




Key Facts		Social and Emotional Skills	
<ul style="list-style-type: none"> <li>Children need to understand that vaccinations help our immune systems keep us healthy and prevent us from catching some diseases.</li> <li>Drugs can be split into four groups: restricted, unrestricted, prescribed and illegal. Illegal drugs and the restricted drugs are known to cause the body damage.</li> <li>The liver and heart are very vulnerable to drug misuse. The liver cleans toxins from the body and many drugs make the heart work faster than it needs to.</li> <li>Please find national and local helplines for children to use appropriate for where you are e.g. Childline in the UK.</li> <li>To know that gangs may use a variety methods to coerce and groom children into them.</li> <li>Explain that mental health is as serious as physical. To know some mental illnesses; I like depression, anxiety and eating disorders.</li> </ul>		<div>Year: 6 Spring 2 Topic: PSHE – Healthy Me</div> <ul style="list-style-type: none"> <li>I am motivated to care for my physical and emotional health</li> <li>I am motivated to find ways to be happy and cope with life's situations without using drugs</li> <li>I can suggest ways that someone who is being exploited can help themselves</li> <li>I can suggest strategies someone could use to avoid being pressurised</li> <li>I know how to help myself feel emotionally healthy and can recognise when I need help with this</li> <li>I can use different strategies to manage stress and pressure</li> </ul>	
Key Learning	Prior Learning	Books to support	
<ul style="list-style-type: none"> <li>I can take responsibility for my health and make choices that benefit my health and well-being</li> <li>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</li> <li>I understand that some people can be exploited and made to do things that are against the law</li> <li>I know why some people join gangs and the risks this involves</li> <li>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</li> <li>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</li> </ul>	<ul style="list-style-type: none"> <li>Smoking can not only have health impacts but also implications such as; yellow teeth, finger tips and smell.</li> <li>Alcohol can effect liver, mental health and those around you.</li> <li>Impact of development of young people who are exposed to drugs and alcohol.</li> <li>To know that we can be affected by our feelings and it lead to a negative outcome.</li> </ul>		

Subject Specific Vocabulary	
Key word	Definition
<b>Exploitation</b>	the action or fact of treating someone unfairly in order to benefit from their work
<b>Grooming</b>	the action by a paedophile of preparing a child for a meeting, especially via an internet chat room, with the intention of committing a sexual offence
<b>Anxiety</b>	A feeling of worry, nervousness, or unease about something with an uncertain outcome.
<b>Addiction</b>	the fact or condition of being addicted to a particular substance or activity
<b>Substances</b>	a particular kind of matter with uniform properties
<b>Prescribed</b>	(of a medical practitioner) advise and authorize the use of (a medicine or treatment) for someone, especially in writing:
<b>Restricted</b>	limited in extent, number, scope, or action: