

## Subject Specific Vocabulary

health	The state of being free from illness or injury.
mental health	A person's condition with regard to their psychological and emotional well-being.
bacteria	<b>Bacteria</b> are microscopic living organisms that have only one cell.
virus	A very simple micro-organism that infects cells and may cause disease.
rules	A guide for behaviour or action.
medicines	The treatment used for prevention or relief from symptoms of diseases.
drugs	Any substance (other than food) that is used to prevent, diagnose, treat, or relieve symptoms of a disease or abnormal condition.

# Year Three – PSHE: Healthy lifestyles, mental health, and drugs



habit	A usual way of behaving: something that a person does often in a regular and repeated way.
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## alcohol and tobacco

	Sticky knowledge
	
	A healthy balanced lifestyle consists of the right food and exercise.
	I can make my own decisions about my health using knowledge I have.
<p style="background-color: red; color: white; padding: 2px; text-align: center; font-weight: bold;">STOP THE SPREAD OF GERMS</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <p style="font-size: 0.8em; margin: 0;"><b>CATCH IT</b> <small>Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.</small></p> </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <p style="font-size: 0.8em; margin: 0;"><b>BIN IT</b> <small>Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.</small></p> </div> <div style="display: flex; align-items: center;"> <p style="font-size: 0.8em; margin: 0;"><b>KILL IT</b> <small>Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.</small></p> </div> </div>	Bacteria and viruses can affect health. Making sure I wash my hands, cover my mouth and nose when I sneeze, can help limit the spread of infection.
	Mental health is just as important as physical health.
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="font-size: 0.8em; margin: 0;">Medicine Instructions</p> <p style="font-size: 0.8em; margin: 0; color: red; font-weight: bold;">Warning</p> </div>	Medicines/chemicals can be good and bad. We must follow the instructions on them to keep us safe.
	Legal drugs can have risks and effects on our health. Drug use can become a habit that is hard to break.



There are rules we have to follow as British citizens. Following them keeps us safe, especially with media and online.