

# Year 5 Knowledge Organiser PSHE: Healthy Me

## Key Vocabulary

informed decision	media	influence
emergency	body image	comparison
debate	celebrity	social media

## Knowledge

- I know the health risks of smoking
- I know how smoking tobacco affects the lungs, liver and heart
- I know some of the risks linked to misusing alcohol, including antisocial behaviour
- I know basic emergency procedures including the recovery position
- I know how to get help in emergency situations
- I know that the media, social media and celebrity culture promotes certain body types
- I know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure
- I know what makes a healthy lifestyle

## Social and Emotional skills

- I can make informed decisions about whether or not I choose to smoke when I am older
- I can make informed decisions about whether I choose to drink alcohol when I am older
- I recognise strategies for resisting pressure
- I can identify ways to keep myself calm in an emergency
- I can reflect on my own body image and know how important it is that this is positive
- I accept and respect myself for who I am
- I respect and value my own body
- I am motivated to keep myself healthy and happy

