

Year 5 Term 4

PSHE

How can drugs common to everyday life affect health?



Progression in Skill:

How drugs common to everyday life (including smoking/vaping – nicotine, alcohol, caffeine and medicines) can affect health and well-being.
Some drugs are legal (but 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
Why people choose to use or not use different drugs.
How people can prevent or reduce the risk associated with them.
For some people, drug use can become a habit which is difficult to break.
How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use.
How to ask for help from a trusted adult if they have any worries or concerns about drugs.

Long-term Memory Knowledge:

Name some of the ways everyday (legal) drugs can affect someone's health and/or well-being and, therefore, why someone may choose to use them or not.
Name some of the side effects of taking drugs (both legal and illegal) and some of the ways people can try to prevent or reduce the associated risks.
Name the laws related to taking legal and illegal drugs.
Know that many drugs are addictive and some people develop a habit of taking them.
Know who to ask for support if this is a difficult habit to break.

Key Vocabulary

drug	medication or stimulant
legal	allowed by law
illegal	not allowed by law
side effects	undesirable effect of taking a medication
risk	chance of danger or loss

Relevance

Now	Know that there are some drugs that are legal and some that are illegal; recognise the benefits of taking/using a particular drug and begin to weigh these up against the risks/side effects.
Future	Make well informed choices about medications they take, considering the risks and benefits.
Aspiration	Become a counsellor/therapist to help people come to decisions about their own use of legal and illegal drugs; work in pharmaceuticals, possibly developing, manufacturing or dispensing drugs.

National Curriculum Links:

Pupils should be taught:
Which commonly available substances and drugs are legal and illegal, their effects and risks.
Make real choices and decisions (for example, about issues affecting their health and wellbeing such as smoking.
Why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.

Essential Prior Learning:

Name some common medicines (or their brand names) that people may take in order to stay healthy and/or feel better, e.g. aspirin, Calpol, asthma inhalers, etc.
Know that these medicines should only be taken if/when someone is ill and aren't for sharing.