

Subject Specific Vocabulary

addiction	The fact or condition of being <u>addicted</u> to a particular substance or activity
mental health	Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices
oral hygiene	Oral hygiene is the practice of keeping your mouth clean and disease-free
substance abuse	Using a drug or alcohol in excessive amounts
recovery	A return to a normal state of health, mind, or strength
dental	Relating to the teeth
sun exposure	Time spent in the sun
grief	Your response to loss
bereavement	Time of mourning after a loss
emergency	A serious, un-expected and often dangerous situation which requires immediate attention



Sticky knowledge



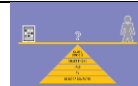
You can seek support from trusted adults including teachers, parents, carers and friends.



If you're not at school and need help, you can talk to an adult at home or a trusted relative, like an aunt, uncle, or grandparent. If you don't feel comfortable talking to someone you know, you can also contact a helpline, like Childline



If you or someone you know is worried about drugs, there are free helplines, like **Childline** or **FRANK**, where you can speak to someone who understands and can help you make good choices.



It is important to make sure you balance time spent online with other activities to ensure you have healthy mental health.



The sun can be good for us as it provides us with vitamin D. Over **exposure** to it can be bad as it can cause sunburn and damage to the skin, including skin cancer. To protect ourselves we must wear sun cream and a hat and take shade on hot sunny days.



To keep our teeth clean we must brush and floss twice daily. Make sure to brush all surfaces of your teeth, and don't forget to floss between them to get rid of food and plaque that your toothbrush can't reach. Visits to the dentist are important. Diet can affect oral health, especially foods high in sugar.



In an emergency situation we must call 999 and report which service we need. Always give calm clear instructions on what the problem is, where you are and what help you need.



People express **grief** and **bereavement** in different ways. This is ok. It is important to be able to express grief to help people manage **bereavements**.

