

PSHE Year 8
Spring `1: **Healthy Lifestyles**

Key vocabulary:
Physical health – health of your body

Mental health – Health of your brain/mind
Eating disorder – abnormal or disturbed eating habits
Anorexia Nervosa – Where you eat as little as possible
Bulimia – When you eat food and are deliberately sick, use laxatives or excessively exercise.
Bing eating disorder – Where you regularly lose control of your eating

POST-TRAUMATIC STRESS DISORDER (PTSD)

Sometimes if you see or live through something very scary, you can keep feeling afraid even after the scary part is over. It is normal to feel afraid sometimes, but people with Post-Traumatic Stress Disorder (PTSD) feel scared even if they are safe and there is nothing to be afraid of. Kids with PTSD might have very bad dreams that seem real, or think something bad is going to happen again. Even when they are safe, the feelings of fear are very real. Talking to a mental health professional or friends and family can help. It takes time and hard work, but kids who are diagnosed with PTSD can learn ways to handle their fears and can live healthy, happy lives.

ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER) ADHD is pretty common and can make it hard to focus and sit still. ADHD makes it hard to finish things, and makes thoughts jump around. Kids who have ADHD can learn to control their thoughts and bodies by figuring out what helps them focus, or by talking to a doctor or mental health professional. Some kids with ADHD do better in school if they can do their work in a quiet room. Sometimes medicine can help too. Even though having ADHD can make some things harder, people who have ADHD are just as smart as other people. They can still do well in school and in life.

SCHIZOPHRENIA

and eat lots at one time

Schizophrenia makes it hard for people to know what is real and what is not real. Schizophrenia can make the brain think it sees or hears things that aren't really there. A person diagnosed with schizophrenia can also start to think that people are trying to control them or read their minds. Even though the things they see, hear, believe or feel might not be true, their b rains think they are real and true, and that can be very scary. Having schizophrenia does not mean a person is violent or bad. Usually people do not get this illness until their late teens or early adulthood, and there are ways to make their lives better, like **therapy** and medication.

AUTISM SPECTRUMDISORDER

Autism Spectrum Disorder changes the way the brain understands the world. People diagnosed with autism can have a hard time talking about their feelings, understanding people's actions, and being social. They can also be very sensitive about being touched. To a person diagnosed with autism, being hugged can be scary and uncomfortable. Kids who have autism are just as smart as other kids. They can be very good at things like math or music. Just because some things are hard for kids with autism, they are not acting mean or weird. Their brains just work in a different way. They still make friends and learn how to work and play with others.

BI-POLAR DISORDER

Everybody has feelings that change. When something good happens, you feel happy. If something bad happens, you feel sad. Bi-polar disorder changes the way people feel emotions. If people have bi-polar disorder, their emotions can go from happy to sad very quickly. They can be very cheerful one moment, and very angry, sad and tired the next moment. When people with bi-polar disorder experience intense feelings of happiness it is called "mania." They can't think clearly or sleep well, and they might do things without thinking about them first. When people with bi-polar disorder feel intense sadness and tiredness, it is called "depression." Having bi-polar disorder can be very tiring and stressful. Medication can help. Talking to a mental health professional, friends and family can also help someone with bi-polar disorder learn how to manage feelings and live a healthy life.





ANXIETY (PANIC DISORDER) Have you ever been really nervous? Maybe from a test, a speech, or a big game? When you're nervous, your heart starts pounding, you breathe fast, or your stomach might feel funny. Feeling anxious and nervous is common. But a person diagnosed with an Anxiety Disorder will have these feelings suddenly and often. These strong, sudden feelings of stress or fear are called "panic attacks." A panic attack can make your chest or stomach hurt, your heart speed up, make you feel afraid, dizzy, or feel like you can't breathe. Even kids can have panic attacks. People who have panic attacks sometimes feel scared to go places because they are afraid of having an attack. Their daily life can be scary, but they can get help, get better and be okay.

DEPRESSION

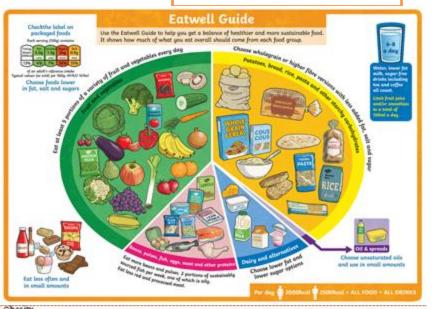
Depression is a mental health challenge that makes people feel very sad all the time. It can change how you think, feel, and act. It can even make your body feel sick too. A person diagnosed with depression can feel so sad that it makes it hard to think clearly. Someone diagnosed with depression might feel very sad every day, or feel that nobody loves them. They might not want to do things they used to think were fun. People diagnosed with depression may not know why they feel so sad. Even if you have a good life, you can struggle with depression. It is good to have family and close friends to talk to and help when things are bad, and talking to a mental health professional about these strong feelings can help. Depression can be very hard, but people with depression can get better too, and learn how to enjoy life.



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- Obesity is when a person is carrying too much body fat.
- People can get obese from eating too many bad things like chocolate and crisps.
- Anotherway people can get obese is by not doing enough exercise.
- Nearly 1/4 of adults are obese.
- There are more men than women that are obesein the U.K.
- There are also many children that are obese but again there are more boys than girls that are obese.
- Obesity is rising and more people are getting obese.
- Obesity is bad for a person it can give people lots of health problems like diabetes and heart disease.
- Obesity can mean a person does not live as long and can be the reason a person dies.
- A person can stop being obese by making sure they eat healthy and exercise.



- A person with an eating disorder isn't trying hard enough to eat right.
- B. False It is a health issue
- 2. The 3 main types of eating disorders are anorexia nervosa, bulimia nervosa, and binge-eating disorder.
- B. False
- 3. About the same number of boys and girls get anorexia nervosa.
- B. False Girls are 2-3 more times likely to develop an eating disorder. Boys CAN get eating disorders though!
- 4. Older adults are more likely than teens to get an eating disorder.
- B. False Teens are most likely to develop an eating disorder
- 5. People with anorexia nervosa see themselves as overweight even though they are dangerously thin.
- A. True
- B. False
- 6. Like those with anorexia, people with bulimia become very thin.
- B. False Often those with bulimia are not too thin as they binge and then are sick
- 7. People with binge-eating disorder feel out of control during a binge episode.
- A. True They will eat when they are not hungry or already full
- 8. People with eating disorders often don't know they are ill or they hide their condition.
- A. True
- B. False

Eating disorders. Know the first signs?







Flips









Lips Are they

Is their obsessive behaviour about food? changing?

Do they have distorted beliefs about their body size?

Hips

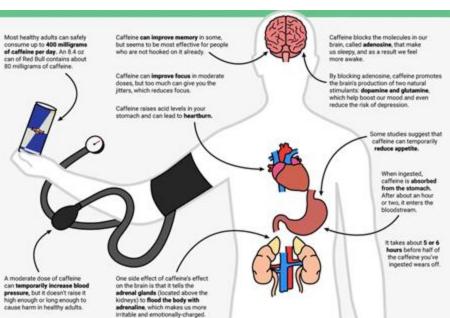
Kips Are they often tired or struggling to concentrate?

Nips Do they disappear to the toilet after meals?

Skips Have they started exercising excessively?



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Risks from Smoking Effects of Alcohol on the Body







birth defects

