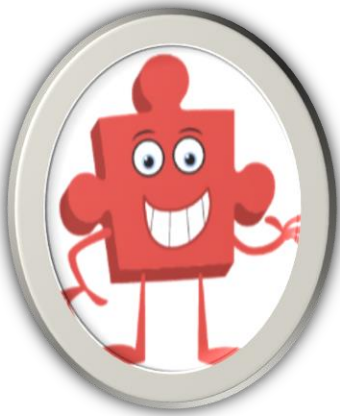


How do my choices affect my health? (PSHE Y6 – Healthy me)







What I can remember

- Know basic emergency procedures, including the recovery position
- Can reflect on own body image and know how important it is that this is positive

Big Ws: Taking Responsibility for my health and wellbeing and the choices I make

Vaccination/ Immunisation	Vaccinations help our immune systems keep us healthy and prevent us from catching some diseases.
Age Restriction	It helps people know how old they have to be to buy, use or do something
Drug	Any substance which causes physiological and/or psychological changes to occur
Prescribed Drugs	Only a doctor can legally give you these drugs
Illegal Drugs	These drugs can ONLY be bought /used illegally
Choice points	A potential place where you can take action to help yourself stay safe
Gang	If someone is tempted to join a gang, they need to be sure that the gang is safe, harmless, responsible, and is not involved in anti-social or criminal behaviour

Big Ws: motivated to care for my own physical and emotional health and can use different strategies to manage stress and pressure

Emotional/ mental health	Keep feeling emotionally healthy	Stress and the triggers that cause it	Healthy strategies to manage stress
<ul style="list-style-type: none"> ➤ We can feel more emotionally/ mentally healthy on some days than others, and we will all have days where we feel less positive 	<ul style="list-style-type: none"> ➤ Imagine emotional health as a bucket. Filling our bucket with positive feelings helps stop negative feelings draining it 	<ul style="list-style-type: none"> ➤ Everyone usually feels stressed or under pressure at some time in their lives. The trigger can be something small or big 	<ul style="list-style-type: none"> ➤ Exercise, eating well, enough sleep, doing things that you enjoy, finding people who can help
			

Vocabulary

Exploitation	Vulnerable	Symptoms	Anti-social	Mental illness
The use or manipulation of another person to your own advantage	Capable of being physically or emotionally hurt	A sign or indication of something	Behaviour that is harmful or annoying to other people	Such as depression and anxiety
