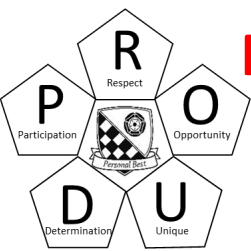


PSHCE Knowledge Map – YEAR 8



HEALTH & WELL BEING



Define: **Hygiene**

Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

Define: **Body Odour**

The unpleasant smell of a person's unwashed body.

Define: **Halitosis**

Medical term for bad breath

Define: **Oral Hygiene**

The practice of keeping one's **mouth** clean and free of disease and other problems

Define: **Puberty**

The process of physical maturity in a person that takes place in

Impacts of poor Nutrition

Short term:

- stress,
- tiredness
- limit capacity to work,

Long term it can contribute to the risk of developing some illnesses and other health problems such as:

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

Face

During and after puberty people can be more prone to spots and acne. This can be managed through the use of daily face washes. Exfoliants should be used twice weekly in order 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, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. Daily bathing and the use of anti-perspirant or deodorant. Anti perspirant's will reduce the amount of sweat you produce whereas deodorants cover the smell and odour.

Genital Hygiene

Women:
The inside of the vagina rarely 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

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.

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 mustache 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.

Consequences of Sleep Deprivation

- Emotional Affects • Irritability • Mood Swings
- Fatigue / Tiredness • Lack of Motivation
- Depression • Physical Affects • Lower Immune system • Disrupt hormone regulation • Higher risk of type 2 diabetes
- Cognitive effects • Forgetfulness • Clumsiness • Difficulty focusing

Define: **Insomnia**

Trouble falling asleep or may wake up frequently during the night or early in the morning. Acute Insomnia is when this occurs infrequently. Chronic is when it occurs regularly.



Ways to promote positive body image

- Accept Your Body.
- Remember Nobody's perfect.
- Don't body-shame yourself.
- Build a better habits.
- Like Your Body - Find things to like about your looks.
- Take Care of Your Body
- Eat healthy foods.
- Get a good nights sleep.
- Be active every day.
- Keep to a healthy weight.