



PSHE Knowledge Organiser Healthy and Safer Lifestyles:

Year 3
Term Summer 2



12 RESPONSIBLE CONSUMPTION AND PRODUCTION

7 AFFORDABLE AND CLEAN ENERGY



Drug education and managing change Is sustainability about giving things up?



Managing change:

BEREAVEMENT Strategies to help you cope with loss	Take time to grieve 	Get help if you need it
Ignore or avoid people who tell you to "get over it" 	Talk to friends or relatives 	Allow yourself time to cry & feel sad

Help and support:

Childline Helpline:
0800 1111

(24 hours, every day)
<https://www.childline.org.uk>

The Mix Helpline:
0808 808 4994

The Mix Counselling Service
(10 – 18 year olds)

Key terms:

Drug- a chemical which is put into the body and have an affect on it.

Recreational drugs- drugs people take without medicinal purpose for the effect they have on their body.

Legal- allowed by the laws of our country.

Illegal- forbidden by the laws of our country.

Bereavement- the experience of losing someone important to us.

Legal and medical recreational drugs:

Medical drugs	Recreational drugs
 Pain killers Cough medicine Allergy tablets	 Cigarettes Alcohol
 Insulin	

Vocabulary Tier 2

Legal drugs, peer influences, loss, change,



Vocabulary Tier 3

Recreational drug use, bereavement, psychological effects, harmful drug use



THINK IT.

BELIEVE IT.

LOVE IT.