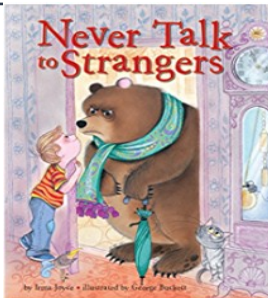
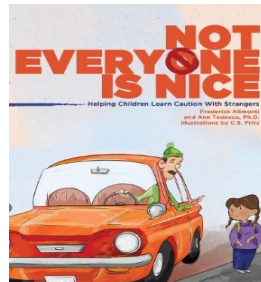


PSHE – HEALTHY ME			
STICKY KNOWLEDGE ABOUT HEALTHY ME	SOCIAL AND EMOTIONAL SKILLS	KEY VOCABULARY	
Know how to take responsibility for their own health • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people’s bodies, especially their liver and heart • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know what it means to be emotionally well • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse.	• Are motivated to care for their own physical and emotional health • Are motivated to find ways to be happy and cope with life’s situations without using drugs • Identify ways that someone who is being exploited could help themselves • Suggest strategies someone could use to avoid being pressured • Recognise that people have different attitudes towards mental health / illness • Can use different strategies to manage stress and pressure	immunisation	The action of making a person or animal resistant to a particular infectious disease, typically by vaccination .
		unrestricted	not limited
		volatile	Liable to change rapidly and unpredictably , especially for the worse.
		substances	A particular kind of matter with uniform properties.
		exploited	Make use of (a situation) in a way considered unfair or underhand .
		vulnerable	In need of special care, support, or protection because of age, disability, or risk of abuse or neglect.
		symptoms	An indication of the existence of something, especially of an undesirable situation.
		triggers	Distress , typically as a result of feelings or memories associated with a particular traumatic experience.
		strategies	A plan of action designed to achieve a long-term or overall aim.
		prevention	The action of stopping something from happening or arising.
	QUESTIONS FOR FAMILY LEARNING		
	• What can you do to keep yourself physically / mentally well? • What types of drugs do you know about? • What makes you feel stressed? • What helps you when you feel stressed? • Can we share a Calm me time together? • Does Calm Me time help you stay calm and manage stress? • Can you recognise when anyone in our family is stressed? • What can you do if someone is putting pressure on you? • Does Jigsaw Jerrie Cat factor in your lessons		

