



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Healthy Me

Year 5

Key Topics



Tobacco affects your heart, liver and lungs



Misusing alcohol has negative effects on people



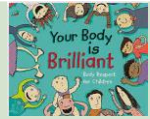
I know basic first aid and what to do in an emergency



Social media promotes certain body types



Respecting and valuing your body



I know what makes a healthy lifestyle



Happy, Healthy Me Choices and Influences



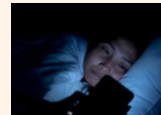
Social media



Fashionable



Healthy behaviour



Unhealthy behaviour



Peer pressure



Celebrity

Key Vocabulary



Healthy behaviour	Behaviour that is beneficial to your health
Unhealthy behaviour	Behaviour that is harmful to your health
Informed decision	Making a decision based upon facts
Pressure	Being persuaded into doing something
Influence	Effecting the behaviour or ideas of others
Media	Ways of communicating to the public
Recovery position	A position you put a person in if they are unconscious
Level headed	Being calm and sensible
Eating disorder	Problems with the way people eat that can harm them physically

Smoking Alcohol Emergency aid Body image My relationship with food Healthy me

