

# HEALTH DIET

**CARBOHYDRATES**  
**COMPLEX CARBS** SLOW energy release  
 e.g. bread, cereals, potatoes  
**and**  
**SIMPLE CARBS** QUICK energy release  
 e.g. sugar, syrup, fruit

**PROTEINS**  
 make new cells and repair damaged tissue e.g. meat, eggs, nuts, seeds, seafood

**FATS**  
 provide energy and insulation e.g. cheese, ice cream, oil, butter

**VITAMINS & MINERALS**  
 essential to keep your cells doing what they need to keep your body working

**FIBRE**  
 moves waste through the digestive system e.g. fruit, veg and wholemeal

**BALANCE** is important! As is plenty of water to ensure chemical reactions happen in your cells. 70% of your body is water

# HEALTH DRUGS

**MEDICINE** prescribed by a doctor to cure illness or soothe pain but can also be illegally sourced and abused

**LEGAL RECREATION**

**NICOTINE**  
 highly addictive and causes heart disease

**ALCOHOL**  
 a depressant often taken to reduce inhibitions and help socialise but often impairs judgement

**CAFFEINE**  
 in coffee and soft drinks, increases alertness but can also induce feeling anxious by raising heart rate

**ILLEGAL RECREATION**

**HEROIN**  
 creates euphoria and pain relief but highly addictive opioid that can ruin lives

**CANNABIS**  
 psychoactive effects, relaxation and pain relief; controlled use as medication

**COCAINE**  
 increases energy and confidence but can result in panic attacks and heart attacks

**ADDICTION** is common with many drugs as it can change neural pathways in your brain and make you become dependent on the substance

# HEALTH MENTAL HEALTH

Poor mental health can be caused by: bullying, grief, loneliness, discrimination, overworking, neglect, abuse, drug addiction, physical health complications, and more...

**DEPRESSION**  
 not just feeling sad, but feeling persistent decreased enjoyment in things you used to enjoy  
 unmotivated  
 tearful and tiredness  
 pretending to be fine

**STRESS**  
 overwhelmed by the amount of tasks to complete and never feeling like you can keep on top of it all  
 changes in mood  
 difficulty sleeping or eating  
 digestive issues

**ANXIETY**  
 constant worry about events that happened in the past or haven't happened yet or could happen  
 difficulty sleeping or eating  
 imagining worst case scenarios  
 avoidance of activities

**SURVIVAL RESPONSE**  
 our brains are designed to keep us safe from threats:  
 😡 ANXIETY protects us from injury  
 😡 STRESS is a fight response  
 😞 DEPRESSION is a flight response  
 issues arise when you become out of balance and can no longer cope

**TALK TO SOMEONE YOU TRUST:** friends, counsellor, or family

# HEALTH ALCOHOL

A legal depressant for adults taken for enjoyment or to try to cope with anxiety and stress

**DEPRESSANT SIDE EFFECTS**  
 lowers inhibitions  
 slows thinking  
 distorts the world  
 can cause dependence

**SOCIAL EFFECTS**  
 social norm to drink so can feel left out if don't join in  
 very expensive compared to other drinks  
 influence of alcohol can lead to death

**FOETAL ALCOHOL SYNDROME**  
 drinking too much alcohol when pregnant can cause serious brain damage to the developing foetus

# HEALTH NICOTINE

Nicotine triggers the temporary release of pleasure hormones in the brain, but is highly addictive and harmful to the body

**SMOKING**  
 cigarettes contain 4000 chemicals  
 69 chemicals cause cancer  
 400 chemicals are poisons  
 tar and smoke damages cilia in lungs  
 carbon monoxide reduces lung capacity and fitness levels

**VAPING**  
 heated liquid nicotine  
 doesn't contain the same chemicals as cigarettes so sold as an aid to give up smoking  
 colourful packaging and sweet flavours attract new users, including children  
 can damage antibodies that protect immune system

**NICOTINE** narrows blood vessels and hardens the arteries putting users at risk of heart disease and cancers

# HEALTH SEXUAL HEALTH

Diseases can be transmitted or triggered via sexual activity

**VIRAL**  
 e.g. HIV or herpes  
 once infected, you have it for life  
 herpes causes blisters on the genitals  
 HIV can develop into AIDS, an autoimmune disease that reduces life expectancy

**BACTERIAL**  
 e.g. chlamydia  
 can damage female reproductive system causing infertility  
 symptoms often stay hidden meaning you may not know you have it until trying for a baby

**FUNGAL**  
 e.g. thrush  
 a yeast called candida exists naturally in reproductive systems  
 the act of sex or introduction of semen can trigger an overgrowth which can affect both partners

**PREVENTION**

**BARRIER PROTECTION**  
 such as condoms is the only way to have sex and reduce diseases being transmitted between partners

**ABSTINENCE**, or saying NO to sex is the only way to completely avoid transmitting sexual diseases