

KS3 Knowledge Organiser - Health

Physical Health

Impacts of poor nutrition and/or lack of exercise:

Short term:

- stress
- tiredness
- limit capacity to work

Long term:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke
- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders.

The importance of sleep:

Teenagers need 8-10 hours of sleep every night.

Not enough sleep causes:

- Increased risk of obesity
- Increased risk of injury
- Increased risk of mental health issues
- Mood instability
- Forgetfulness
- Weakened immune system



Where to get more help and support:

- Parents and trusted family School Staff and Wellbeing Team
- NHS Eat Well: <https://www.nhs.uk/livewell/eat-well/>
- British Nutrition Foundation: <https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html>
- Kids Health: <https://kidshealth.org/en/teens/dieting.html>

How much exercise should you do?

<p>Children 5-12 years</p> <p>60 minutes of moderate to vigorous intensity physical activity every day</p>	<ul style="list-style-type: none"> • Jogging or running • Racewalking • Hiking uphill • Cycling more than 10 miles per hour or steeply uphill • Swimming fast or lap swimming
<p>Young People 13-17 years</p> <p>60 minutes of moderate to vigorous intensity physical activity every day</p>	<ul style="list-style-type: none"> • Aerobic dancing, fast dancing, step aerobics • Heavy gardening with digging, hoeing, shoveling heavy snow, moving or pushing heavy objects, carrying loads of 50 pounds on level ground or 25 pounds or more upstairs.
<p>Adults 18-64 years</p> <p>150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity OR 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity or an equivalent combination of both moderate and vigorous activities, each week</p>	<ul style="list-style-type: none"> • Martial arts • Playing sports with lots of running such as basketball, hockey, soccer • Singles tennis • Court sports such as handball, racquetball, squash

The Eat Well Plate



Mental Health

Good mental health means:

1. You feel relatively confident in yourself and have positive self-esteem
2. You feel and express a range of emotions
3. You can build and maintaining good relationships with others
4. You engage with the world around you
5. You can live and work productively
6. You can cope with the stresses of daily life
7. You can adapt and manage in times of change and uncertainty

Take care of your mental wellbeing:

Talk to someone you trust	Take care of your physical health
Do activities you enjoy	Focus on your surroundings for two minutes
Don't be afraid to say "No"	Tell yourself that everything will be fine

Things to Remember:

- Everyone experiences stress and anxiety at points in their lives. Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think.

Anxiety Disorders:

- Anxiety is an evolutionary and survival mechanism which is often linked to the flight or fight response. The brain responds to a perceived threat or danger by releasing stress hormones such as adrenaline and cortisol which cause the physical symptoms of anxiety. Once the threatening situation has stopped, the body will usually return to normal. But if someone has an anxiety disorder these feelings of fear and danger can be ongoing and interrupt their daily routine long after the threat has gone. They can make them feel like things are worse than they are.
- **Symptoms can include:**
Racing thoughts, feelings of dread, heightened alertness, problems with sleep, Changes in appetite, wanting to escape from the situation you are in, sweating, hot flushes, fast heartbeat, extreme tiredness and nausea.

Chronic stress:

- Some stress is good as it can motivate people however too much can be detrimental, especially if over a long period of time.
- **Signs and symptoms of chronic stress can include:** irritability, which can be extreme, fatigue, headaches, difficulty concentrating, rapid, disorganized thoughts, difficulty sleeping, digestive problems and changes in appetite, a perceived loss of control, frequent infections or illnesses.

Where to get more help and support:

- Parents and trusted family
- School Staff and Wellbeing Team
- GP or Practice Nurse.
- MIND - <https://www.mind.org.uk> Help line - 0300 123 3393 open 9am to 7pm, Monday to Friday or Text: 86463
- Young Minds - <https://youngminds.org.uk> Text: 85258 or Parents Helpline: 0808 802 5544
- Stem4 - <https://stem4.org.uk/>

KS3 Knowledge Organiser - Health

Puberty

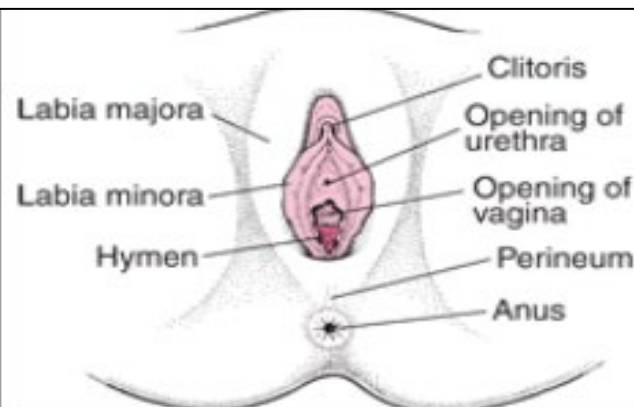
Key words:

- **Puberty:** The process of physical maturity in a person that takes place in adolescence
- **Menstruation:** Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.
- **Hormones:** A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.
- **Wet Dream:** An involuntary ejaculation that occurs whilst a person is asleep.

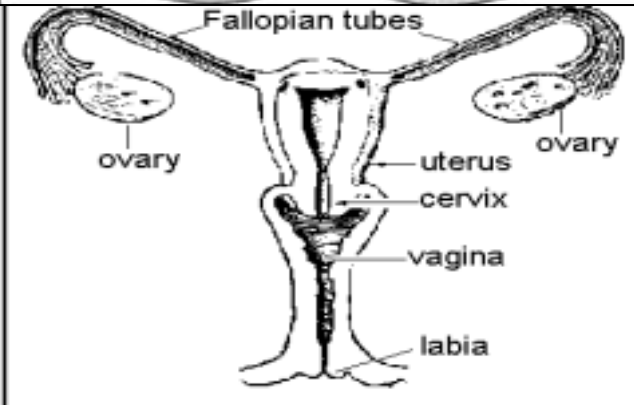
Things to Remember:

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people
- Everyone goes through puberty, you are not alone.
- A good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling very abnormal.

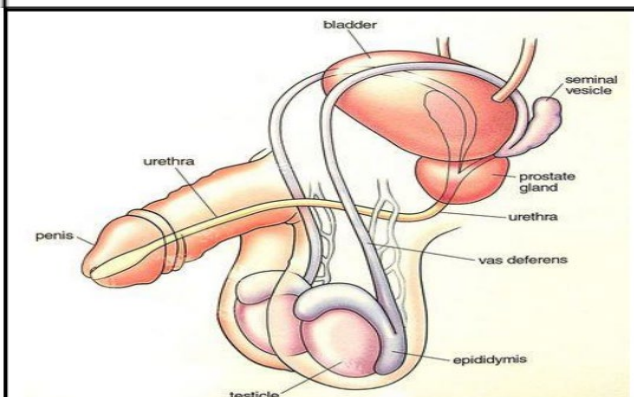
Female Genitalia – External



Female Genitalia – Internal



Male Genitalia



Physical changes during puberty

Boys Only	Starts between 10-12 <ul style="list-style-type: none"> • Facial hair • Voice breaking • Erections • Wet dreams • Widening of chest & shoulders
Girls Only	Starts between 9-10 <ul style="list-style-type: none"> • Menstruation/periods begin • Breast growth • Stretch marks • Cellulite • Hips widen
Both	<ul style="list-style-type: none"> • Grow taller • Sweat more • Changes to hair and skin • Spots and pimples

Where to get more help and support:

- Parents and trusted family School Staff and Wellbeing Team
- NSPCC Helpline: 0808 800 5000 (24 hours, every day) www.nspcc.org.uk
- Childline Helpline: 0800 1111(24 hours, every day) <https://www.childline.org.uk>
- NHS Live Well Website www.NHS.UK/Livewell

Personal Hygiene

- **Hair:** Puberty causes the oil glands in the hair to produce more oil which can make hair more oily meaning that it needs to be washed more regularly.
- **Face:** During and after puberty people can be more prone to spots and acne. This can be managed using daily face washes. Exfoliants should be used twice weekly to remove dead skin cells.
- **Oral Care:** Brushing teeth twice a day, flossing and using a mouth wash can prevent bad breath and dental issues. Regular visits to the dentist are also important.
- **Body Odour:** Due to puberty, sweat glands not only become more active than before, but they also begin to secrete different chemicals into the sweat that has a stronger smelling odour. Daily washing is essential. Anti perspirant's will reduce the amount of sweat you produce whereas deodorants cover the smell and odour.
- **Body Hair:** Body hair in new places is something you can count on. You may want to start shaving some places where body hair grows, but whether you do is up to you. Some guys who grow facial hair like to let it develop into a moustache and beard. Some girls may decide to leave the hair on their legs and under their arms as is. It's all up to you and what you feel comfortable with.
- **Genital Hygiene Women:** The inside of the vagina never needs cleaning with the use of soap. It has a natural balance of substances that can become disturbed by washing causing any bacteria that enter to have the potential of developing into an infection. The labia should only need cleaning once a day using a mild soap and water. The area should also be cleaned following sexual intercourse. Over cleaning of the genital area can be harmful and lead to infections such as thrush.
- **Genital Hygiene Men:** The penis, scrotal area and anus, should only need cleaning once a day. No attempt should be made to try and clean the inside of the urethra; this can cause serious damage. Special care should be taken by uncircumcised men to make sure the head of the penis is cleaned. This can be done by allowing the warm water to act as a lubricant and the foreskin should be gently pulled back. Failure to clean this area properly will result in smegma collection, causing bad odours and an increased risk of infection. The area should be cleaned after sex, even if wearing a condom, to prevent bacterial build-up and unpleasant smells arising.

Menstrual Hygiene:

- Wash your hands before and after using a menstrual product.
- Change your sanitary pad or tampon every 4 hours.
- Use the lowest absorbency product needed.
- Wear breathable (cotton) clothing, especially underwear.
- Keep your genital area clean.
- Use unscented hygiene products.



KS3 Knowledge Organiser - Harm

Eating Disorders

Symptoms:

- Symptoms of eating disorders will vary between individuals and type of eating disorder. Not matching the symptoms exactly does not mean that someone does not have an eating disorder, however, some common symptoms include:
- eating very little food or eating large amounts of food in a short time in an uncontrolled way
- having very strict habits, rituals, or routines around food
- Spending a lot of time worrying about your body weight and shape
- Changes in mood
- Deliberately making yourself ill after eating
- Avoiding socialising when food may be involved
- Withdrawing from social groups, hobbies you used to enjoy or from family life
- Physical signs such as digestive problems or weight being very high or very low for someone of your age and height.

Where to get more help and support:

- Parents and trusted family or school staff and Wellbeing Team
- Your GP, Practice Nurse, or School Nurse
- Youth Access - www.youthaccess.org.uk
- The Mix - www.themix.org.uk Freephone: 0808 808 4994 (13:00-23:00 daily)
- B-eat - www.b-eat.co.uk Helpline: 0808 801 0711 (Daily 3pm-10pm)
- Men Get Eating Disorders Too – www.mengetedstoo.co.uk
- Anorexia & Bulimia Care – www.exiabulimiicare.org.uk Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

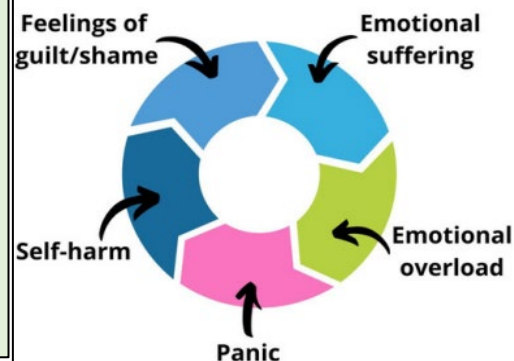
Self Harm

- **Self-harm** - deliberate injury to oneself, typically due to an overwhelming negative mental state.

Symptoms:

- Injuries observed on more than one occasion
- Injuries that appear too neat or ordered to be accidental
- Injuries on areas of the body that can be easily concealed with clothing .
- Secrecy or disappearing at times of high emotion
- Negative self-talk – feeling worthless, hopeless or aimless

Self-harm cycle



Where to get more help and support:

- Parents and trusted family or school staff and Wellbeing Team
- Your GP, Practice Nurse, or School Nurse
- Ring HOPELINEUK on 0800 068 4141 or the Samaritans on 116 123
- Text SHOUT to Shout's textline on 85258
- Stem4 - Calm Harm- www.stem4.org.uk

Female Genital Mutilation

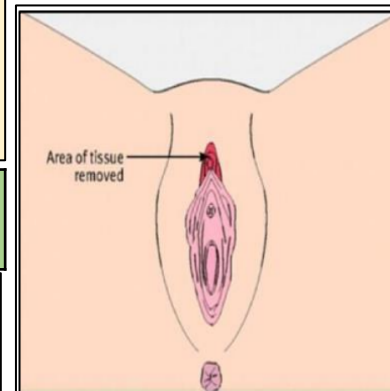
FGM: Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for nonmedical reasons.

Why is FGM performed?

- Preservation of virginity and chastity
- Religion, in the mistaken belief that it is a religious requirement
- To ensure the girl is marriageable or to improve marriage prospect
- Belief that it increases the sexual pleasure for the male
- Mistaken belief that it enhances fertility

FGM and the Law:

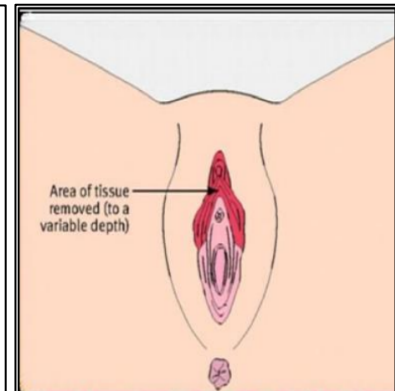
- Over 24,000 girls under the age of 15 living in the UK are at risk of undergoing the most severe form of FGM at any one time.
- Female Genital Mutilation Act 2003 makes it illegal for FGM to be performed in the UK or anywhere in the world on UK citizens or permanent residents of any age.
- If you carry out or help in carrying out FGM or if you arrange for someone to undergo FGM you face up to 14 years in prison.
- It is also illegal to take a British national or permanent resident abroad for FGM or to help anyone trying to do this.



Type 1 –

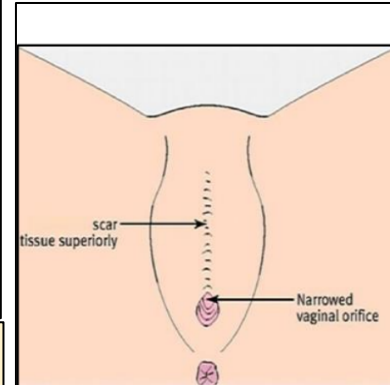
Clitoridectomy:

partial or total removal of the clitoris and, in very rare cases, only the prepuce (the fold of skin surrounding the clitoris).



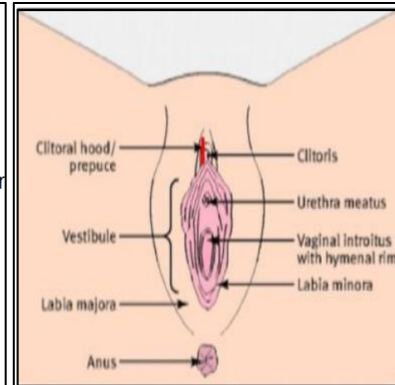
Type 2 – Excision:

partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora (the labia are the 'lips' that surround the vagina).



Type 3 – Infibulation:

narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the inner, or outer, labia, with or without removal of the clitoris. Sometimes referred to as **Pharaonic circumcision**.



Type 4 – Other:

all other harmful procedures to the female genitalia for non-medical purposes, e.g. pricking, piercing, incising, scraping and cauterising the genital area.

Where to get more help and support:

- Parents and trusted family or school staff and Wellbeing Team
- NSPCC Helpline: 0808 800 5000 (24 hours, every day) www.nspcc.org.uk
- CEOPS - <https://www.ceop.police.uk/safety-centre/>

KS3 Knowledge Organiser - Harm

Drug	Analgesic	Hallucinogen	Stimulant	Depressant
Caffeine			✓	
Cocaine			✓	✓
Heroin	✓			✓
Cannabis		✓		✓
Crack Cocaine			✓	
Amphetamines		✓	✓	
Ecstasy			✓	
Alcohol				✓
Inhalants		✓	✓	
Tobacco				✓
LSD		✓		
Magic Mushrooms		✓		
Steroids	✓			

Definitions:

- **Stimulant:** causes a person to feel like they have more energy.
- **Depressant:** causes a person to feel calmer or lethargic.
- **Hallucinogen:** causes a person to experience sensations that are not there. This could be visual, auditory, or physical.
- **Analgesic:** reduces the feeling of pain.

Drugs

How cannabis affects the body:













- Reduces the effectiveness of the hippocampus, this causes memory problems.
- Slows your reaction time, coordination, and reflexive responses.
- Weakens your immune system.
- Impairs judgement
- Increases heart rate and expands blood vessels (resulting in bloodshot eyes).

	Example	Sentence for Possession	Sentence for Dealing
Class A	Ecstasy, heroin, cocaine, magic mushrooms.	Up to 7 years in prison and/or an unlimited fine.	Up to life in prison and/or an unlimited fine.
Class B	Amphetamines, methylphenidate (Ritalin)	Up to 5 years in prison and /or an unlimited fine	Up to 14 years in prison and/or an unlimited fine.
Class C	Tranquilizers, Cannabis, GHB, Ketamine	Up to 2 years in prison and/or an unlimited fine.	Up to 14 years in prison and/or an unlimited fine.

Alcohol

It is against the law:

- To sell alcohol to someone under 18 anywhere.
- For an adult to buy or attempt to buy alcohol on behalf of someone under 18.
- For someone under 18 to buy alcohol, attempt to buy alcohol or to be sold alcohol.
- For someone under 18 to drink alcohol in licensed premises,
- To give children alcohol if they are under five.

1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
 Normal beer half pint (284ml) 4%	 Small glass of wine (125ml) 12.5%	 Strong beer half pint (284ml) 6.5%	 Strong beer Large bottle/can (440ml) 6.5%	 Bottle of wine (750ml) 12.5%	 Bottle of spirits (750ml) 40%
 Single spirit shot (25ml) 40%	 Alcopops bottle (275ml) 5.5%	 Normal beer Large bottle/can (440ml) 4.5%	 Large glass of wine (250ml) 12.5%	Government advises alcohol consumption should not regularly exceed:  Men 3-4 units daily  Women 2-3 units daily	

Smoking & Vaping

Facts about Nicotine:

- Nicotine is both a stimulant and a depressant.
- When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline

Smoking and the law:

It's illegal:

- For shops to sell you cigarettes if you are under 18
- For an adult to buy you cigarettes if you are under 18
- To smoke in all public enclosed or substantially enclosed area and workplaces.
- To smoke in a car with a child.

Facts about vaping

- Users inhale e -cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air. E - cigarette aerosol is NOT harmless "water vapor."

- The e - cigarette aerosol that users breathe from the device and exhale contain harmful and potentially harmful substances, including:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavouring such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds C
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead

Vaping and the law:

It's illegal:

- For shops to sell you vapes if you are under 18
- For an adult to buy you vapes if you are under 18
- To vape in public areas if the property owner has banned it.
- To vape while you're driving (can result in a £2,500 fine).

Where to get more help and support:

- Parents and trusted family or school staff and Wellbeing Team
- Your GP, Practice Nurse, or School Nurse
- Drink Aware 0300 123 1110 (weekly 9am - 8pm, weekends 11am - 4pm) <https://www.drinkaware.co.uk>
- Al-Anon Family Group 0800 0086 811 from 10 am - 10 pm, 365 days a year <https://www.al-anonuk.org.uk/>
- AddAction <https://www.addaction.org.uk>

