**Working together to be the best that we can be**

**PSHE – Keeping Safe**

Year 6

Spring 1

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| Keeping Safe |
| We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others. Active Life Icons Images, Stock Photos & Vectors | Shutterstock You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. |

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| Health |
| **Habit**-A habit is a pattern of behaviour that is repeated – it is often done routinely. -Some habits are a good thing, e.g. brushing our teeth every morning and evening. However, there are some habits that can be bad for our health and wellbeing, e.g. eating too many fatty foods or spending too much time on video games.-An addiction is a habit that someone finds exceptionally difficult to stop.Addictions are not normally good for our health and/ or wellbeing. We can become addicted to many things, but some products contain addictive substances |
| **Drugs**Drugs can be grouped into categories. Some drugs fall into more than one category:-Some drugs have a medical use, for example the drugs in medicines; Some drugs have a non-medical use and are legal, for example alcohol and nicotine; Some drugs have a non-medical use and are illegal. | **Alcohol**-The short-term effects of alcohol include: feeling drunk, loss of balance & coordination, feeling nauseous and feeling sick.-The long-term effects include risks of heart and liver disease, raised blood pressure, and some cancers. |

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| Wellbeing |
| When Functionality Isn't Enough: Tapping Your Customers' Emotional ...**Emotional Needs**We all have emotional needs that need to be met in order for us to feel safe, healthy and happy.Some examples of our emotional needs are:By recognising that we have basic human emotional needs and the ways we can get those needs met can help us to be more confident and secure individuals.We should be aware that life is full of ups and downs, good times and times of challenge and hardship.At times when we do not feel that our emotional needs are being met, we should speak to a trusted adult. | **Independence and Responsibility** Independence is about being able to do things for yourself. For example, you can show independence when you complete your homework without being asked to!Responsibility is about being dependable, making good choices, and being accountable for your actions. For example, you may be given the responsibility of being a prefect for younger children in your school. Part of becoming an adult is about gaining more independence and taking on more responsibility. It helps to keep ourselves and others safe.  |

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| Staying Safe Online |
| **Think Before you Click**-Information can spread rapidly on the internet.-Even posts, messages or photographs that have been sent privately can be captured and spread by others.-It can be extremely difficult to remove something once it has been posted. Things that you post now could even resurface many years later.-We should always think about our own safety and how others might feel about what we post. | Traffic lights vector free vector download (8,484 Free vector) for ...**Traffic Lights**When online, we should use the traffic lights system to maintain safety - STOP: a situation where we are being asked for personal informationTHINK: is it ok to share this information? Who is asking for it? Have I checked with an adult?GO: I have checked with an adult, I know what information is safe to share |