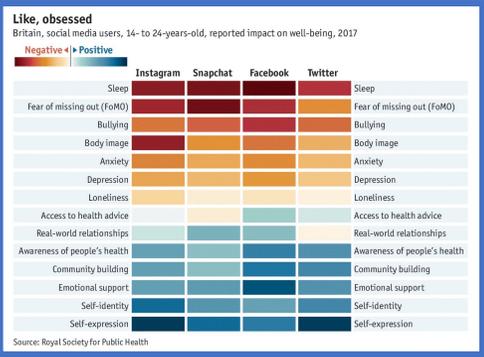


Y10: Physical & Mental Health



Knowledge Organiser

What is mental health?	What impact might social media have on my mental health?	What are healthy and unhealthy coping strategies?	How can I cope with grief?	How can I develop my resilience?				
<p>Mental Health definition:</p> <p><i>'a complete state of physical, mental and emotional wellbeing; not merely the absence of disease'</i></p>	<p>Impact of social media on 14- to 24-year-olds:</p>  <ul style="list-style-type: none"> The highest number of Facebook users reported negatively affected sleep The highest number of Instagram and Twitter users reported feeling that they could express themselves via the platforms. 	<p>Negative or unhelpful coping strategies:</p> <ul style="list-style-type: none"> self-harm oversleeping blaming others ignoring the problem using drugs or alcohol withdrawing from others overeating or undereating <p>Positive or helpful coping strategies:</p> <ul style="list-style-type: none"> Speaking to somebody (a friend, family member or trusted adult) Meditation Listening to music Exercise/being outside Reading Healthy eating Positive thinking/mindfulness 	<p>What is grief?</p> <p><i>"Grief is an emotional response to loss and is a process rather than an event."</i></p> <p>The 4 Stages of Grief</p> <p>1) Denial helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming.</p> <p>2) Anger is a necessary stage of the healing process. A person should be willing to feel anger, even though it may seem endless, as it will help them to begin to heal..</p> <p>3) Bargaining may see you attempting to make deals in order to prevent loss. After a loss, bargaining may take the form of a temporary truce. "What if I devote the rest of my life to helping others. Then will this all be a bad dream?"</p> <p>4) Depression presents itself after bargaining as our attention moves to the present. Empty feelings present arrive, often feeling as though they may last forever.</p> <p>5) Acceptance is often confused with being "okay". This is not the case. Instead, acceptance is about accepting the reality that our loved one is physically gone and recognising this new reality.</p>	<p>What is resilience?</p> <p><i>"The ability to be happy, successful, etc. again after something difficult or bad has happened."</i></p> <p>How can I manage setbacks & disappointment?</p> <ol style="list-style-type: none"> Look for a positive way out of the situation Step away from negative situations Acknowledge feelings without judgement Gain perspective – how will this disappointment impact on life tomorrow, next week, next year... Positive thinking (e.g., "I can do this") and dismissing doubts Remember a situation where a similar problem worked out fine Manage unrealistic expectations without compromising on dreams Reassess goals – are they the right ones? Make an achievement or positive qualities log to remind of positives when things go wrong Consider how a positive role model would cope 				
<p>Common Mental Health Statistics:</p> <ul style="list-style-type: none"> One in four people experience mental health problems each year. Seeking early treatment for mental health conditions improves chances of good recovery. The LGBTQ+ community are statistically at greater risk of developing mental health issues. 	<p>Pros and Cons of Social Media use:</p> <table border="1" data-bbox="522 1113 1006 1406"> <thead> <tr> <th>Pro</th> <th>Con</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> To keep memories To make new friends To express personality / identity </td> <td> <ul style="list-style-type: none"> To follow the crowd To attempt to make others jealous of their lifestyle </td> </tr> </tbody> </table>	Pro	Con	<ul style="list-style-type: none"> To keep memories To make new friends To express personality / identity 	<ul style="list-style-type: none"> To follow the crowd To attempt to make others jealous of their lifestyle 	<p>What are eating disorders?</p> <p>"A mental health condition where you use the control of food to cope with feelings and other situations."</p> <p>It is a common misconception that it is only females that suffer from eating disorders.</p>		
Pro	Con							
<ul style="list-style-type: none"> To keep memories To make new friends To express personality / identity 	<ul style="list-style-type: none"> To follow the crowd To attempt to make others jealous of their lifestyle 							
<p>Where offers mental health support?</p>  <p>giveusashout.org Text 'shout' to 85258</p>								

Y10: Physical & Mental Health



Knowledge Organiser

How can I optimise my physical health?	What else should I know about drugs and alcohol?	What do I remember about essential first aid?	How can I identify meningitis and strokes?	What is cancer and how can I identify it?
<p>Aspects of physical health:</p> <p>Dental Health: Brush teeth twice daily & visit the dentist regularly</p> <p>Physical exercise: 5–18-year-olds should aim for at least 60 minutes across the week</p> <p>Alcohol consumption: It is healthiest not to drink until aged 18. After this, it is safest not to drink more than 14 units per week</p> <p>Sleep: 14–17-year-olds need 8-10 hours per night</p> <p>Healthy eating: Follow the Eatwell advice</p> 	<p>Symptoms of alcohol poisoning:</p> <ul style="list-style-type: none"> • confusion • being sick • having a seizure or fit • loss of consciousness • slow or irregular breathing • unable to stand or walk • slurring words <p>How to help someone with alcohol poisoning?</p> <ul style="list-style-type: none"> • stay with them to monitor them • keep them warm • give them water if they're able to swallow • sit them up if they're awake, or put them in the recovery position if they've passed out and check they're breathing properly • call 999 if they have lost consciousness or stopped breathing 	<p>The primary survey is a quick way to find out how to treat any life threatening conditions a casualty may have in order of priority.</p> <div style="border: 2px solid black; padding: 5px; margin: 10px 0;"> <p>D ANGER</p> <p>R ESPONSE</p> <p>A IRWAY</p> <p>B REATHING</p> <p>C IRCULATION</p> </div> <p>Defibrillators give a high energy shock to the heart of someone who is in cardiac arrest. At OCA, defibrillators are located by reception & the sports hall.</p>	<p>Both meningitis and strokes are diseases that affect the brain.</p>  <p>Meningitis symptoms are similar to the flu. The most unique symptom is a blotchy rash that doesn't fade when a glass is rolled over it.</p> <p>Stroke symptoms include: drooping facial features, an inability to smile or speak and being unable to raise both arms.</p> <p>Should vaping be banned?</p> <p>In 2022, 14.4% 11–17-year-olds reported ever having smoked cigarettes, while 15.8% reported ever having tried vaping. This was the first time data showed more reports of having vaped than having smoked.</p>	<p>What is cancer?</p> <p>Cancer is an umbrella term. An umbrella term is a term used to cover a wide-ranging subject rather than one specific item.</p> <p>'Cancer' describes a collection of diseases that share common features and characteristics.</p> <p>There are approximated to be over 200 types of cancer.</p> <p>Common cancer treatments</p> <ol style="list-style-type: none"> 1) Surgery – this is one of the main forms of treatment where cancerous tissue is removed from the body. 2) Chemotherapy – this is when anti-cancer drugs are used to destroy cancer cells 3) Radiotherapy – this is when radiation, usually x-rays, are used to destroy cancer cells
<p>Halton Health Statistics</p> <p>Halton has higher childhood and adulthood obesity than the Northwest average.</p> <p>Halton has higher alcohol related hospital admissions for under 18's than the Northwest average.</p> <p>Halton has similar numbers of smokers compared to the Northwest average.</p>	<p>Drug & alcohol support:</p>  <p>talktofrank.com 0300 123 6600</p>	<p>In emergency situations call 999.</p> <p>The British Red Cross have advice and demonstration videos to help with common first aid treatment.</p>  <p>British Red Cross redcross.org.uk</p>	<p>Laws linked to vaping</p> <p>You must be 18 years old or over to buy and use a vape.</p> <p>In public, vaping laws are dictated by whoever owns the area. Most choose to treat vaping the same as smoking.</p>	<p>LUMPS is an acronym you can use to identify signs of cancer.</p> <p>Lumps, bumps & swellings Unexpected tiredness Moles Pain Scales (unexpected weight change)</p>