Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 6 – Spring 2
Healthy Me

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PSHE

Focus Question: How do my choices affect my health?

Key Vocabulary

drug	A substance that changes how body or mind works.
medicine	A drug used to prevent or treat illness.
addiction	Difficulty stopping a substance or behaviour.
prescribed	Given by a qualified health professional.
exploitation	Using someone unfairly for another's benefit.
gang	A group that may be safe or involved in crime.
mental health	Our emotional and psychological wellbeing.
trusted adult	An adult who can help keep me safe.

Key Learning

- I know different drug types and their effects.
- I can explain how to seek help if someone is exploited.
- I can recognise risks linked to criminal gangs.
- I can describe ways to care for my emotional wellbeing.

Healthy Me in Action



Drug safety

Medicines must be used correctly; misuse harms.



Avoid exploitation

Notice danger signs and tell a trusted adult.



Emotional wellbeing

Talk about feelings and get help when needed.

Remember and Try

- Make informed choices about drugs and medicines.
- Leave risky situations and ask for help.
- Use healthy ways to manage difficult feelings.

End Point

I can explain drug risks, recognise exploitation and unsafe groups, and identify ways to protect my physical and mental health.