

PCSHE Year 11 Topic 2: Health Choices and Independence

Key Terms:

- **Stress:** A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
- **Wellbeing:** The state of being comfortable, healthy, and happy.
- **Adverse:** Unfavourable or negative.
- **Strain:** Pressure or tension on something or someone.
- **Productive:** Achieving or producing results or outcomes effectively.
- **Revision:** The process of reviewing and studying material in preparation for exams or tests.
- **Aerobic activity:** Physical activity that raises the heart rate and improves cardiovascular fitness.
- **Flight or fight response:** The body's automatic response to a perceived threat, preparing it to either confront or escape the threat.
- **Cardiovascular:** Relating to the heart and blood vessels.
- **Immune system:** The body's defence system against infections and diseases.
- **Meditation:** A practice of focusing the mind and inducing a state of calm and relaxation.
- **Optimism:** A positive or hopeful attitude towards the future.
- **Depression:** A mental health disorder characterized by persistent sadness, loss of interest, and other symptoms that affect daily life.
- **Anxiety:** A mental health condition characterized by excessive worry, fear, and nervousness.
- **Blood transfusion:** The process of taking blood from one person (donor), processing it, and then giving it to another person (patient).
- **Red blood cells:** Blood cells that contain haemoglobin and carry oxygen throughout the body.
- **Shortage:** A condition of lacking an adequate amount or quantity.
- **Donor:** A person who voluntarily gives blood or organs for the purpose of helping others.
- **Sickle cell disease:** A genetic blood disorder characterized by abnormal, sickle-shaped red blood cells that can cause
- **Chemotherapy:** The use of drugs to treat cancer by killing or inhibiting the growth of cancer cells.
- **Stem cell transplants:** Medical procedures involving the transplantation of stem cells to replace damaged or diseased cells in the body.
- **Donation:** The act of voluntarily giving blood, organs, or other body tissues for medical use to help others.
- **Opt-in system:** A system in which individuals must actively choose or volunteer to participate.
- **Opt-out system:** A system in which individuals are considered willing donors unless they have explicitly stated their decision not to participate.
- **Excluded group:** A category of individuals who are not automatically included in the organ donation system due to specific circumstances or conditions.
- **Breast Cancer:** A type of cancer that forms in the breast tissue, typically characterized by the presence of abnormal cells that multiply and form a tumour.
- **Self-screening:** The process of examining oneself to detect any changes or abnormalities in the body.
- **GP:** General Practitioner, a primary care physician or doctor.
- **Testicular Cancer:** A type of cancer that develops in the testicles, the male reproductive organs that produce sperm and testosterone.
- **Puberty:** The stage of development during which a person reaches sexual maturity.
- **Benign:** Not cancerous or harmful.
- **Cysts:** Fluid-filled sacs or growths that can develop within the body.

KPI 1 – Wellbeing

Stress: A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Some stress is good as it can motivate people however too much can be detrimental, especially if over a long period of time.

Top tips for dealing with exam stress:

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
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!

Importance of exercise:

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

- **It pumps up your endorphins.** Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, any aerobic activity, such as a rousing game of tennis or a nature hike, can contribute to this same feeling.
- **It reduces negative effects of stress.** Exercise can provide stress relief for your body while imitating effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body—including your cardiovascular, digestive and immune systems—by helping protect your body from harmful effects of stress.
- **It's meditation in motion.** After a fast-paced game of racquetball, a long walk or run, or several laps in the pool, you may often find that you've forgotten the day's irritations and concentrated only on your body's movements.
- As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you stay calm, clear and focused in everything you do.
- **It improves your mood.** Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

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KPI 2 - Blood Transfusions:

A blood transfusion involves taking blood from one person (a donor), processing it, then giving it to someone else (a patient).

Why might a blood transfusion be needed?

A blood transfusion may be needed if you have a shortage of red blood cells.

This may be because your body's not making enough red blood cells or because you have lost blood.

For example, you may need a blood transfusion if you have:

- a condition that affects the way your red blood cells work – such as sickle cell disease or thalassemia
- a type of cancer or cancer treatment that can affect blood cells – including leukemia, chemotherapy or stem cell transplants
- severe bleeding – usually from surgery, childbirth or a serious accident
- A blood transfusion can replace blood you have lost, or just replace the liquid or cells found in blood (such as red blood cells, plasma or cells called platelets).

Donation:

- For **blood** and **stem cell donation**, an **opt-in system** is in place. Individuals must volunteer to give blood or sign up to the stem cell register.
- For **organ donation**, an **opt-out system** is in place. All adults will be considered to have **agreed to donate their organs** when they die unless they have **recorded a decision not to donate** or are in an excluded group. Families will still be consulted about organ donation and the **donor's faith, beliefs and culture** will be respected.

KPI 3 – Self-screening information

Breast Cancer – Self-screening

- know what's normal for you
- look at your breasts and feel them
- know what changes to look for
- report any changes to a GP without delay

Look at your breasts and feel each breast and armpit, and up to your collarbone. You may find it easiest to do this in the shower or bath, by running a soapy hand over each breast and up under each armpit. You can also look at your breasts in the mirror. Look with your arms by your side and also with them raised.

See a GP if you notice any of the following changes:

- a change in the size, outline or shape of your breast
- a change in the look or feel of the skin on your breast, such as puckering or dimpling, a rash or redness
- a new lump, swelling, thickening or bumpy area in one breast or armpit that was not there before
- a discharge of fluid from either of your nipples
- any change in nipple position, such as your nipple being pulled in or pointing differently
- a rash (like eczema), crusting, scaly or itchy skin or redness on or around your nipple
- any discomfort or pain in one breast, particularly if it's a new pain and does not go away (although pain is only a symptom of breast cancer in rare cases)

Testicular Cancer – Self-screening

From puberty onwards, it is important to check your testicles regularly. Testicular cancer is usually always cured but it is easier to treat when it is diagnosed early. Checking for testicular cancer is sometimes called testicular self-examination. Doing this regularly means you soon get to know what feels normal for you. A normal testicle should feel smooth and firm, but not hard.

Hold your scrotum in the palm of your hand. Use your fingers and thumb to examine each testicle. You should feel for:

- lumps or swellings
- anything unusual
- differences between your testicles.

It is normal for the testicles to be slightly different in size. It is also normal for one to hang lower than the other. The epididymis (tube that carries sperm) is behind the top of each testicle. It feels like a soft, coiled tube. It is common to get harmless cysts or benign lumps in the epididymis. Treatment for these may vary. Other conditions can cause lumps or swellings, and most lumps are not cancer. But it is important you get your doctor to check anything unusual as soon as possible.

If you need further support...

Home and school support:

- A friend
- A teacher
- Your tutor
- Parents/carers
- Mr Ogden
- Mrs Loveridge
- Mrs Jones
- Mrs Hayward
- Mr Hayward

Reputable Organisations:

- www.childline.org.uk/info-advice/you-your-body/my-body
- www.nhs.uk/change4life
- www.nhs.uk/live-well
- www.tomkerridge.com/full-time-meals (for family friendly meal ideas, including cooking healthy food within a limited kitchen).
- Young Minds: www.youngminds.org.uk
- Contact your GP
- Contact Orchid: <https://orchid-cancer.org.uk/testicular-cancer/> (0808 802 0010)
- Visit trekstock: <https://www.trekstock.com/> (a resource for young people affected by cancer which provides counselling and support)
- Breast Cancer Now – <https://breastcancer.org>
- Teenage Cancer Trust - www.teenagecancertrust.org