Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 4 – Spring 2
Healthy Me

Year 4
PSHE

Focus Question: How do my choices affect my health?

Key Vocabulary

positive	Helpful, supportive or healthy.
pressure	Feeling pushed into a choice.
peer	A person of a similar age.
assertive	Saying what I think firmly and calmly.
vaping	Breathing aerosol from an e-cigarette.
alcohol	A substance that can harm health.
Safety STAR	Stop, Think, Assess, React.

Key Learning

- I can recognise healthy and unhealthy friendship behaviour.
- I know peer pressure can lead to unsafe choices.
- I know smoking and vaping can harm health.
- I know alcohol can affect the body, including the liver.
- I can make safe choices and respond assertively to pressure.

Healthy Me in Action



Healthy friendship

Good friends help us feel safe and respected.



Think before acting

Use Safety STAR when facing peer pressure.



Protect your health

Smoking, vaping and alcohol carry risks.

Remember and Try

- Notice worry or pressure and speak to a trusted adult.
- Use STOP – THINK – ASSESS – REACT.
- Say no clearly and choose what is safe and right.

End Point

I can recognise peer pressure, explain health risks linked to smoking, vaping and alcohol, and make assertive, safer choices.