



# PSHE Lynher Spring 2 2023

---

Healthy Me

I know that some apps, games and movies have PEGI ratings to protect my well-being if I'm too young

I can take responsibility for my health and make choices that benefit my health and well-being

I know that for problems with my teeth I visit a dentist, for my health I will see a nurse or doctor and to protect my skin from the sun I can use sun cream

He should try to convince his friends not to smoke and if that does not work don't smoke and find some new friends.

from agony aunt

the video are making sleepy you should cut the amount of time you spend on them, try to eat healthier and focus on your school work.

from agony aunt

I can take responsibility for my health & well-being.

Dear Agony Aunt, I spend a lot of time with my friends and we hang around in the park and the local shopping arcade. My friends have started to bring alcohol along. I don't know where they get it from. Last week one of them got drunk and threw a rock through a shop window. The shop owner called the police, but we weren't caught. I'm worried I will be with them. What should I do?

Tell him to stop drinking alcohol and be responsible. They say no to their parents.

Dear Agony Aunt, I have not been feeling very well lately. I eat a balanced diet and I go running three times a week. Last week I noticed a strange mark on my arm that wasn't there before. I have a very active job that keeps me fit and I'm outside a lot. I do forget to use sunscreen sometimes. I am starting to get worried. What should I do?

Drink lots of water and use sunscreen. Talk to your GP about the mark. They can tell you if it's anything to worry about. Stop so.



I know about different types of drugs and their uses and their effects on the body particularly the liver and heart

I know that all medicines are drugs but not all drugs are medicines

Some medicines can make us feel better, they can be prescribed by a doctor or purchased over the counter. Prescription medicines have to be taken under doctor advice so it does not harm you.

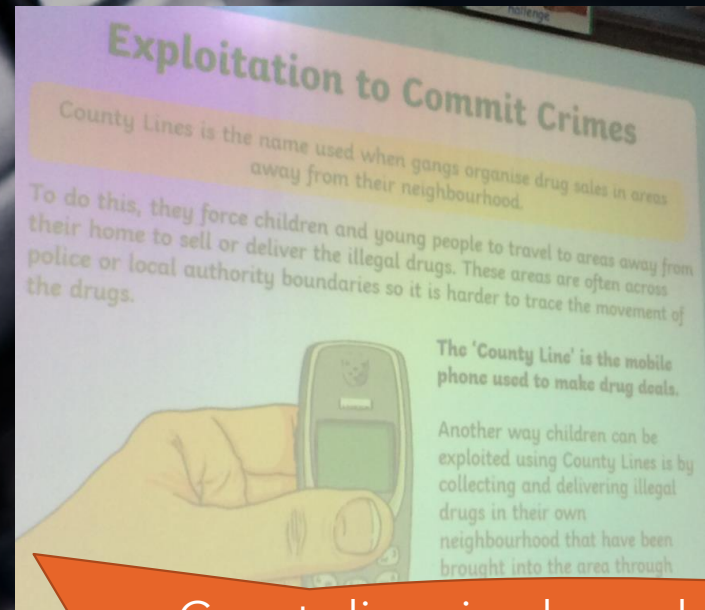


Cigarettes, some vapes and alcohol are types of drugs as they contain chemicals which may harm our bodies

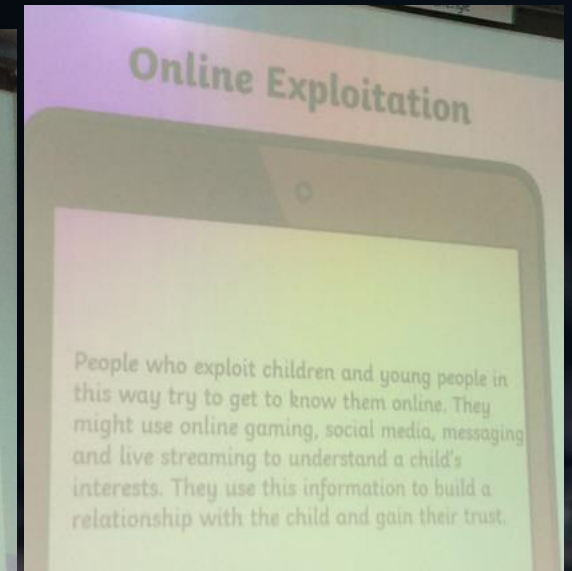
# I understand there are different types of exploitation and know how to keep myself safe.

I know that people can take advantage of us, but I know who to go to for support.

I feel choices like that Kiran made some real bad he owns could cost everything

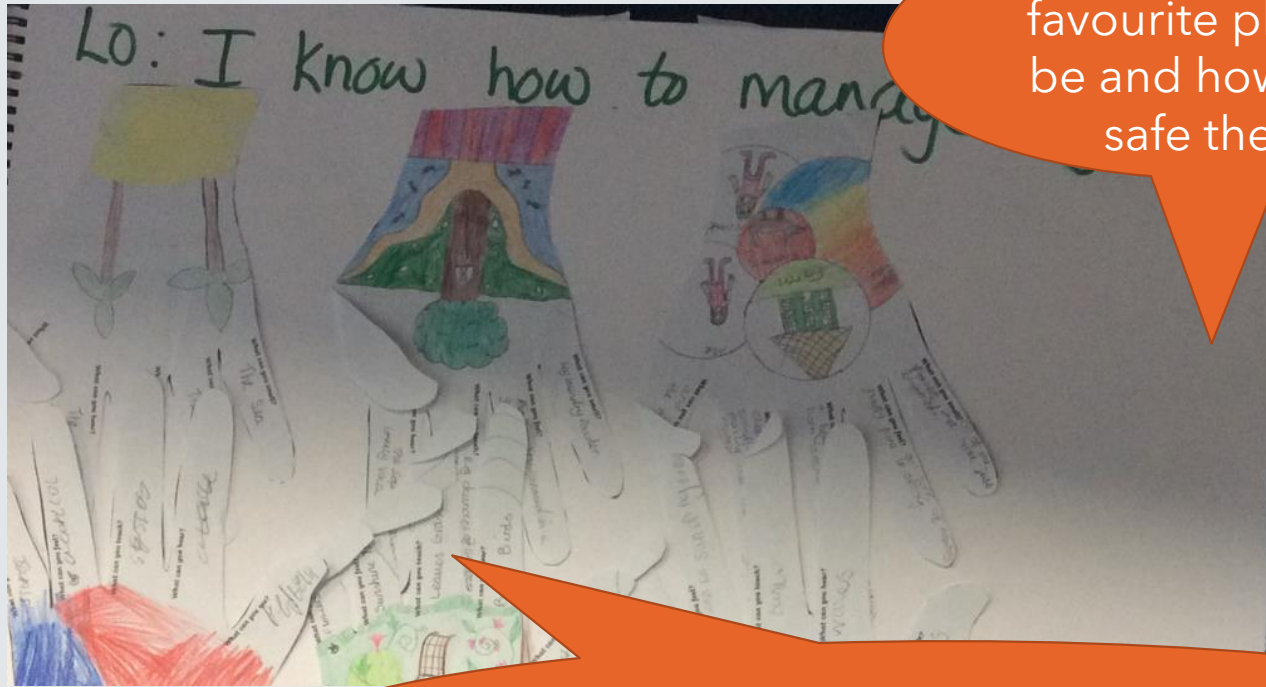


County lines is where children can be coerced into committing crimes, we need to look out for each other and recognise changes in our friends who maybe being exploited





# I can use different strategies to manage my feelings.



I thought of favourite place to be and how I feel safe there.

I know I can use my senses to manage my feelings when feeling stress or anxious.

I understand my emotions and know its normal to feel sad at times - I need to look at strategies to improve my mood.

