

Key vocabulary:

Mental Health – A person's health in terms of psychological and emotional wellbeing
Resilience – The ability to recover quickly from difficulties
Social Media – websites and apps where you can share content



Impacts of social media

Positive

- meeting people around the world
- sharing interests
- it's fun, it's an easy / quick / cheap way to communicate
- can express yourself creatively
- give you confidence to be who you want to be
- access to support groups
- time to think about what to type/say
- availability of wellbeing support (e.g. meditation apps).

Negative

- peer pressure
- cyber-bullying
- expected to always be available
- might feel excluded from certain groups
- people behave differently online than they would face-to-face
- can see upsetting content accidentally
- fear of missing out
- jealousy caused by looking at others' social media accounts
- pressure to look a certain way
- sleep deprivation

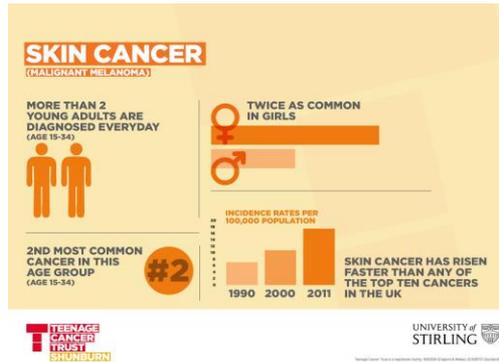
STATEMENT	T/F	COMMENTS
Teenagers need more sleep than adults	T	Research shows the average teenager needs just over 9 hour sleep a night, whereas the average for adults is 7 hours. This can be particularly challenging to manage as teenagers often don't feel tired until considerably later (e.g. 11pm) and have changing routines that require them to wake up in time for school.
Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday	F	This can actually make sleep worse. An erratic sleep schedule (for example staying up later at weekends and sleeping in later) make it even harder to fall asleep on Sunday night and wake up on Monday morning. It is much better to maintain regular wake hours over the weekends to keep the body in routine.
Most teenagers on average get the right amount of sleep	F	Due to problems highlighted above, the majority of teenagers are sleep deprived, (often by more than 2 hours of required sleep per night) which accumulates over time.
It is recommended to eat a small snack before bedtime	T	It is a good idea not to go to sleep hungry. While a big meal right before sleep is not advisable, a small snack before bed can help with falling asleep and improve sleep quality.
It is helpful to use a phone app to help track and promote sleep	F	Lots of apps suggest they can help to promote or track sleep, however little research has been done into how effective these really are. Any benefits the app may provide are also likely to be outweighed by having the phone on the bedside table, as the lights on phones and constant notifications throughout the night can have a significant negative impact on sleep
Naps should be no longer than 45 minutes	T	Napping can help sleepiness, but should be no longer than 15-30 mins and in the early afternoon. Napping for longer than this or late in the afternoon can make it difficult to fall asleep at night. Naps should only be used as a technique if absolutely necessary; it is much better to try to improve the quality and length of night-time sleep
It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks	F	Caffeine can give the body a temporary energy boost but it can have significant detrimental effects over time. Caffeine products are potentially addictive and can impact health; they also disrupt sleep even further.
Getting healthy sleep can improve school results	T	Research suggests that students who get the best results in tests sleep more than their peers. Sleep can improve brain functions such as memory, organisation, decision making and attention.
Using the night setting on a phone means it doesn't have any effect on sleep	F	As blue light filter apps are relatively new, research studies have not yet been published. However, using your phone before sleep still has other impacts as people are engaging in conversations, games, processing information etc. at a time when the brain needs them to wind down

1 MALIGNANT MELANOMA

- Most serious type of skin cancer
- Most commonly seen as changes in moles
- More common in young people

2 NON-MELANOMA SKIN CANCER

- Easily treated if detected early
- Most commonly seen as changes in the skin
- Less common in young people



- True or false?
- Skin cancer is rare? **False.** 16200 cases in the UK yearly
 - You can die from skin cancer? **True**
 - Skin cancer affects only old people? **False.** Skin cancer is one of the most common cancers in children
 - People with dark or black skin cannot get skin cancer? **False**
 - Getting sunburnt 5 or more times can double your risk of skin cancer? **True**
 - Sunburn is a sign of skin damage but a tan is a sign of health? **False.** A tan is damage to your skin
 - Tanning beds are safer for you than sunlight? **False.** Sunbeds transmit 12x as much UV light as the sun!

KNOW YOUR ABCDE

A ASYMMETRY

- When half of the mole does not match the other

B BORDER

- When the border edges of the mole are ragged or irregular

C COLOUR

- When the colour of the mole varies throughout

D DIAMETER

- If the mole's diameter is larger than 6mm

E EVOLVING

- If the mole starts to change in any way

CHECK YOUR MOLES!

Super Mole

MALIGNANT Reason: Diameter but also has some different colours

MALIGNANT Reason: Colour but also has an irregular border

BENIGN

MALIGNANT Reason: Border but also has some slight colour changes

MALIGNANT Reason: Asymmetry but also different colours

BENIGN



WHERE CAN UV RAYS AFFECT YOU?

TRUE OR FALSE?



5 SIMPLE STEPS



Did you wash your hands?

Stop the spread of germs and be healthy.

- WET** Wet hands under warm water.
- WASH** Wash hands with soap for 20 seconds.
- RINSE** Rinse under warm water.
- DRY** Dry hands. Turn off water with paper towel.

1. Which description shows the best steps in caring for teeth each day?	D	Brush teeth with fluoride toothpaste after interdental cleaning, spit out the excess toothpaste but don't rinse away as the fluoride continues to work in the mouth.
2. What makes a good toothpaste?	B	The cost or brand name won't influence how well a toothpaste works. However, the amount of fluoride is important. Toothpaste should have between 1350-1500ppm fluoride.
3. If someone has severe dental pain and their dentist is closed for the night they should...	D	If a person has severe dental pain and is unable to access their normal dental service for any reason, they should judge whether painkillers and gentle brushing will help while they wait until the dental practice is open or they can call for out-of-hours services.
4. Which option below is most damaging to your teeth?	C	Smoothies and fruit juices can provide useful nutrients for the body, however they contain a lot of sugar. Smoothies also have a sticky texture meaning they stay in contact with the tooth surface for longer. Juices/smoothies should be limited to one glass of 150ml per day, with a meal.
5. Which of the following treatments could be necessary for someone's dental health?	A	Braces can be used to maintain dental health and ensure that teeth aren't interfering with each other.
6. Which of the following people is qualified to provide tooth whitening services?	B	Beauticians (someone who gives people cosmetic treatments) and dental nurses (if not aiding a dentist) are not able to provide tooth whitening, and this practice is illegal, as it poses a number of risks to teeth.
7. How can smoking affect dental health?	D	Smoking affects dental health in a number of ways as it limits the amount of oxygen that reaches soft tissues. It also stains teeth, causes a loss of taste and smell, and can increase the risk of oral cancers.

ChildLine:
www.childline.org.uk Phone:
0800 1111

Young Minds:
www.youngminds.org.uk

Samaritans:
www.samaritans.org Phone:
116 123

Even if your teeth feel fine you should visit the dentist for a checkup at least once a year.

What does good oral health look like then?

Look at the information and watch the clips then summarise your findings.

Brush your teeth with fluoride toothpaste twice a day for about 2 minutes to help keep your teeth and mouth healthy. Plaque is a film of bacteria that coats your teeth if you don't brush them properly. It contributes to **gum disease** and **tooth decay**. Tooth brushing stops plaque building up. Try to make sure you brush every surface of all your teeth.

It's best to floss before brushing your teeth.

Using a **mouthwash** that contains fluoride can help prevent tooth decay, but don't use **mouthwash** (even a fluoride one) straight **after brushing** your teeth or it'll wash away the concentrated fluoride in the toothpaste left on your teeth. Choose a different time to use **mouthwash**, such as **after lunch**.

Electric toothbrushes clean teeth and gums much better than a **manual toothbrush**, according to the findings of a new study. Scientists found that people who use an **electric toothbrush** have healthier gums, less tooth decay and also keep their teeth for longer, compared with those who use a **manual toothbrush**. 25 Jun 2019

<https://www.youtube.com/watch?v=BiQRoCjIenQ&t=59s>

<https://www.youtube.com/watch?v=2G0BFU1q48Q>