



Year 4: Growing and Changing

Subject Specific Vocabulary		Wellbeing	Important Knowledge
individuality	To be different and be yourself.		<ul style="list-style-type: none"> <input type="checkbox"/> I know ways of coping with feelings. <input type="checkbox"/> I know how to use medicine safely at home. <input type="checkbox"/> I know what is meant by a 'drug'. <input type="checkbox"/> I know that drugs can affect our health. <input type="checkbox"/> I know the side effects of drugs. <input type="checkbox"/> I know the risks associated with drugs common to everyday life. <input type="checkbox"/> I know how to ask for help or advice.
illness	To feel poorly and sick.		
substance	A drug that will have effects on the body and mind.		
medicine	A substance used to treat an illness or disease.		
identity	What makes you, you.		
wellbeing	To have a happy mind.		
		Medicine	
vaping	The inhaling of a vapour created by an electronic cigarette.		
e-cigarettes	A device that has the shape of a cigarette, cigar, or pen and does not contain tobacco. It uses a battery and contains a solution of nicotine, flavourings, and other chemicals, some of which may be harmful.		
caffeine	A chemical, found for example in tea and coffee, that is a stimulant.		
stimulant	A substance that raises levels of activity in the body.		