

PSHE
Year 11
Spring 1: **Healthy Lifestyles and RSE**

Key vocabulary:

Stress – A state of mental or emotional strain or tension.

Mindfulness – State of being conscious or aware of something (mental state)

Relationship – Way in which two or more people are connected.

Domestic Violence – Violent or aggressive behaviour within the home

STI (Sexually Transmitted Infection)

Behavioral	Physical	Psychological
Difficulty sleeping	Feeling ill	Negative self-talk
Lack of focus, overwhelmed	Cold, clammy hands	Uncontrollable intrusive and negative thoughts
Consistently performs better in practice/training than in competition	Profuse sweating	or images
Substance abuse	Headaches	Inability to concentrate
	Increased muscle tension	Self doubt
	Altered appetite	



Staying well during revision and exams

YOUR MINDS 360° schools

We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

What are the benefits of exercise on mental health?

- Reduce stress levels**
Exercise can help to reduce your cortisol levels
- Improves social well being**
Whilst exercising you might meet new people and develop more friendships
- Reduced anxiety**
When you exercise your brain releases endorphins which can help to calm you down
- Increased self esteem**
As you become faster, fitter and stronger you start to improve your self confidence
- Reduced risk of depression**
Exercise can help to improve your mood
- Boost Brainpower**
Exercise can help to improve cognitive functioning including decision making and learning

infatics from PHYSICAL ACTIVITY STATISTICS, 2015 BRITISH HEART FOUNDATION



Bron Break Breathing
Bubble Breaths
Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.

Bron Break Breathing
Bumble Bee Breaths
Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in quietly silently 1, 2, 3, 4, 5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.

Bron Break Breathing
Balloon Breaths
Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.

Bron Break Breathing
Starfish Breaths
Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.

Bron Break Breathing
Butterfly Breaths
Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flip your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

Bron Break Breathing
Sun Breaths
Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

Bron Break Breathing
Rainbow Breaths
Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in, imagine you are adding another color to your rainbow. What colors are you adding to your color? Once your rainbow is done slowly open your eyes.

Bron Break Breathing
Waves on the Ocean Breaths
Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



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Emotional		slapping, pushing, punching
Physical		taking or withholding money, controlling spending
Sexual		making degrading comments, ignoring, isolating, controlling friendships and/or activities, threatening
Financial		unwanted touching, forced or coerced sex

It can be hard, particularly if you are in the relationship, to identify controlling and unhealthy behaviours. Quite often a victim may think the behaviour of their partner is 'normal'. But there is a difference between a person who is assertive and a person who is aggressive.

icaSH
Norfolk

icaSH Norfolk - the contraception and sexual health service for Norfolk

Sit and Wait Clinic - 1a Oak Street, Norwich, NR3 3AE

You can register for the Sit and Wait clinic for sexual health and contraception:

Monday: 8.45 - 11.00
Tuesday: 8.45 - 11.00
Thursday: 8.45 - 11.00
Friday: 8.45 - 11.00

An additional Sit and Wait clinic for Sexual Health only takes place on a Wednesday with registration between 8.45 - 11.00.

Please note waits during these clinics can be up to two hours or more and you will be seen on a first come first served basis.

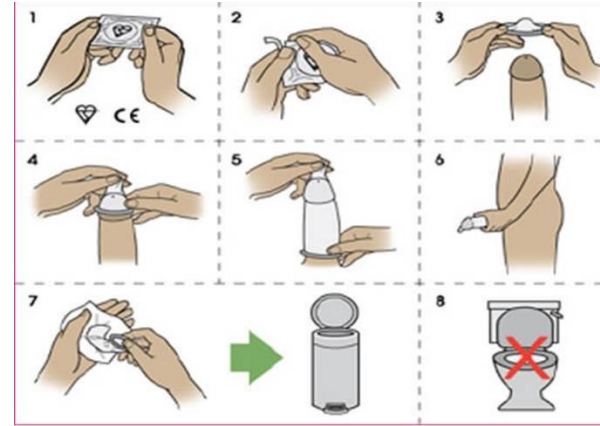
icaSH Norfolk is provided by Cambridgeshire Community Services NHS Trust (CCS NHS Trust) on behalf of Norfolk County Council Public Health

Norfolk County Council

Contact: 0300 300 3030 www.icasnhs.uk/Norfolk

Cambridgeshire Community Services NHS Trust providing regional integrated contraception and sexual health services (Working in partnership with Terence Higgins Trust in Bedfordshire, Cambridgeshire, Norfolk and Suffolk and with Brook in Bedfordshire.)

It is illegal for a person to have sexual intercourse with a 15 year old girl. True - 16 age of consent	A boy aged 12 can be convicted of rape. True if had sex with a girl 12 or under	Abortion cannot legally take place beyond 24 weeks of pregnancy. True
If you had sex with someone younger than 16 you could avoid prosecution if they told you they were older than 16. False	A younger person aged under 13 cannot give consent to sex. True	You cannot get pregnant the first time you have sex. False
The first time you have sex it will always hurt. False	You cannot get pregnant if you have sex whilst having your period. False	You cannot get pregnant if you have sex in water. False
You can catch STIs (Sexually Transmitted Infections) from oral sex True	You cannot get pregnant if you stand up to have sex. False	You cannot get pregnant if the man withdraws his penis before he ejaculates. False
A boy aged 10 can buy condoms. True	A girl under the age of 16 cannot be prescribed the pill. False	If a teacher or social worker gives sexual health advice to a person under 16 they are committing a criminal offence. False



Method	How well does it work?	How to Use	Pros	Cons
The Implant 	> 99%	A health care provider places it under the skin of the upper arm. It must be removed by a health care provider.	Long lasting (up to 3 years) No pill to take daily Other discreet options Can be used while breastfeeding No one becomes pregnant right after it's removed	Can cause irregular bleeding After 3 years you may have no period at all Does not protect against HIV or other sexually transmitted infections (STIs) May cause lighter periods, spotting, or no period at all Rarely, cervix is irritated during placement Does not protect against HPV or other STIs
Progestin IUD 	> 99%	Must be placed in cervix by a health care provider. Usually removed by a health care provider.	May be left in place for up to 3 years No pill to take daily May improve period cramps and bleeding Can be used while breastfeeding No one becomes pregnant right after it's removed	May cause more cramps and heavier periods May cause spotting between periods Rarely, cervix is irritated during placement Does not protect against HIV or other STIs
The Pill 	> 99%	Get a pill every 3 months. Must take the pill daily.	Each pill works for 12 weeks. Usually decreases periods. Helps prevent cancer of the cervix. No pill to take daily. Can be used while breastfeeding.	May cause nausea, weight gain, headaches, change in sex drive - some of these can be reduced by changing to a new brand. May cause spotting the first 1-2 months. Does not protect against HPV or other STIs
The Patch 	> 99%	Apply a new patch every week for three months. No patch to wash.	Can make periods more regular and less painful. No pill to take daily. Can increase pregnancy risk after stopping patch.	Other causes spotting, which may last for many months. May cause depression, hair or skin changes, change in sex drive - some of these can be reduced by changing to a new brand. Does not protect against HPV or other STIs
Progestin-Only Pills 	> 99%	Must take the pill daily.	Can make periods more regular and less painful. No pill to take daily. Can increase pregnancy risk after stopping patch.	Can cause nausea, weight gain, headaches, change in sex drive - some of these can be reduced by changing to a new brand. May cause spotting the first 1-2 months. Does not protect against HPV or other STIs
The Patch 	> 99%	Apply a new patch every week for three months. No patch to wash.	Can make periods more regular and less painful. No pill to take daily. Can increase pregnancy risk after stopping patch.	Can cause nausea, weight gain, headaches, change in sex drive - some of these can be reduced by changing to a new brand. May cause spotting the first 1-2 months. Does not protect against HPV or other STIs
External Condom 	82%	Use the instructions each time you have sex. Use a condom every time you have sex. Use latex lubrication as needed.	Can stop or prevent pregnancy. Can help prevent early-stage HPV and STIs. Can be used for anal and vaginal sex. Protects against HIV and other STIs.	Can decrease sensation. May be hard to insert. May slip out of place during sex. May increase pressure when used for anal and vaginal sex. Good for people with latex allergy. Protects against HIV and other STIs. Can be used while breastfeeding.
Internal Condom 	79%	Put penis out of vagina before ejaculation (that is, before coming).	Can be used while breastfeeding.	Less sensation for some. Does not work if penis is not pulled out in time. Does not protect against HPV or other STIs. Must insert in time.
Withdrawal 	80%	Must be used each time you have sex. Must be used with spermicide.	Can be used while breastfeeding.	Using spermicide may raise the risk of getting HPV. Spermicide should not be used with vaginal bleeding or infection. Raises risk of bladder infection.
Diaphragm 	80%	Prevent fertile days by taking temperature, cervical mucus for changes, and keeping a record of your period. It works best if you use it every time you have sex. Insert from one of these conditions or avoid during fertile days.	Can be used while breastfeeding. Available at pharmacies, health centres, and online. Must be used with spermicide. Proper fit is important. People of any age can get pregnant. EC without a prescription. Ulipristal acetate EC requires a prescription. May need a lift.	Must use another method during fertile days. Does not work well if you have an irregular period. Must be inserted in time to be effective. Does not protect against HPV or other STIs.
Fertility Awareness 	80%	Prevent fertile days by taking temperature, cervical mucus for changes, and keeping a record of your period. It works best if you use it every time you have sex. Insert from one of these conditions or avoid during fertile days.	Can be used while breastfeeding. Available at pharmacies, health centres, and online. Must be used with spermicide. Proper fit is important. People of any age can get pregnant. EC without a prescription. Ulipristal acetate EC requires a prescription. May need a lift.	Must use another method during fertile days. Does not work well if you have an irregular period. Must be inserted in time to be effective. Does not protect against HPV or other STIs.
Emergency Contraception 	88-94%	Works best the sooner you take it. You can take EC up to 3 days after unprotected sex. EC is not meant to be used as a regular method of birth control. EC is not meant to be used as a regular method of birth control.	Can be used while breastfeeding. Available at pharmacies, health centres, and online. Must be used with spermicide. Proper fit is important. People of any age can get pregnant. EC without a prescription. Ulipristal acetate EC requires a prescription. May need a lift.	May cause stomach upset or nausea. Can be used while breastfeeding. Available at pharmacies, health centres, and online. Must be used with spermicide. Proper fit is important. People of any age can get pregnant. EC without a prescription. Ulipristal acetate EC requires a prescription. May need a lift.