

Year 10 - PSHE Studies Knowledge Organiser - Health and Wellbeing and Living in the Wider World

Key Terms

Mental Health	A person's condition with regard to their psychological and emotional well-being
Self-Harm	An intentional act of self-poisoning or self injury
Work Experience	A short-term experience of employment
Anxiety	A feeling of worry, nervousness, or unease about something with an uncertain outcome

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

Mental Ill Health

There will be times in most people's life when they struggle with their mental health - usually this only lasts a short time.

Mental ill health is a clinically diagnosable illness affecting how a person thinks and feels, behaves and interacts with other people

Key Skills

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

Work Experience

Work experience is a short-term experience of employment.

It gives you a chance to try a job that you are interested in and to see what it might be like to have a job in the future.



Healthy Lifestyle and Cancer Prevention

Lifestyle, including smoking and drinking, diet and exercise can increase the risk of someone potentially developing various illnesses including cancer.

Thinking about how you are treating your body can reduce possible health risks.

Threshold Concepts:

TC6	Know the characteristics of mental and emotional health
TC7	Know that there are a range of strategies — cognitive and practical — for promoting emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns
TC8	That you can make informed lifestyle choices regarding sleep, diet and exercise
TC9	Understand how to research, secure and take full advantage of any opportunities for work experience that are available