



## PSHE LifeWise Vocabulary Overview



### Year 1 Key Vocab

## Life Survival

<b>Live, Laugh and Learn in Lockdown</b>	Lockdown, nature, rubbing, bark, exercise, healthy, goal, fresh air, fun, friends, food, fit body and mind
<b>Signalling &amp; Sign Language</b>	Hear, speak, blind, deaf, communicate, speak, talk, difference, respect, signal, sign, sign language, nursery rhyme, facial expression, body language , Morse Code, semaphore, text, telegraph line, soldier, message, code, runway, distance
<b>Emergency Services</b>	Fire engine, fire brigade, emergency, police, policewoman, policeman, firefighter, ambulance, ambulance crew, hospital, police station, fire station, paramedic, flood, rescue, injury, accident, vehicle, medical, arrest, crime, criminal, laws, life-threatening situation, name, address, telephone number
<b>Braving the Weather</b>	Extreme, weather, flood, drought, hurricane, rain, tornado, snow, hailstones, fog, wind, danger, protect, high tide, drown, lightning, thunder, forecast, symbol, sun cream, shade
<b>Trust</b>	Trust, special, worried, safe, secret, pretend, protected, belonging, unkind, unsafe, earn
<b>Food &amp; What Not To Eat</b>	Lockdown, nature, rubbing, bark, exercise, healthy, goal, fresh air, fun, friends, food, fit body and mind



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### Year 1 Key Vocab

## Life Survival

<b>Safety Symbols</b>	Safety, symbol, environment, unsafe, safe, medicines, harmful, chemicals, protect, warning, poisonous
<b>Water Safety</b>	Dangerous, rules, safety, supervision, safely, protect, canal, paddling pool, lifeguard, flag, shock, deeper, polluted, depth, rescue, injure, harmful, disease, current, unconscious, life jacket, shock, water, careful, adult, difficulty, panic, calm, float, pretend
<b>Road Safety</b>	School patrol crossing officer, lollipop lady/man/person, dangerous, adult, zebra crossing, toucan crossing, pelican crossing, puffin crossing, sign, symbol, red, green, amber, traffic light, parked, beeping, road sign, circular, triangular, command, warning, triangle, circle, common, driver, pedestrian, information, roundabout, traffic,
<b>Communication</b>	Language, speak, communication, understand, difference, similarity, unkind, signals, facial expressions, body language, sign language, greeting, important, useful, tricky situation, communicate, safe, feelings, comfortable, uncomfortable, protect, secret, worried, afraid, surprise
<b>My Body Belongs To Me</b>	Head, ears, mouth, nose, eyes, hair, teeth, neck, shoulders, arms, elbows, wrists, hands, fingers, chest, stomach, legs, knees, ankles, feet, toes, body, touch, trust, health, worry, nurse, doctor, dentist, belong, worried, nipples, anus, vagina, vulva, penis, testicles, scientific, pain, uncomfortable, private parts, no, hurt, respectful



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## PSHE LifeWise Vocabulary Overview



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### Year 2 Key Vocab (1/2)

## Life Survival

<b>My Body Belongs To Me</b>	Head, ears, mouth, nose, eyes, hair, teeth, neck, shoulders, arms, elbows, wrists, hands, fingers, chest, stomach, legs, knees, ankles, feet, toes, body, touch, trust, health, worry, nurse, doctor, dentist, belong, worried, nipples, anus, vagina, vulva, penis, testicles, scientific, pain, uncomfortable, private parts, no, hurt, respectful
<b>Fire Safety</b>	Prevent, plan, practise, fire, escape, panic, injury, safety, meeting point, belongings, fire fighter, fire brigade, fire engine, emergency, matches, smoke alarm
<b>Fight or Flight</b>	Emotion, feelings, fight or flight, response, happiness, sadness, fear, anger, worry, anxious, excited, surprised, frightened, scared, shy, sad, miserable, delighted, nervous, calm down, relax, protect, survive, normal, situation, chemicals, hormones, adrenaline, lungs, stomach, churns, energy, blood vessels, muscles, afraid, worried, turmoil, natural, choice, refuse, attempt, comfortable
<b>First Aid/CPR</b>	Emergency services, injured, unsafe, choking, unconscious, first aid lifebelt, airways, breathing, circulation, recovery, swallow, safe, CPR, dangerous, palm, oxygen, recovery position, rescue breath, wound



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## PSHE LifeWise Vocabulary Overview



### Year 2 Key Vocab (1/2)

## Life Survival

<b>Cyber Safety</b>	Password, log in, programme, website, online, parents, tablet, laptop, screen, safe, risk, strangers, harm, Internet, permission, e-mail, links, install, download, post, rules, safe, harmful, content, contact, report, data, social media, benefit, disadvantage, limit, post, message, responsible, cyber bullying, cookie, history, website, permission
<b>Forest Survival</b>	Survival, forest, survive, conditions, safety, rescue, equipment, waterproof, human, signal, positive, mental attitude, motivation, determination, stranded, description, wild
<b>Navigation</b>	SatNav, vehicle, map, compass, point, destination, route, direction, navigation, quarter, half, straight, fraction, turn, navigate, North Star, North, East, South, West, plough, constellation, night sky, season
<b>Environment</b>	Environment, harm, human, damage, pollution, global warming, improve, natural, poisonous, harmful, thermal, radioactive, exhaust fumes , recycle, recycling, plastic, materials, local, waste, wildlife, landfills, endanger, injury, marine, protect
<b>Wildlife</b>	Animal, wildlife, dangerous, bite, sting, safety, protect, disturb, pollination, respect, allergy, swelling, wound, endangered, extinct, native, habitat, encourage, food chain, species, protection



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## PSHE LifeWise Vocabulary Overview



### Year 2 Key Vocab (1/2)

## Life Survival

<b>Desert Island</b>	Desert island, stranded, survive, safety, mental well-being, shelter, explore, activity, benefit, signal, rescue , human, healthy, adjectives, collect, provide, spear, seaweed, imagine, busy, active
<b>My Body is Growing</b>	Animals, humans, offspring, development, growth, change, penguin, chick, kitten, hen, puppy, cub, bear, frog, tadpole, egg, baby, adult, species, extinct, vaccination, healthy, diet, alcohol, avoid, protected, disease, timeline, stage, toddler, teenager, senior citizen, child, offspring, mate, reproduce, female, male
<b>Live, Laugh and Learn in Lockdown</b>	Lockdown, nature, rubbing, bark, exercise, healthy, goal, fresh air, fun, friends, food, fit body and mind



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## PSHE LifeWise Vocabulary Overview



### Year 2 Key Vocab (2/2)

## WellBeing

<b>Happiness</b>	Emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear, happier, healthy, successful, attitude, celebrate, achievements, challenging, support
<b>Personal goal setting</b>	Personal goal, setting, aims, ambitions, celebrate, challenge, recognise, strengths, achieve, successful, success, fail, failure, target, motivate, motivation, dream, specific, measurable, attainable, relevant, time, barrier
<b>Feeling sad</b>	Emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear, strength, improvement, depression, wrong, change, trust
<b>The Art of Failure</b>	Achieve, win, lose, succeed, failure, failing, celebrate, achievement, strength, improvement, aspiration, goal, adjective, successful, learn, mistake, success, positive, challenge
<b>It's okay not to be okay</b>	Emotions, feelings, ok, constructive feedback, support, unkind, teasing, bullying, unacceptable, problem, argument, advice, trust, role-play, solve, comfort
<b>Anger</b>	Emotions, feelings, anger, negative, positive, rules, angry, behaviour, measure, scale, explode, heart rate



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## PSHE LifeWise Vocabulary Overview



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### Year 2 Key Vocab (2/2)

## WellBeing

<b>Dealing with loss</b>	Alive, dead, living, dying, die, death, cope, loss, feelings, sadness, anger, fear, bereavement, grieve, lose, grief, remember, loved one, pass away, memory
<b>A problem shared is a problem halved</b>	Problem, worry, share, solved, advice, caring, encouraging, comfortable, secret, trouble, feelings, halved, trust, solve
<b>Relaxation</b>	Active, busy, rest, sleep, relaxation, activity, repair, reduce, stress, mood, relax, worried, problem, screen, mind, body, health, screen, technology, rules, negative
<b>Medicines and Drugs</b>	Drug, medicine, dose, trusted adult, General Practitioner (GP), doctor, nurse, hospital, chemist, vomit, drowsy, drowsiness, fatal, dosage, cough medicine, antibiotics, sweets, stomach ache, unconscious, unwell, smoking, alcohol, tobacco, addicted, addictive, disease, cancer, stroke, blood pressure, trusted adult, health, protect, decision, addiction, habit



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## PSHE LifeWise Vocabulary Overview



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### Year 3 Key Vocab

## WellBeing

<b>Live, Laugh and Learn in Lockdown</b>	Lockdown, fresh air, fun, friends, food, fit body and mind, virus, healthy snacks, socially distance, water droplets, spread.
<b>Growth Mindset</b>	Positive, health, success, relationships, problem solving, personal goal, aim, growth mindset, strengths, improvements, aspirations, resilience, failure, grit, practising, learning, challenge, encouraging, advice, negative, determined, willing, resilient, open mind, effort, overcome, mistake, succeed
<b>Mindfulness</b>	Mindfulness, worry, stress, physical, mental, emotional, environment, sights, tastes, smells, feel, hear, improve, health, concentrate, focus, react, respond, self-assessment, positive, negative, achievement, strength, improvement, aspirations, goals
<b>Anxiety</b>	Worry, anxiety, concern, anxious, uncertain, emotions, feelings, fear, nervous, afraid, scared, fearful, appearance, measure, scale, 'Handy Helper', 'Park it Post Box', overcome, avoid, honest, breathing exercises, strategy, anonymous, concern
<b>Self-image</b>	Positive, negative, media, online, achievement, strength, improvement, self-image, personality, successful, image, accept, improvement, description, happy





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## PSHE LifeWise Vocabulary Overview



### Year 3 Key Vocab

## WellBeing

<b>Problem solving &amp; Time management</b>	Problem, challenge, problem-solving, time management, negative, positive, respect, dilemma, solve, choice, respect, negotiate, decision, solution, answer, goal, decision, plan, determined, focused, succeed, deadline
<b>Relationships with others</b>	Positive, health, family, relationship, unhealthy, support, relatives, committed, married, civil partnership, marriage, commitment, connected, opposite, trust, understanding, caring, healthy, respect, loyalty, equality, safety, honest, valued, interests, beliefs, values, mirror, qualities
<b>Self worth</b>	Self-worth, self-esteem, negative, positive, jealous, envious, angry, upset, disappointed, lonely, compare, cope, boost, neutral, good, healthy, achieve, low, high, boastful, over confident, bragging, fault
<b>Helping others get help</b>	Emotions, feelings, support, advice, help, problem, injury, tearful, nervous, appetite, confidence, behave, danger, worry, reassurance, alone, patient, trusted, concern, role-play, serious
<b>Stress</b>	Alcohol, drugs, cigarettes, stress, worry, medicines, tablets, mental, health, physical, react, substances, reaction, environment, emotion, feeling, motivation, overwhelmed, concentration, reaction, suffer, deal, exercise, mindfulness, drink, energy drinks, alcohol, cope, smoking, behaviour



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## PSHE LifeWise Vocabulary Overview



### Year 3 Key Vocab

## LifeStyle

<b>My Body, Your Body</b>	Human, nutrition, food, skeleton, protection, movement, support, muscles, bones, organ, balanced diet, sugar, salt, fat, exercise, dental, immunisation, hygiene, heart, liver, kidneys, large intestine, small intestine, lungs, brain, stomach, oesophagus, pancreas, spleen, connective tissue, calcium, diet, ribcage, spine, genitals, organ, waist, thigh, private, safe, protected, illegal, expose, penis, testicles, anus, nipples, vagina, vulva, brain, ankle, knee, wrist, hips, offspring, male, female
<b>Live, Laugh and Learn in Lockdown</b>	Lockdown, fresh air, fun, friends, food, fit body and mind, virus, windmill exercise, ski hops, punches, jumping jacks, star jumps, high step marches, high knee jacks, squats, vulnerable, shielding
<b>A Balanced Diet</b>	Balanced diet, healthy, intake, unhealthy, food group, choice, energy drink, damage, dental health, tooth decay, obesity, carbohydrate, fat, vitamin, mineral, protein, water, ingredient, nutritional value, habit, calorie, immune system, energy
<b>Importance of Physical Activity</b>	Physical activity, habit, routine, illness, healthy, exercise, inactive, active, obesity, positive, negative, mental wellbeing, balanced, goal, screen, effect, health, benefit, weight, control, increase, leaflet, enjoy
<b>Screen Time</b>	Exercise, screen, habit, positive, neutral, negative, consequence, balanced lifestyle, carbohydrate, moderation, balance, unhealthy, affect, vision, eye strain, sleep deprivation, mentally, relationship, habit, console, tablet, ailments, conditions, arthritis, repetitive strain injury (RSI), migraine,



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## PSHE LifeWise Vocabulary Overview



### Year 4 Key Vocab

## LifeStyle

<b>Screen Time</b>	Exercise, screen, habit, positive, neutral, negative, consequence, balanced lifestyle, carbohydrate, moderation, balance, unhealthy, affect, vision, eye strain, sleep deprivation, mentally, relationship, habit, console, tablet, ailments, conditions, arthritis, repetitive strain injury (RSI), migraine, aggression, violent, protected, responsibility, recommendation, offensive, harmful, manage
<b>Respect</b>	Respect, treat respectful, law, illegal, vulnerable, society, cultural, ethnic, racial, religious, gender identity, sexual orientation, disability, disrespect, rudeness, aggression, swearing, peer pressure, responsible, arrest, imprisonment, protect
<b>Problem Solving &amp; Resourcefulness</b>	Problem, problem-solving, solution, analyse, dilemma, technology, online, social media, trolling, bullying, confident, independent, support, successful, solve, resourcefulness, sources, internet, research, independent, record, hormone, risk, danger, hazard, selective, question
<b>Where Does My Food Come From?</b>	Supermarket, grocers, greengrocers, butcher, vending machine, restaurant, influence, choice, habit, critical consumer, resources, journey, travel, fresh, sustainability, environment, bacteria, virus, disease, hygiene, convenience, range, availability, insecticide, chemical, curvature, appearance, waste, farmer, livelihood, compromise, safety
<b>Sleep</b>	Sleep, rest, recovery, growth, development, repair, health, well-being, lifestyle, blood vessels, heart, relaxed, sleepy, technology, prevent, learning, physical, mental, habit, graph, construct, data, results, least, most, average



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## PSHE LifeWise Vocabulary Overview



### Year 4 Key Vocab

## LifeStyle

<b>Healthy Eating</b>	Balanced diet, food group, nutrient, healthy, diet, habit, energy drink, damage, culture, customs, carbohydrate, protein, vitamin, mineral, fat, oil, packaging label, traffic light system, exclude, favour, recommended, recommendation, saturated, unsaturated, cholesterol, nutritional value, obesity, tooth decay, active, healthier, fuel, weight, mental health, physical health, unhealthy
<b>Leadership</b>	Leader, quality, manage, organise, team, goal, skill, achievements, emotion, opinion, view, consider, compromise, negotiation, negotiate, resilience, responsibility, confident, respect, challenge, relationship, collaborate, resolve, difference, decision, honest, committed, creative, inspiring, reliable, poster, advert
<b>Keeping My Body Safe</b>	Pants, rules, message, acrostic, penis, vagina, testicles, vulva, anus, breasts, nipples, boundary, inappropriate, unwanted, negative, positive, affection, safe, ill, hurt, danger, examination, trusted, secret, forced, worried, uncomfortable, helpful, parent, sibling, teacher, police, confide, acrostic, private, report

## PSHE LifeWise Vocabulary Overview



### Year 5 Key Vocab (2/2)

## Life Prep

<b>Supporting the Community</b>	Community, features, support, local, national, voluntary, pressure group, residential home, community centre, social group, cultural, heritage, responsible, volunteering, petition, facilities, importance, success, self-esteem, self-satisfaction, resources, volunteer
<b>Respecting Others Boundaries &amp; Beliefs</b>	Culturally diverse, population, customs, beliefs, laws, values, influence, respect, opinion, views, relationship, different, similar, Appreciate, feelings, rights, race, religion, ethnic identity, law abiding, tradition, safe, comfortable, marriage, appearance, sex, gender identity, stereotype, class, disability, considerate, intolerance, disrespect, aggression, damaging, label, Sikhism, Hinduism, Judaism, Buddhism, Islam, Christianity, Humanism, Atheism, respectful, harmful, offend, acceptable, trust
<b>You Get Out, What You Put Into Life</b>	Kind, kindness, volunteering, commitment, desire, responsibility, maturity, benefit, community, neighbourhood, appreciation, love, dispute, conflict, resolving, inspire, qualities, appropriate, behaviour, overcome, relationship, moral, dilemma, fable, compassion, empathy, qualities, valuable
<b>Borrowing Money</b>	Loan, debt, mortgage, interest, borrow, income, interest rate, deposit, expensive, repay, owe, student loan, payday loan, employer, belongings, money, cash, credit card, credit score, PIN, afford, repay, late payment fee, security, check, contactless, online



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## PSHE LifeWise Vocabulary Overview



### Year 5 Key Vocab (2/2)

## Life Prep

<b>The Digital World</b>	Mobile phone, computer, online, internet, gaming, Digital World, risk, dangerous, danger, personal information, netiquette, digital etiquette, social media, misrepresent, mislead, password, safety, pressure, behave, unacceptable, hazard, respectful, responsible, rules, benefit, communication, positive, negative
<b>Communicating Effectively</b>	Communicate, digitally, online, unhappy, uncomfortable, unsafe, hurt, feelings, effectively, mental, physical, well-being, reality, unacceptable, unhealthy, risky, harassment, critically, dangerous, support, advice, passwords, personal information, addresses, images, effect, boundaries, permission, social media, internet, consumer, misinterpret, mislead, abuse, trolling, bullying, behaviour, verbal, written, non-verbal, visual, effective, communication, important, diplomatic, honest, listener, eye contact, gesture, communicator, sensitive, improve, successful, netiquette
<b>Saving Money</b>	Budget, money, save, pocket money, debt, homeless, government, calculate, responsibility, manage, value, afford, rely, independent, rent, mortgage, payment, income, earning, decision, purpose, interest, bank, building society, advice, investment, account, withdraw



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## PSHE LifeWise Vocabulary Overview



### Year 6 Key Vocab (1/2)

## Life Prep

<b>Live, laugh and learn in Lockdown</b>	Lockdown, fresh air, fun, friends, food, fit body and mind, virus, vulnerable, shielding, digest, calories, energy, household
<b>Tax</b>	Tax, income, wages, responsibility, rights, duty, community, money, support, interest, loan, debt, evasion, expenditure, government, National Health Service, income tax, pension, earnings, salary, benefit, State pension, medical, retire, National Insurance, salary, calculated, earnings, contributions
<b>Entrepreneurship, Enterprise &amp; Business</b>	Business, company, employee, employer, entrepreneur, enterprise, risk, profit, advice, success, decision, positive, negative, opportunity, challenge, wealth, status, inspire, financial, commitment, difficulty, benefits, disadvantages, growth, entrepreneurship
<b>Banks</b>	Bank, loan, debt, borrow, account, increase, charge, money, interest, savings, insurance, financial, services, national, expiry date, PIN, cash machine, access, security, keypad, contactless card, cash, business, fund
<b>Organisation of Life</b>	Organised, physical, mental, emotional health, hygiene, routine, habit, actions, responsibilities, duties, respect, disorganised, stress, health, disease, strategies



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## PSHE LifeWise Vocabulary Overview



### Year 6 Key Vocab (1/2)

## Life Prep

<b>Pensions</b>	Pension, retire, retirement, contribute, earnings, National Insurance, wages, salary, government, Pension Fund, State Pension, employer, transfer, Private Pension, retired, draw a pension, national age of retirement, self employed, NEST, prepare
<b>Law</b>	Laws, consequences, responsibility, pressure, behave, dare, unacceptable, unhealthy, risky, trolling, bullying, harassment, dangerous, uncomfortable, anxious, advice, wrong, help, illegal, legal, substances, alcohol, drugs, harmful, respectful, conflict, violence, rights, anti-social, aggressive, consider, speeding, threaten, bystander, criminal record, afraid, prevent, protect, trusted, bothered, emergency, forced, arranged marriage, deterrent, rules, stolen, punishment, Houses of Parliament, Queen, crime, case, victim, introduce, change, signature, petition, judge, court, prison, fine, community service, warning, fair, harm, persuade, factors
<b>From Learning To Working</b>	Earning, institutions, certificates, diplomas, achievement, goal, improvement, determination, success, responsibilities, skills, job, career, qualifications, subject, study, knowledge, focus, concentration, transferred, research, effort, requirements, impact, GCSE, A Level, BTec, Diploma, Certificate, Science, English Language, English Literature, Maths, university, Higher Education, Foreign Languages, transferable, coursework, exam, equivalent, variety





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## PSHE LifeWise Vocabulary Overview



### Year 6 Key Vocab (2/2)

## Life Prep

<b>Power of Negotiation</b>	Pension, retire, retirement, contribute, earnings, National Insurance, wages, salary, government, Pension Fund, State Pension, employer, transfer, Private Pension, retired, draw a pension, national age of retirement, self employed, NEST, prepare
<b>The Government</b>	Prime Minister, leader, political parties, General Election, Government, pressure, actions, respectfully, compromise, strategies, dispute, resolve, negotiation, represent, stereotype, rules, laws, community, decision, belief, idea, suggestion, Cabinet, Member of Parliament, MP, democratically, responsible, education, health, finance, trade, opposition, policies, British Government, Cabinet, Minister, welfare, Royal Family, Head of State, reflect, views, election, critical consumer, accurate, disrespectful, rights, prejudiced, arrest, imprisonment, racism, alternatives, community
<b>How To Write A CV</b>	Curriculum Vitae, CV, successful, job, application, educational background, personal statement, experience, details, passwords, information, private, disability, sexual orientation, qualifications, interview, feedback, template, description, personality, character, right, employer, succinct, skill, personality, character, achievement, award



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## PSHE LifeWise Vocabulary Overview



### Year 6 Key Vocab (2/2)

## Life Prep

<b>My Amazing Body</b>	Relationship, love, trust, respect, partner, mental health, safety, intimate, sexual relationship, consent, criminal offence, protect, responsible, penis, vagina, sperm, ovary, fertilisation, divide, embryo, baby, human, offspring, generation, life cycle, consequences, emotions, reproduction, care, online relationship, naked, variation, pregnancy, intimate relationship, responsibility, implication, expectation, text message, console, digital media
<b>Drugs, Alcohol and Smoking</b>	Drug, medicine, dose, trusted adult, alcohol, tobacco, cannabis, smoking, solvents, prescription drugs, painkillers, consequences, disease, addicted, dependent, inject, emergency services, overdose, unconscious, unwell, addictive, health, protect, decision, legal, illegal, substance, advice, support, hallucinogenic, stimulant, depressant, painkiller, heroin, ketamine, ecstasy, cocaine, acid, solvent, diazepam, methadone, energy drink