

## Drug, alcohol and tobacco education

Y1 What do we put into and on to bodies?	Y2 Medicines and me	Y3 Tobacco is a drug	Y4 Making choices	Y5 Different influences	Y6 Weighing up risk
<p><b>1. Pupils learn about what can go into bodies and how it can make people feel</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>are able to recognise that different things people put into bodies can make them feel good or not so good</li> <li>can identify whether a substance might be harmful to take in</li> <li>know how to ask for help if they are unsure about whether something should go into the body</li> </ul>	<p><b>1. Pupils learn why medicines are taken</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>understand that the purpose of medicines is to help people stay healthy, get well or feel better if they are ill</li> <li>know that medicines come in different forms</li> <li>recognise that each medicine has a specific use</li> </ul>	<p><b>1. Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>are able to define what is meant by the word 'drug'</li> <li>can identify when a drug might be harmful</li> <li>recognise that tobacco is a drug</li> </ul>	<p><b>1. Pupils learn that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>are aware of drugs that are common in everyday life, such as caffeine, alcohol, tobacco or nicotine products, and when they might be used</li> <li>can identify why a person may choose to use or not use a drug</li> <li>are able to state some alternatives to using drugs</li> </ul>	<p><b>1. Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know about different smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>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</li> <li>understand that there are risks associated with all smoking drugs</li> </ul>	<p><b>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</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know about some of the possible effects and risks of different drugs</li> <li>know that some drugs are restricted or that it is illegal to own, use and supply them to others</li> <li>understand why and when people might use drugs</li> </ul>
<p><b>2. Pupils learn about what can go on to bodies and how it can make people feel</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know that substances can be absorbed through the skin</li> <li>are able to recognise that different things that people put on to bodies can make them feel good or not so good</li> <li>can state some basic safety rules for things that go into the body</li> </ul>	<p><b>2. Pupils learn where medicines come from</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know that medicines can be prescribed by a doctor or bought from a shop or pharmacy</li> <li>know when medicines might be used and who decides which medicine is used</li> <li>understand there are alternatives to taking medicines, and when these might be helpful</li> </ul>	<p><b>2. Pupils learn about the effects and risks of smoking tobacco and second hand smoke</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know the effects and risks of smoking and of second hand smoke on the body</li> <li>can express what they think are the most important benefits of remaining smoke free</li> <li>recognise that laws related to smoking aim to help people to stay healthy, with a particular concern about young people and second hand smoke</li> </ul>	<p><b>2. Pupils learn about the effects and risks of drinking alcohol</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know how alcohol can affect the body</li> <li>explain why drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed</li> <li>know that there are laws and guidelines related to the consumption of alcohol</li> </ul>	<p><b>2. Pupils learn about different influences on drug use – alcohol, tobacco and nicotine products</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can identify conflicting messages presented in the media in relation to alcohol, tobacco and nicotine products</li> <li>can describe some of the other influences that surround a person's decision about whether to smoke or drink alcohol</li> <li>recognise that there are many influences on us at any time</li> </ul>	<p><b>2. Pupils learn about assessing the level of risk in different situations involving drug use</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>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</li> <li>can identify risks within a given scenario involving drug use</li> <li>understand what would need to change to reduce the level of risk</li> </ul>
	<p><b>3. Pupils learn about keeping themselves safe around medicines</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>understand that medicines come with instructions to ensure they are used safely</li> <li>know some safety rules for using and storing medicines</li> <li>recognise that medicines can be harmful if not taken correctly</li> </ul>	<p><b>3. Pupils learn about the help available for people to remain smoke free or stop smoking</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know about some of the support and medicines that people might use to help them stop smoking</li> <li>can explain what they might say or do to help someone who wants to stop smoking</li> <li>understand that there are benefits for people who choose to stop</li> </ul>	<p><b>3. Pupils learn about different patterns of behaviour that are related to drug use</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can explain what is meant by the terms 'habit' and 'addiction'</li> <li>can identify different behaviours that are related to drug use</li> <li>know where they can go for help if they are concerned about someone's use of drugs</li> </ul>	<p><b>3. Pupils learn strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can describe some strategies that people can use if they feel under pressure in relation to drug use</li> <li>can demonstrate some ways to respond to pressure concerning drug use</li> <li>recognise that, even if people feel</li> </ul>	<p><b>3. Pupils learn about ways to manage risk in situations involving drug use</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can identify situations where drug use may occur</li> <li>know some ways of reducing risk in situations involving drug use</li> <li>know where to get help, advice and support regarding drug use</li> </ul>

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		<p>smoking but that it can be hard for someone to stop smoking once they have started</p>		<p>pressure from others about drug use, they can make an informed choice and act on it</p>	
			<p><b>Asthma</b></p> <p><b>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</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• know what asthma is and how it can affect people</li> <li>• can recognise the symptoms of an asthma attack</li> <li>• understand how people with asthma can look after themselves – treating asthma as a condition and treating an asthma attack</li> </ul>		