










Subject Specific Vocabulary		 Sticky knowledge
Addiction	The fact or condition of being <u>addicted</u> 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 excessive amounts	 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 health, mind, or strength	 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.
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	Time spent in the sun	 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	Your response to loss	 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.
Bereavement	Time of mourning after a loss	
Emergency	A serious, un-expected and often dangerous situation which requires immediate attention	