

## Year 8 PSHE - Health and Wellbeing

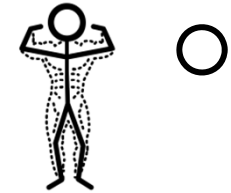
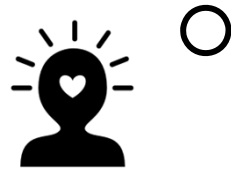
### The Big Picture:

Can you answer the 'big picture' questions?



- **What** is my Mental Health?
- **How** Important is Body Image?
- **What** are Eating Disorders?

Add a summary of the lesson alongside each image. Could you link any of the ideas/concepts of the lessons together?



How do you think the 'Can Do' challenge might help people with their mental health?

Here are some of the key words from this topic.  
Can you add anymore?  
Can you add any definition?

#### Glossary of Key Terms:

- anorexia
- anxiety
- binge eating disorder
- body image
- bulimia
- bullying
- CAMHS
- consequences
- Coronavirus
- cyberbullying
- depression
- dopamine
- endorphins
- media
- mental health
- psychological
- publicised
- social media
- symptoms
- trolling
- wellbeing

#### CEIAG Link:

For this topic we are studying, we can make links to a variety of professions:  
- Mental Health Nurse/CAMHS worker  
- Dietician

If these are something you are interested in, do some research on the profession or speak to Mrs Ackroyd!