

Health and well-being

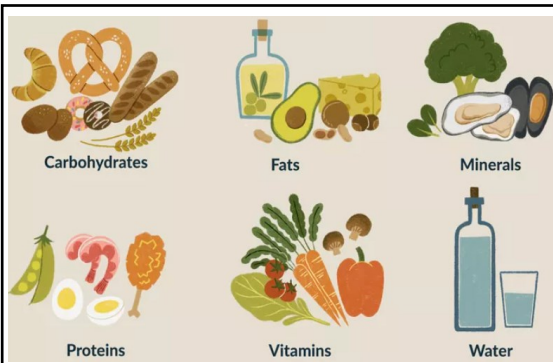
Skills covered: Explain how being excluded can affect people. Explain what to do if they are being bullied or witness it. Setting and achieving goals.

Key vocabulary:

goal	excluded
included	achieve
healthy	risks
balance	legal
nutrients	illegal
fibre	misconceptions
labels	peer pressure
fair/unfair	assertive
allergies	

Must—know knowledge:

- Elements of a healthy meal.
- The importance of nutrients and fibre.
- The importance of hydration.
- How to interpret and understand information on food labels.
- Types of legal and illegal drugs as well as the risks associated with drug use.
- Misconceptions about drug use and how to challenge these.
- Explain how being excluded can affect people and to explain what to do if bullying is occurring .
- Explain what peer pressure is and how to challenge it.



To get support/information, contact:



Legal and Illegal Drugs

