

Key Facts

Drugs

Drugs are substances that people take to change the way they think, feel or behave. Drugs can be legal or illegal. Legal drugs (such as paracetamol) are prescribed by a doctor.

Mental Health

Mental health refers to your general state of wellbeing and state of mind. Everyone moves up and down the mental health scale. People can be on the healthy side or the unhealthy side.

Gangs

A gang typically refers to a group of organised criminals. In some instances a gang refers to a group of people (usually 3 or more members) with shared ideas. There is typically a leader.

Knowledge and Understanding:

Children will learn:

- About the differences between legal and illegal drugs and the risks associated with some drugs. As well as how they affect the human body.
- About mental health and strategies for managing negative mental health.
- What makes them feel safe and how to seek help if anything makes them feel unsafe.
- What it means to be emotionally well .



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PSHE

Year 6

Spring

Healthy Me



Vocabulary

Word	Definition
Gang	Typically refers to an organised group of criminals.
Drug	A substance people take to change the way they think, feel or behave.
Exploited	Make use of someone in an unfair way.
Illegal	Forbidden by law.
Anti-social	Not sociable or wanting the company of others.
Abuse	Treat with cruelty or violence. Typically regularly.
Mental health	Emotional, psychological and social wellbeing.
Strategies	A plan of action designed to achieve a long term aim.
Triggers	An action or situation that can lead to a negative reaction.
Legal	Permitted by the law.
Vulnerable	In need of special care, support or attention.

