Year 4: Healthy Me

Subject Specific Vocabulary	
Peer pressure	This is when your friends try to encourage you to do something that you shouldn't
emotions	A person's inner feeling
assertive	Standing up for what you believe in
anxiety	Feeling of fear or being worried
guilt	Feeling bad about something you may have done

Questions for family learning

- Who are your friends? How do they make you feel?
- Can you tell me about a time when you were the leader / follower in the group?
- How can smoking affect people's health?
- How can drinking affect people's health?
- What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do?



If you are worried about anything please speak to someone. You can speak to:



- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

Sticky Knowledge

To know that there are people who take on the roles of leaders and followers in a group

To know that peer pressure is when your friends try to encourage you to do something that you shouldn't

To know what to do if you feel peer pressure
Remember 2 ways:

- Speak to an adult
- Walk away or say 'no'
- Tell the person how they are making you feel
- Think of an excuse why you can't do it

