

Year 7 Values and Society

Topic 3: Why is a healthy lifestyle important?

Key vocabulary

Puberty – a time when adolescents’ bodies start to change in order for them to become capable of reproduction

Personal Hygiene - maintaining a consistent and healthy standard of cleanliness in order to remain well, hygienic and germ free

Dental Hygiene – maintaining healthy, clean and strong teeth, gums and tongue in order to avoid the need for fillings due to dental decay

Smoking – breathing in smoke from a cigarette, cigar or roll-up (usually for tobacco smoke) or a spliff (usually for cannabis) to experience pleasure from the chemicals they contain. Both are highly addictive and cause a negative impact on health

Vaping – breathing in a steam-like fume designed as a replacement for tobacco smoking; vapes still usually contain nicotine, which remains addictive.

Mental Health – a person’s emotional and psychological well-being, which can change and which needs looking after just as much as your physical health

Remember...

No question is too silly during this module. If you do not feel comfortable asking in class, you can speak to any of the World Affairs teachers, your tutor or leave the question in the box outside the staff room, addressed to your teacher.

Key areas of focus

Big picture:

Healthy Lifestyles

How can we get teenagers in Lydney to take better care of their physical and mental health and wellbeing?

