



Welton Primary School – PSHE Knowledge Organiser

Year: 6

Spring 2

Healthy Me



PSHE Puzzle Piece Vocabulary

Anti-social behaviour	Behaviour that causes offence to other people.
Crime	Something you do that is against the law.
Drugs	Substance that causes a reaction in our bodies.
Effects	Changes which are the result of an action.
Emotional health	Wellbeing around how we think and feel.
Exploited	To act unfairly in order to get something that you want.
Gangs	A group of people who spend time together for different reasons.
Illegal	Something that is against the law.
Immunisation	Protecting somebody against a particular infection.
Mental Health	Wellbeing, how someone copes with life.
New psychoactive substances	Chemicals / drugs that affect someone's mental health and capacity.
Over-the-counter	Medicines bought without a prescription
Prescribed	Authorised medicine or treatments
Pressure	To persuade somebody.
Prevention	Stopping something from happening.
Reputation	A widely held opinion about someone or something.
Responsibility	The required to do something correctly.
Restricted	Something that is limited for a reason.
Strategies	Plans of actions used to achieve goals.
Stress	Mental or emotional pressure or tension.
Symptoms	Indications of a mental or physical illness.
Synthetic highs	An emotional state caused by man-made drugs
Triggers	Reminders of something that cause a reaction.
Unrestricted	Something that is not limited.
Volatile Substances	Chemicals/ drugs that evaporate at room temperature and can be breathed in.
Vulnerable	Being exposed to potential harm.

Physical & Emotional Wellbeing



I know that I will become more responsible for my health and safety as I get older. I know that choices about food, drink and immunisations have an impact on how healthy people are. I can offer advice and suggestions about taking responsibility, and reflect upon where I can make changes to improve my own responsibilities.

Effects of Drugs



I know that being healthy is about more than food and exercise. I can explain what I know about 'drugs' and that they are not always a negative thing. I can say that some drugs are legal (like medicines) and some are illegal. I can say whether drugs should be legal or illegal.

Exploitation



I know that we are all good at different things. I can help others and ask for help if I need it. I know what gangs are and that they can be good or bad. I know that some gangs exploit and trap people into things. I can explain the dangers and choices around gang exploitation. I can advise about risky, criminal or dangerous situations and follow my own advice.

Anti-Social Behaviour



I know that we're all good at different things and can help one another (recap). I can explain what a gang is and some of the anti-social behaviour some gangs might take part in, as well as the associated risks. I can listen to my own thoughts and feelings about whether to be part of a gang and explain why I think this.

Feeling Stressed



I know what things can make me stressed and the feeling that it gives me. I know that other people may be able to help me by offering solutions. I know that people may misuse alcohol to feel better about themselves.

Questions to Support 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?

