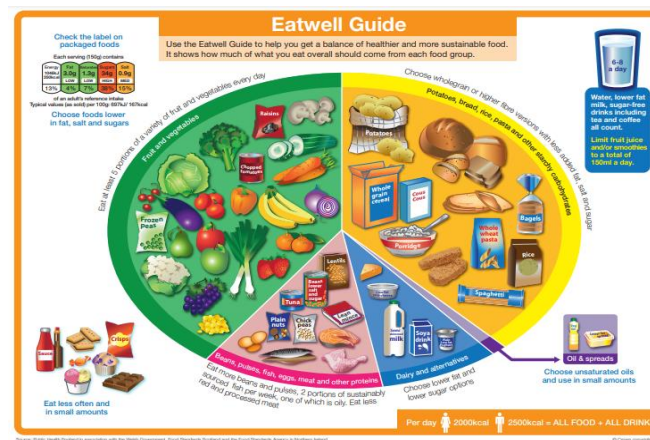
Activities to develop movement skills, and muscle and bone strength ACROSS WEEK

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

NHS Tips for Mental Wellbeing

- 1) Connect with other people
- 2) Be Physically active
- 3) Learn new skills
- 4) Give to others
- 5) Be in the present moment.



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/>