

PSHE & RSE 2021-2022 TERM 3B – DRUGS, ALCOHOL & TOBACCO EDUCATION

YEAR 1	YEAR 2	YEAR 3	YEAR 4 (AS YEAR 3)	YEAR 5	YEAR 6 (AS YEAR 5)
“WHAT DO WE PUT INTO AND ON TO BODIES”	“MEDICINES AND ME”	“TOBACCO IS A DRUG”	“MAKING CHOICES”	“DIFFERENT INFLUENCES”	“WEIGHING UP RISK”
<p>1. Pupils learn about what can go into bodies and how it can make people feel. Pupils:</p> <ul style="list-style-type: none"> • are able to recognise that different things people put into bodies can make them feel good or not so good • can identify whether a substance might be harmful to take in • know how to ask for help if they are unsure about whether something should go into the body 	<p>1. Pupils learn why medicines are taken. Pupils:</p> <ul style="list-style-type: none"> • understand that the purpose of medicines is to help people stay healthy, get well or feel better if they are ill • know that medicines come in different forms • recognise that each medicine has a specific use 	<p>1. Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people. Pupils:</p> <ul style="list-style-type: none"> • are able to define what is meant by the word ‘drug’ • can identify when a drug might be harmful • recognise that tobacco is a drug 	<p>1. Pupils learn that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them. Pupils:</p> <ul style="list-style-type: none"> • are aware of drugs that are common in everyday life, such as caffeine, alcohol, tobacco or nicotine products, and when they might be used • can identify why a person may choose to use or not use a drug • are able to state some alternatives to using drugs 	<p>1. Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha & cannabis. Pupils:</p> <ul style="list-style-type: none"> • know about different smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • understand the similarities and differences in the risks of smoking cigarettes, e-cigarettes, shisha and cannabis in relation to health, money, social effects and the law • understand there are risks associated with smoking drugs 	<p>1. Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs. Pupils:</p> <ul style="list-style-type: none"> • know about some of the possible effects and risks of different drugs • know that some drugs are restricted or that it is illegal to own, use and supply them to others • understand why and when people might use drugs
<p>2. Pupils learn about what can go on to bodies and how it can make people feel. Pupils:</p> <ul style="list-style-type: none"> • know that substances can be absorbed through the skin • are able to recognise that different things that people put on to bodies can make them feel good or not so good • can state some basic safety rules for things that go onto the bod 	<p>2. Pupils learn where medicines come from. Pupils:</p> <ul style="list-style-type: none"> • know that medicines can be prescribed by a doctor or bought from a shop or pharmacy • know when medicines might be used and who decides which medicine is used • understand there are alternatives to taking medicines, and when these might be helpful 	<p>2. Pupils learn about the effects and risks of smoking tobacco and secondhand smoke. Pupils:</p> <ul style="list-style-type: none"> • know the effects and risks of smoking and of secondhand smoke on the body • can express what they think are the most important benefits of remaining smoke free • recognise that laws related to smoking aim to help people to stay healthy, with a particular concern about young people and secondhand smoke 	<p>2. Pupils learn about the effects and risks of drinking alcohol. Pupils:</p> <ul style="list-style-type: none"> • know how alcohol can affect the body • explain why drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed • know that there are laws and guidelines related to the consumption of alcohol 	<p>2. Pupils learn about different influences on drug use –alcohol, tobacco and nicotine products. Pupils:</p> <ul style="list-style-type: none"> • can identify conflicting messages presented in the media in relation to alcohol, tobacco and nicotine products • can describe some of the other influences that surround a person’s decision about whether to smoke/drink alcohol • recognise that there are many influences on us at any time. 	<p>2. Pupils learn about assessing the level of risk in different situations involving drug use. Pupils:</p> <ul style="list-style-type: none"> • can explain why risk depends on the drug itself, the person using the drug and the situation – when, where the person is, and who they are with • can identify risks within a given scenario involving drug use • understand what would need to change to reduce the level of risk
	<p>3. Pupils learn about keeping themselves safe around medicines. Pupils:</p> <ul style="list-style-type: none"> • understand that medicines come with instructions to ensure they are used safely • know some safety rules for using and storing medicines • recognise that medicines can be harmful if not taken correctly 	<p>3. Pupils learn about available help for people to stop smoking or remain smoke. Pupils:</p> <ul style="list-style-type: none"> • know about some of the support and medicines that people might use to help them stop smoking • can explain what they might say or do to help someone who wants to stop smoking • understand that there are benefits for people who choose to stop smoking but that it can be hard for someone to stop smoking once they have started 	<p>3. Pupils learn about different patterns of behaviour that are related to drug use. Pupils:</p> <ul style="list-style-type: none"> • can explain what is meant by the terms ‘habit’ and ‘addiction’ • can identify different behaviours that are related to drug use • know where they can go for help if they are concerned about someone’s use of drugs 	<p>3. Pupils learn strategies to resist pressure from others about whether to use drugs –smoking drugs & alcohol. Pupils:</p> <ul style="list-style-type: none"> • can describe some strategies that people can use if they feel under pressure in relation to drug use • can demonstrate some ways to respond to pressure concerning drug use • recognise that, even if people feel pressure from others about drug use, they can make an informed choice and act on it 	<p>3. Pupils learn about ways to manage risk in situations involving drug use. Pupils:</p> <ul style="list-style-type: none"> • can identify situations where drug use may occur • know some ways of reducing risk in situations involving drug use • know where to get help, advice and support regarding drug use
<p>Asthma lesson for either Year 2, 3 or 4 Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. Pupils:</p> <ul style="list-style-type: none"> • know what asthma is and how it can affect people • can recognise the symptoms of an asthma attack • understand how people with asthma can look after themselves – treating asthma as a condition and treating an asthma attack 					