



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

...everything to me and without them I will feel miserable and
o?

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

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

Agony Aunt, I am feeling very sleepy lately and find it difficult to concentrate on my work. I play a lot of video-games and sometimes I do stay up late if I need to finish a level. I sometimes drink a meal because I don't want to stop the game, but I have chocolate, snacks & energy drinks in my room in case I need a boost. Do you think the video games are making me sleepy?

Try to not play so much. The more you play, the more you get out of it. You can try to get out of bed at night.

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. I got drunk 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 get into trouble. What should I do?

Tell them to stop bringing alcohol along. You can tell them you don't want to be around them. You can tell your 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 doctor about the mark. They can tell you if it's anything to worry about. Stop so.

...the video are making me sleepy you should try to eat healthier and focus on your school work.

...the amount of money you spend on them, try to eat healthier and focus on your school work.

from agony aunt

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

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

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.

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 Kiran made some real bad he owns could cost everything

Exploitation to Commit Crimes

County Lines is the name used when gangs organise drug sales in areas away from their neighbourhood.

To do this, they force children and young people to travel to areas away from their home to sell or deliver the illegal drugs. These areas are often across police or local authority boundaries so it is harder to trace the movement of the drugs.



The 'County Line' is the mobile phone used to make drug deals.

Another way children can be exploited using County Lines is by collecting and delivering illegal drugs in their own neighbourhood that have been brought into the area through

Online Exploitation

People who exploit children and young people in this way try to get to know them online. They might use online gaming, social media, messaging and live streaming to understand a child's interests. They use this information to build a relationship with the child and gain their trust.

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

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.

