

PHSE Friday 22th February

LO: To take responsibility for my health and well-being.

Watch the video and then read the following scenarios.

What advice would you give in each situation?

Use the following questions to provide your advice.

What advice would you give?

How can these people take more responsibility for managing their health?

What have you learned about taking more responsibility for your health?

Are there things you could be doing now to improve this?

Scenario 1

Dear Agony Aunt, I am feeling very sleepy lately and find it difficult to concentrate on my homework. I play a lot of video-games and sometimes I do stay up late if I need to finish a level. I sometimes miss a meal because I don't want to stop the game, but I have chocolate, snacks and energy drinks in my room in case I need a boost. Do you think the video games are making me sleepy?

Advice

Scenario 2

Dear Agony Aunt, I drink a lot of sugary drinks and I think it has caused one of my teeth to ache. It's starting to hurt when I eat anything chewy. I am so frightened about going to the dentist, that I am thinking of not going and just putting up with the pain by taking some over the-counter medicine. Can you offer me any advice?

Advice

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Scenario 3

Dear Agony Aunt, My friends have started to smoke. I am worried that if I don't join in they will cut me out of the group. I know smoking is bad for me but if I lose these friends, I won't have any at all. My friends are everything to me and without them I will feel miserable and depressed. What should I do?

Advice

Scenario 4

Dear Agony Aunt, I have not been feeling very well lately. I eat a balanced diet and I go running three times a week. Last week I noticed a strange mark on my arm that wasn't there before. I have a very active job that keeps me fit and I'm outside a lot. I do forget to use sunscreen sometimes. I am starting to get worried. What should I do?

Advice

Scenario 5

Dear Agony Aunt, I am putting on weight. My Mum does all the shopping and cooking so I don't have any choice about what I get to eat. I do eat snacks in between meals and I admit that sometimes I forget to read the labels on the packets. Do you think I should ask my Mum to buy healthier food? We don't have much money and I know she buys what we can afford. I think she will get upset if I criticise her. What do you think?

Advice

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Well Done

You've now completed the work so hand
it in on Teams.