

Key words	
Electronic Screen Syndrome (ESS)	Health issues related to excessive screen time.
Melatonin	A chemical released by the brain to help us sleep
Dopamine	A chemical that helps us feel good
Nicotine	The addictive chemical in cigarettes
Tar	Causes heart problems from smoking
Emphysema	A lung disease caused by smoking
Passive smoking	Getting the bad effects by being near a smoker



Alcohol Use	
Why	Risks
<ul style="list-style-type: none"> To cope with stress or relax To fit in / look cool / adult / peer pressure To forget problems and family conflicts For the happy / wild side-effects For confidence when socialising Out of curiosity (taste or side effects) To celebrate an important occasion To copy a family member or role model 	<ul style="list-style-type: none"> Liver damage Low weight babies Obesity Do stupid / risky things Addiction Lack of money Heart disease Memory loss

STAYING SAFE

Safety on roads and buses and from knife crime

Most boys are involved in road accidents aged 12: Silly / daring
 Most girls are involved in road accidents aged 14: Mobile phone use
 5 times as many boys as girls have bike crashes: (see above!)
 20% of pedestrians in accidents are children
 Knife crime in South Yorkshire has almost doubled in the last nine years - one of the highest increases outside London.
 In Sheffield there were eight fatal stabbings in 2018
 Even being in possession of a knife could get you a 4 year prison sentence.
 If you are WITH someone who commits a knife crime, you could get done TOO.
 There were 1000 knife crimes in South Yorkshire in 2017-18

Online safety

Always check your privacy settings, and be aware of who can see what when they visit your profile/chat.
 Don't meet them in real life after online
The following should NOT be on your profile
 What school you go to, name, age, who your friends are, plans for the weekend

Disadvantages of smoking

- Yellow teeth and fingers
- Bad breath
- Increased risk of lung cancer
- Lung diseases like emphysema and bronchitis
- You get addicted to the nicotine, so it's hard to quit
- Billions of kilos of greenhouse gases in the air
- It costs the average smoker £ hundreds a year
- 50% of housefires are started by smoking
- Passive smoking increases risks in those you love.
- Land used up for tobacco could feed millions
- It costs the NHS £600 million a year
- It is a major cause of heart disease

Excessive screen time

The brain get be overstimulated, but lack empathy, causing social problems.
 The brain is tricked into thinking it is daytime
 We get dopamine from gaming, but not from exercise, leading to weight gain.
 They say 4 hours 17 minutes for ALL screens (TV, phone, schoolwork etc) is optimal (best)



Key words	
Fake news	Made up news stories, for propaganda or media sales
Propaganda	Persuading the public to adopt a belief or attitude
sedentary	Sitting down (most screen time!)
melanoma	Cancerous mole on the skin
Body dysmorphia	The person sees themselves as fat when they are not.
CPR	Cardiopulmonary resuscitation (press chest + blow into lungs)



Eating Disorders (need treating by experts, counsellors etc)	
Can be caused by depression, low self-esteem, media pressure to look thin, a need for control over something in life. Can be fatal. Symptoms...	
Anorexia Nervosa: They eat very little, often cutting food into small amounts. Weight loss, soft downy hair on arms, pale.	Binge-eating disorder: They feel depresser, and resort to comfort eating, often of sweet, salty or unhealthy food. This leads to obesity.
Bulimia: Binge eating, followed by secretly vomiting, or tablets to get rid of the food. All the above symptoms, plus bad teeth / throat.	
First aid	

STAYING SAFE

With a bad bleed, DON'T wash it, keep pressure on with a clean cloth or bit of clothing, raise it above the heart level, DON'T remove glass etc, call 999.
 With choking, start with firm bangs on the back with the flat of your hand, between their shoulders, or stand behind them, clasp your hand/fist around them and squeeze sharply in and up under their rib cage.
 With a burn, cool it under running water for 10 minutes, then cover it with cling film or a plastic bag.
 With a possible broken bone (in a lot of pain or the body part is in an unnatural position), support the limb with a cushion to keep it still. Ring 999.
 Possible internal bleeding. Watch out for pale, blueish skin, shallow breathing.

Exercise

We should do 60 minutes of exercise a day For flexibility, strength and endurance. And to avoid obesity and heart problems. It may also give energy and social skills.
Top tips!
 Use your phone – to count daily steps!
 Walk to school or get daily fresh air
 Bike rides (tough in Sheffield! E-bike?)
 Train for a local charity walk
 Take part in after school clubs
 Check out local tourist sites, playgrounds.

Skin cancer and sun protection

Why sunbathe?
 It feels lovely, warm and relaxing
 People find a tan attractive
Risks
 Sunburn, sunstroke (vomit / headache), skin cancer
Protection tips
 Sunglasses with ultraviolet protection.
 Cover up, especially between 11am and 3pm.
 Wear a hat
 Re-apply a high factor cream after swimming.
 Beware moles that grow, or change shape / colour.
 Get any skin blemishes (scabs or cuts that keep crusting over) checked out at the GP

Home alone (top tips)

Don't answer the door to strangers (check by seeing who it is).
 Say that mum or dad can't come to the phone right now NOT that they're out.
 If babysitting, know the number 999, first aid, CPR and the recovery position.
 Cover a frying pan fire with a damp cloth, DON'T throw water on it.

