



What are the physical health needs of children and young people with their physical health?

What are the physical health needs of children and young people with their physical health? It is about basic health needs of the community. At Trinity, we understand that young people have their health needs and we want to empower them to feel ready to take control of their health beyond the classroom.

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Year 7	<p>Term 4 and Term 5— <u>Healthy and Healthy Living</u></p> <ul style="list-style-type: none"> How do I keep my body and teeth clean? What are the signs of a healthy body? 	<p>Physical health</p> <p>The well-being of the body. Feeling better includes not only the absence of disease but also a state of physical fitness, good sleep.</p>	<p>Puberty</p> <p>The period of time which adolescents enter sexual maturity and become capable of reproduction. It's a child's body development and changes so they become an adult.</p>	<p>Q1 How can you look after your physical health?</p>	<p>Physical health is the state of the body. It includes the absence of disease but also a state of physical fitness, good sleep, good nutrition, and the absence of alcohol, drugs, and tobacco. It is the state of the body that allows you to feel better and to be able to do things that you want to do.</p>
Year 9	<p>Term 3 - <u>My Health, My Future</u></p> <ul style="list-style-type: none"> How can energy drinks impact me? What are the signs of a healthy body? What is drug addiction? How do I manage my surroundings, drugs? 	<p>Period</p> <p>Referring to the 'period' as part of a woman's menstrual cycle, it is commonly referred to as a 'period'.</p>	<p>When you choose to do something you wouldn't otherwise do, because you want to feel accepted and valued by your friends.</p>	<p>Q2. How can you support yourself if you feel pressured?</p>	<p>Remember that you are not alone. It's easy to feel like you're the only one not drinking or to feel like you're the only one who doesn't want to stand on issues like sex, drugs and alcohol. It's important to stand up for yourself if you know your own mind. If you don't want to go to a party, it's important to stand up for yourself but clearly, if they are true friends, they should understand if you say no.</p>
Year 10	<p>Term 5 - <u>My Health, My Future</u></p> <ul style="list-style-type: none"> How do I keep myself safe in situations that are dangerous or risky? How do I ask for help for substance abuse and addiction? How do I administer emergency first aid? 	<p>Substance Abuse</p> <p>Excessive use of a drug in a way that is damaging to yourself, society or both.</p>	<p>Not having control over doing, taking or using something to the point where it could be harmful to you.</p>	<p>Q4 Who would you speak to if you're worried about your physical health?</p>	<p>If you are worried about your own or a friend's physical health you should speak to Mrs Bridg and our Student Well-being Team. Both are available in the school and others safe. Should there be a life threatening situation or emergency, call 999.</p>
Year 11	<p>Term 3 and Term 5 - <u>My Health, My Future</u></p> <ul style="list-style-type: none"> How do I keep myself safe in situations that are dangerous or risky? How do I ask for help for substance abuse and addiction? How do I administer emergency first aid? 	<p>Self Examination</p> <p>Examining your own body for signs of illness. You can be in the best of health and not know it until you have a physical exam.</p>			

