

1. Taking responsibility for my health and well-being <i>Responsibility</i> <i>Choice</i> <i>Immunisation</i> <i>Prevention</i>	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health
2. Drugs <i>Drugs</i> <i>Effects</i> <i>Motivation</i> <i>Prescribed</i> <i>Unrestricted</i> <i>Over-the-counter</i> <i>Restricted</i> <i>Illegal</i> <i>Volatile substances</i> <i>Synthetic highs</i> <i>New psychoactive substances</i>	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
3. Exploitation <i>Exploited</i> <i>Vulnerable</i> <i>Drugs</i> <i>Criminal</i> <i>Illegal</i> <i>Gangs</i>	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves

5. Emotional and Mental Health <i>Mental health</i> <i>Emotional health</i> <i>Mental illness</i> <i>Symptoms</i>	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
6. Managing Stress and Pressure <i>Stress</i> <i>Triggers</i> <i>Strategies</i> <i>Managing Stress</i> <i>Pressure</i> Puzzle Outcome: Healthy Body, Healthy Mind Assessment Opportunity	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse	I can use different strategies to manage stress and pressure