



# Year 6 - Spring - PSHE Knowledge Organiser

## What I already know...



- The health risks of smoking
- How smoking tobacco affects the lungs, liver and heart
- Some of the risks linked to misusing alcohol, including antisocial behaviour
- The basic emergency procedures including the recovery position
- How to get help in emergency situations
- That the media, social media and celebrity culture promotes certain body types
- The different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure
- What makes a healthy lifestyle

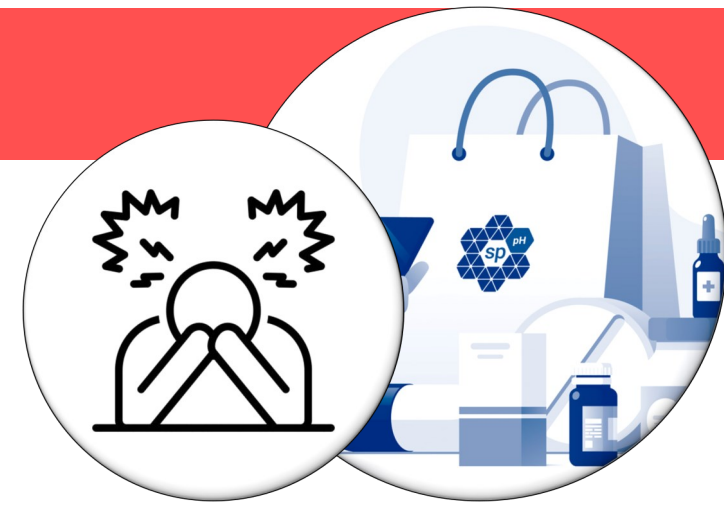
## What I will learn...



- How to take responsibility for their own health
- How to make choices that benefit their own health and well-being
- About different types of drugs and their uses
- How these different types of drugs can affect people's bodies, especially their liver and heart
- That some people can be exploited and made to do things that are against the law
- Why some people join gangs and the risk that this can involve
- What it means to be emotionally well
- That stress can be triggered by a range of things
- That being stressed can cause drug and alcohol misuse

## Key Vocabulary

drugs	A chemical substance used in the treatment, cure, prevention, or diagnosis of disease or used to enhance physical or mental well-being.
prescribed	Recommended or ordered by a qualified practitioner (a medical professional)
restricted	Limited or kept under control. Rules or laws may mean that some things are restricted for certain groups of people.
illegal	Forbidden by law, especially criminal law.
exploitation	The action or fact of treating somebody unfairly in order to benefit from their work.
vulnerable	Exposed to the possible risk of being harmed, either physically or emotionally.
trigger	A stimulus or action that makes you feel a particular way (e.g. something that you see or do which makes you feel stressed).



## Making a difference at The Merton

In this topic the children discuss taking responsibility for their own physical and emotional health and the choices linked to this. We will talk about different types of drugs available, their names and the effects that these can have on people's bodies. In addition to this, we will discuss exploitation as well as gang culture and the associated risks. As a class, we will also talk about mental health / illness and that people have different attitudes towards this. We will learn to recognise the feelings of being stressed and we will consider a range of different triggers. As our learning progresses, we will consider how we can make a difference to our own health and well-being by looking at a range of strategies that can be used should we ever feel stressed.

## PSHE skills

During our PSHE learning, the children will learn the skills needed to help them to motivate themselves to care for their own physical and mental health. The children will also learn the skills needed to manage the stress and pressure that they may encounter as they grow up.