

1: What is a healthy lifestyle?**Good health**

Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest.

**2: Diet and exercise**

The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The Eatwell Guide is based on the Government's *Eight tips for healthy eating*, which are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty
8. Don't skip breakfast.

3: The Dangers of Illegal Drugs

Illegal drugs aren't good for anyone, but they are particularly bad for a teen whose body is still growing. Illegal drugs can damage the brain, heart, and other important organs. Cocaine, for instance, can cause a heart attack – even in a kid or teen. While using drugs, people are also less able to do well in school, sports, and other activities. It's often harder to think clearly and make good decisions. People can do dangerous things that could hurt them – or other people – when they use drugs.

Sometimes teens try drugs to fit in with a group of friends. Or they might be curious or bored. Someone may use illegal drugs for many reasons, but often because they help the person escape from reality for a while. But this escape lasts only until the drug wears off.

4: Smoking**What happens when you use tobacco:**

- It causes your heart rate and blood pressure to increase,.
- reduces the amount of oxygen in your bloodstream, making you short of breath.
- It decreases your taste and smell.
- It causes your blood to clot faster.
- Smokers have a higher chance of heart attack, stroke and circulatory problems.
- Tobacco makes your teeth turn yellow or brownish in colour.
- Smoking makes your skin wrinkle more.
- Your breath smell.
- Cigarette smoke contains more than 7,000 chemicals, 69 of which are known to cause cancer. Many others are known to be toxic.

5: Vaping/E-Cigarettes**E-cigarettes**

What is an E-cigarette? An e-cigarette is a device used in place of smoking tobacco. It is also known as an electronic cigarette, e-cig or water vapor cigarette. An e-cigarette is a small tube that is often made to look like a cigarette. However, they do come in many varieties. All major tobacco companies own and make e-cigarettes.

Are E-cigarettes Safe?

E-cigarettes are not regulated (controlled). They are also not approved by the Food and Drug Administration (FDA). The chemicals used in the liquid do not have to be safe or listed on the label. Private testing has found many harmful chemicals in the liquid.

6: Big think question/Self care?**What is self-care?**

Self-care is just what it sounds like: taking care of yourself. These days, when people talk about self-care they are generally talking about the conscious and deliberate choice to do something that looks after you and your wellbeing.

Examples of self-care?

1. Get a good night's sleep
2. Drink lots of water
3. Go for a brisk walk
4. Take a relaxing bath
5. Say no to something you don't want to do
6. Make something healthy yet delicious for dinner
7. Make a list of five or more things you like about yourself
8. Spend time with loved ones