

PSHE AT KINGSLEY: Year 5



Topic: Health and Wellbeing (Drugs, alcohol and tobacco; healthy habits)

Question: How can Drugs Common to Everyday Life Affect Health?

Learning Expectations:

- How drugs common to everyday life (including smoking/vaping nicotine, alcohol, caffeine and medicines) can affect health and wellbeing
- That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal
- How laws surrounding the use of drugs exist to protect them and others
- How to ask for help from a trusted adult if they have any worries or concerns about drugs
- How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use
- How people can prevent or reduce the risks associated with them

Programme of Study References:

H1, H3, H4, H4.6, H4.7, H4.8, H50

Key Websites:

[Islington Healthy Schools Team – DrugWise f](#)

[Iddecision – Keeping/staying healthy f](#)

Cross Curricular:

Prior Knowledge: It will be helpful, but not essential, if children are already aware of what cigarettes and alcohol are and if they have some knowledge about helpful and harmful drugs.

Future Knowledge: To understand the different legal and illegal drugs and the affects this has on us.

Essential Knowledge:

- I know the effects drugs will have on my body.
- I know the difference between legal and illegal drugs.
- I know where to go and who to ask for help about drugs if needed.

Key Vocabulary:

first aid, medicine, prescription, body image, health, legal, illegal, drugs, smoking, vaping, nicotine, caffeine, medicines, laws, restrictions, alcohol, cigarettes, tobacco, e-cigarettes, vaping, vapes, vape pens, medicine, nicotine, addictive, drugs, harmful, dangerous, substances, habit, healthy, unhealthy, damage, pressure, media, legal, illegal, age restrictions, choice