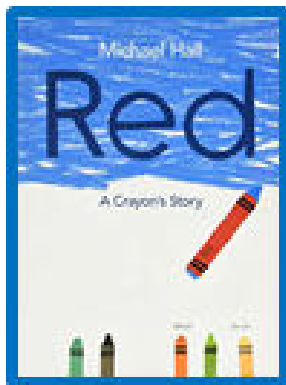


All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

## Physical Health and Wellbeing—Making Choices

Spring 2

### No Outsiders:



### Igniting Prior Knowledge:

- Drugs can be harmful to people.
- Tobacco is a drug.
- There are risks of smoke.
- Second hand smoking affects others and their bodies.
- Know the benefits of remaining smoke free.
- There are laws relating to smoking to aim to help people stay healthy, with a particular concern over young people and second hand smoking.
- There is support and medicines that help people stop smoking.
- There are things I could say and do to help stop people smoking.
- There are benefits for people who choose to stop smoking.
- It can be hard to choose to stop smoking once they have started.

### New Knowledge:

- There are drugs (other than medicines) that are common in everyday life – caffeine, alcohol, tobacco or nicotine.
- These products can be used in different locations and have different purposes.
- There are alternatives to some of these drugs.
- Alcohol can have negative effects on the body.
- Drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed.
- There are laws and guidelines related to the consumption of alcohol.
- There can be different patterns of behaviour relating to drug use.
- A habit and addiction are different. A habit is something that a person does often in a regular and repeated way. An addiction is an urge to do something that is hard to control or stop (e.g. cigarettes, alcohol, or drugs)
- People can become addicted to cigarettes, alcohol, or drugs.
- There is help available if you are concerned about someone's use of drugs.

### Key Vocabulary:

- Drugs
- Caffeine
- Alcohol
- nicotine
- Habit
- addiction

**DRUGS**

