

100% Sheet Health and Wellbeing

Key Terms

Health:

Someone's physical or mental condition. Someone can be in good or bad health. Most people think of health as purely physical.

Well being:

The state of being comfortable, healthy or happy. Well being is strongly linked to how someone feels.

Sleep deprived:

Not having enough sleep.

Mental health:

a person's condition with regard to their psychological and emotional well-being.

Underage drinking:

Consuming alcohol under the legal drinking age which is 18 in the U.K.

Young people and alcohol

The legal age for drinking alcohol in the U.K. is 18. Alcohol is the first legal drug that young people will try.

There are three main reasons for this:

1. Drinking alcohol is seen as socially acceptable and many young people will have seen parents or older siblings drink.
2. Alcohol is quite easy to get hold of so young people have access to it.
3. Most young people are not fully aware of the dangers surrounding alcohol .



What happens if you do not get enough sleep?

The average young person needs between 8 and 10 hours sleep a night. However many young people are surviving on a lot less sleep than this.

Being **sleep deprived** can has a major impact on your **health and wellbeing.**

Firstly lack of sleep will make you feel tired and not wanting to start your day. It can be very difficult to get out of bed if you need more sleep.

Secondly being tired can make you quite moody and unpleasant to be around as you just want to sleep.

Lastly not getting enough sleep will have an impact on your ability to learn. If you are tired, you will not be able to concentrate and you will miss key information.



Young people and mental health

As many as **1 in 4 people** have a mental health condition. This can affect the way that they feel about themselves and the world around them.

These are the most common type of mental health conditions:

Name of mental health condition	Most common symptoms
Depression	Feeling sad, wanting to be alone and a loss of appetite.
Anxiety	Not being able to sleep well, shortness of breath and loss of appetite.
Eating disorders (Anorexia, bulimia and binge eating)	Change in eating habits, becoming secretive and and doing lots of exercise

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