



## Healthy Me Puzzle Map - Ages 10-11

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Taking responsibility for my health and well-being</b>	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health
<b>2. Drugs</b>	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
<b>3. Exploitation</b>	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves
<b>4. Gangs</b>	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
<b>5. Emotional and Mental Health</b>	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
<b>6. Managing Stress and Pressure</b> <b>Puzzle Outcome: Healthy Body, Healthy Mind</b> <b>Assessment Opportunity</b>	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure

