



# HEALTH AND WELL-BEING – YEAR 6

**Developing a healthy, safer lifestyle**

## HARMFUL SUBSTANCES – STICKY KNOWLEDGE

Some commonly available substances and drugs are legal (such as paracetamol, tobacco and alcohol), whilst others are illegal (such as cocaine, crack, ecstasy, cannabis, LSD and skunk). All of these drugs affect us in different ways and carry different risks.

**Tobacco, alcohol and illegal drugs are addictive.**

Tobacco is illegal to under 18s. Health warnings must cover 65% of the packet. Smoking in public places is prohibited. Smoking can cause cancer of the lungs and mouth, heart and circulation damage, COPD and worsen asthma. Passive smoking is a risk and smoking is a risk in pregnancy.

It is illegal for under 18s to buy alcohol. It is illegal for others to buy alcohol for children (minors). 16/17 year olds can drink beer, wine, cider with food with their parents. The recommended weekly allowance of alcohol is under 14 unit. Alcohol can cause raised blood pressure or a stroke, heart disease, liver disease and cancer.

Illegal drugs may act as a sedative or a stimulant. They are addictive and can cause erratic or dangerous behaviour. An overdose of illegal drugs can be fatal. Taking illegal drugs can lead to arrest and a prison sentence.

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### WELL-BEING – STICKY KNOWLEDGE

It is common for people to experience mental ill health.

Problems with our mental health can be resolved with the right support.

Poor mental health can lead to:

- Feeling alienated
- Emotions of anger, fear, sadness and helplessness
- A reduced ability to concentrate
- An inability to cope
- Tiredness
- Anger and violence

If you are feeling down or are worried about someone else, talk to your friends (peers), parents, teachers, Child line, the NSPCC or Young Minds.

Ways to improve mental health include:

- Spending time outdoors
- Exercising
- Community participation or voluntary work
- Getting enough sleep
- Eating a healthy diet
- Taking relaxation time with family/friends
- Having hobbies and interests

Isolation and loneliness affect mental health and well-being.

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### PEER PRESSURE – STICKY KNOWLEDGE

Maintaining a positive mental attitude is very important.

Peer pressure can affect how you feel about yourself.

Positive peer pressure will encourage you and make you feel good about yourself.

Negative peer pressure will discourage you and make you feel less positive about yourself.

You should resist negative peer pressure as it could affect your mental health and well-being:

- Walk away
- Make new friends
- Be firm
- Make an exit plan or give an excuse as to why you can't do something
- Be confident enough to say no
- Avoid the situation
- Stick to your values and goals

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### LOSS – STICKY KNOWLEDGE

Maintaining a positive mental attitude is very important.

Change and loss, including bereavement, can lead to a range of feelings.

Grief is a natural response to bereavement.

Everybody grieves differently.

You could deal with change, loss or grief by:

- Talking to someone
- Sharing your feelings
- Realising that different emotions are normal
- Knowing we all grieve differently
- Getting help before your feelings become overwhelming.