Year 6 Jigsaw Unit 4 Healthy Me



Key Vocabulary	
Responsibility	The state or fact of being accountable or to blame for something
Choice	Choosing between different options.
Drugs	Can be legal or illegal. A drug can be used medically to make a person who is ill better.
'Legal highs'	Substances which seek to mimic the effects of illegal drugs.
Exploited	To take unfair advantage of someone.
Vulnerable	Being susceptible to emotional or physical harm.
Gang	A group of people.
Anti-social behaviour	Behaviour by a person which causes harm, upset, harassment or distress to others.
Crime	Breaking the law.
Illegal	Against the law or breaking of rules.
Mental Health	Mental health is the way children think or feel about themselves and the world around them.



Key knowledge

PSHE

I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.

I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.





