Year 6: Healthy Me

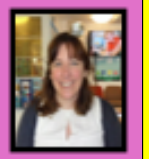
Subject Specific Vocabulary

immunisation	gives protection against some infectious diseases usually by injection
reputation	What people think about you
exploited	Treating someone unfairly and making them do something while getting very little in return
vulnerable	Anybody at risk of harm
mental health	How you feel and how you behave
emotional health	How we think and how we feel
triggers	Something that may cause something negative to happen

Questions for family learning

- What can you do to keep yourself physically and mentally well?
- What types of drugs do you know about?
- What makes you feel stressed?
- What helps you when you feel stressed?
- Can you recognise when anyone in our family is stressed?
- What can you do if someone is putting pressure on you?

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 some people can be exploited and made to do things that are against the law

Being emotionally well means feeling positive and more able to manage emotions and cope with challenges

Know that stress can be triggered by a range of things

