










Subject Specific Vocabulary			Sticky knowledge
addiction	The fact or condition of being <b>addicted</b> to a particular substance or activity		You can seek support from family and friends.
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		You seek support from teachers and other adults, including childline, NSPCC and FRANK to ask for help.
oral hygiene	Oral hygiene is the practice of keeping your mouth clean and disease-free		There are good and bad drugs.
substance abuse	Using a drug or alcohol in <b>excessive amounts</b>		It is important to make sure you balance time spent online with other activities to ensure you have healthy mental health.
recovery	A return to a normal state of <b>health, mind, or strength</b>		The sun can be good for us as it provides us with vitamin D. Over <b>exposure</b> 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.
dental	Relating to the teeth		To keep our teeth clean we must brush and floss twice daily. Visits to the dentist are important. Diet can affect oral health, especially foods high in sugar.
sun exposure	<b>Time spent in the sun</b>		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.
grief	<b>Your response to loss</b>		People express <b>grief</b> and <b>bereavement</b> in different ways. This is ok. It is important to be able to express grief to help people manage <b>bereavements</b> .
bereavement	<b>Time of mourning after a loss</b>		
emergency	A serious, un-expected and often dangerous situation which requires immediate attention		