

# Year 8 - PSHE Studies Knowledge Organiser - Health and Wellbeing

## Key Terms

Health and Wellbeing	The achievement and maintenance of physical fitness and mental stability
Mental Health	Emotional, psychological, and social well-being
Cholesterol	A type of fat found in your body
Stress	The body's reaction to any change that requires an adjustment or response

PSHE covers a variety of topics that focus on developing understanding in four key areas: personal, social, health and economic.

### Health and Wellbeing

Being healthy involves a balanced diet and regular exercise

Being healthy also involves looking after your mental health, learning to reduce stress and anxiety

## Key Skills

- Active listening and communication
- Teamwork
- Negotiation and self advocacy
- Leadership
- Presentation and debate

## County Lines

- County lines is the exploitation of vulnerable young people
- It is a method of drug supply (primarily Class A drugs) from a city into rural towns or county locations
- It is a type of criminal exploitation

## Gangs

Gangs are groups of people, often involved in criminal activities. Young people can become involved in gangs for many reasons - they are operating in their area, they are groomed, they see it as a way of making money

## Threshold Concepts:

TC1	Know that choices you make can affect your mental and physical health
TC2	Know how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
TC3	Know about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
TC4	Know the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships