



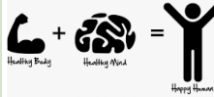
Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PSHE: Healthy Me Year 6

## Key Topics



I can care for my physical and emotional health



I know how drugs effect the body



People can be exploited to commit crimes



I know why people join gangs and the risks involved



I understand attitudes towards mental health



I can try to manage my stress and pressure



## Happy, Healthy Me Choices and Influences



Emotional health



Drug misuse



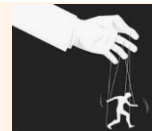
Alcohol misuse



Gangs



Mental health



Exploitation

## Key Vocabulary



Responsibility

Being accountable for your actions

Immunisation

Making a person immune to infection, usually through an injection

Prescribed

Medicine which has been given to you by a doctor

Illegal

Against the law

Legal highs

A substance which can alter your mood which is not banned by law

Exploited

To selfishly take advantage of someone

Vulnerable person

Someone who is targeted because they are easily influenced

Reputation

Opinions that are held about someone

Stress

Mental strain

Health and wellbeing

Drugs

Exploitation

Gangs

Emotional and mental health

Managing stress and pressure