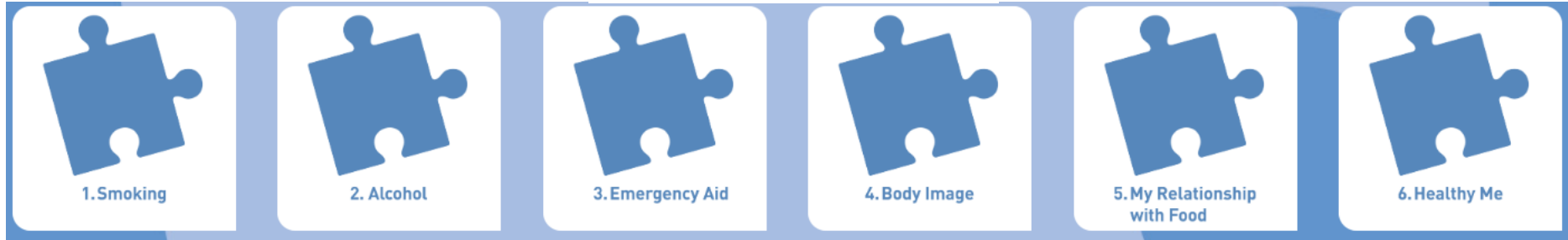
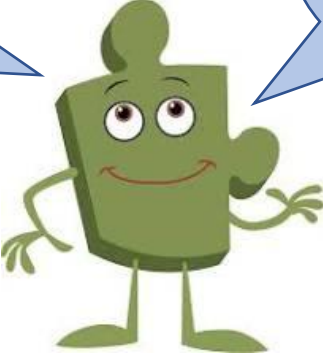


Healthy Me



How do my choices affect my health?

Does the media and social media help us to live a healthy lifestyle?



I will learn about...

- The health risks of smoking
- The health risks of misusing alcohol
- How to practice basic emergency aid procedures (including recovery position) 
- How to get help in an emergency 
- How body image may be influenced by media
- The different roles food can play in people's lives



I will explore... 

- How to make an informed decision
- How to resist pressure
- How to keep calm in an emergency
- How to reflect on my own body
- How to respect and value my body

Vocabulary

healthier behaviour	Actively making healthy choices
less healthy behaviour	Actively making unhealthy choices
Informed decision	Getting all the information before deciding something
Pressure	When a someone is trying to make me do something
Influence	The way that people impact others and their decisions
Body image	How you feel about your body
Self-respect	How you respect your own body by being kind to it
Comparison	Looking at other people and comparing yourself in a negative way