

# Keeping healthy as we grow

## How can drugs (including medicines) affect health?

All drugs affect (change) the brain or body in some way. Some drugs relax the body, others make a person more awake or alert, some fight infection. Some drugs, like medicines, can have a positive effect on health, however some drugs have a negative effect on health. The effects of drugs can depend on many factors such as the strength of the drug, how much is taken and how often the drug is taken.

## How can we balance the time that we spend on devices?

Phones, televisions, games consoles and tablets are amazing pieces of technology. They can support us with our learning and can be a way to help us relax. It is important that children find ways to balance the time that they spend on devices. With a balance of online and offline activities, we can boost our well-being by completing activities that support our physical and mental health.

## Vocabulary

**Peer pressure:** A feeling that you must do the same things as other people of a similar age and social group in order to be liked

**Influence:** The power to have an important effect on someone or something

**Habit:** Something that a person does often in a regular and repeated way.

**Well-being:** The state of being comfortable, healthy and happy.

## What influences us?

Lots of things around us, in our everyday lives, can influence us - to look a certain way, act a certain way, think a certain way and even to buy certain products.

This also includes social media and adverts that you might see on the TV.

Important people in our lives, such as our parents, teachers and friends, can influence us. These influences can be positive and negative.

## What can we do when we are influenced or feel pressured?

Some of the opinions and decisions we make may be a result of someone or something influencing us. When we are in this situation we can:

- Take time to think about our choices
- Ask someone that you trust for advice.
- Think about the potential consequences,
- Make a list of the pros and the cons.
- Explain how we feel to the people involved in the situation.

## What is a habit?

Everyone has habits that are useful to them. These habits might be that they always eat fruit and vegetables, they might always wash their hands before eating or that they use their manners when speaking to people. Habits can be thought of as healthy or unhealthy. Unhealthy habits may have a negative effect on the health of the body. For example, smoking is a bad habit because it damages the lungs.

## How can friendships positively impact our well-being?

There are a range of activities that can improve our physical and mental well-being and these can take place with people that we have a positive relationship with. We can build positive relationships and friendships with others who don't go to our school by attending clubs. When we attend a club, we become part of a new community that can support us. At a club, we can meet new people who have similar interests to us.