

Drugs, Alcohol and Tobacco Education Key Learning and Progression of Skills

<p>DfE Statutory Guidance for Relationships Education and Health Education</p>	<p><u>Health education</u> <u>Topic: Drugs, alcohol and tobacco</u></p> <ul style="list-style-type: none"> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking <p><u>Topic: Health and prevention</u></p> <ul style="list-style-type: none"> about personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of hand washing the facts and science relation to allergies, immunisation and vaccination <p><u>Topic: Physical health and fitness</u></p> <ul style="list-style-type: none"> how and when to seek support including which adults to speak to in school if they are worried about their health <p><u>Relationships education</u> <u>Topic: Being safe</u></p> <ul style="list-style-type: none"> how to ask for advice or help for themselves or others, and to keep trying until they are heard how to report concerns or abuse, and the vocabulary and confidence needed to do so where to get advice e.g. family, school and/or other sources 	
	<p>KS1</p>	<p>KS2</p>
<p>PSHE Association Programme of Study</p>	<p><u>Health and wellbeing:</u> <u>Healthy lifestyles</u> H1. about what keeping healthy means; different ways to keep healthy H6: that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy H10. about the people who help us to stay physically healthy</p>	<p><u>Health and wellbeing:</u> <u>Healthy lifestyles (physical wellbeing)</u> H1: how to make informed decisions about health H3: about choices that support a healthy lifestyle, and recognise what might influence these H4: how to recognise that habits can have both positive and negative effects on a healthy lifestyle <u>Keeping safe:</u> H10: how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed H40: about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully) <u>Health and wellbeing: Drugs, alcohol and tobacco</u></p>

	<p><u>Health and wellbeing: Keeping safe</u> H29: to recognise risk in simple everyday situations and what action to take to minimise harm H31. that household products (including medicines) can be harmful if not used correctly H33. about the people whose job it is to help keep us safe</p> <p><u>Health and wellbeing: Drugs, alcohol and tobacco</u> H37. about things that people can put into their body or on their skin; how these can affect how people feel</p>	<p>H46: about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break H47: to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others H48: about why people choose to use or not use drugs (including nicotine, alcohol and medicines) H49: about the mixed messages in the media about drugs, including alcohol and smoking/vaping H50: about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p> <p><u>Relationships:</u> R28: how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</p> <p><u>Living the Wider World: Shared responsibilities</u> L1: to recognise reasons for rules and laws; consequences of not adhering to rules and laws</p>	
	<p>KS1</p>	<p>KS2</p>	
<p>3D PSHE Coverage</p>	<p><u>Unit 5</u> <u>Lesson 3: Drug Safety</u></p> <ul style="list-style-type: none"> • To learn about the importance of medicine safety • To recognise that some substances can help or harm the body 	<p><u>UKS2</u> <u>Unit 5</u> <u>Lesson 2: Alcohol</u></p> <ul style="list-style-type: none"> • To take action based on responsible choices • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs <p><u>Unit 5</u> <u>Lesson 3: Tobacco</u></p> <ul style="list-style-type: none"> • To take action based on responsible choices 	<p><u>UKS2</u> <u>Unit 5</u> <u>Lesson 1: Drugs</u></p> <ul style="list-style-type: none"> • To take action based on responsible choices • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and Drugs <p><u>Lesson 4: Substance Abuse</u></p> <ul style="list-style-type: none"> • To take action based on responsible choices

			<ul style="list-style-type: none"> • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs 		<ul style="list-style-type: none"> • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs 	
Other resources	Shared drive – New 2020 3D PSHE – Health Education – Drugs Alcohol Tobacco					
Skills Progression	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Lesson 1 Keeping safe: medicines and household products</p> <p>Objective: Pupils learn rules about keeping safe around medicines and other household products</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • state safety rules 	<p>Lesson 1 Keeping safe: Things that go into and onto bodies</p> <p>Objective: Pupils learn about the things that go into and onto bodies and how this can make people feel</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • describe how the things that can go 	<p>Lesson 1: Safety rules and risks: medicines and household products</p> <p>Objective: Pupils learn about the safe use of medicines and household products</p> <p>Learning outcomes: Pupils will be able to: explain the importance of taking medicines correctly and using household products safely</p> <ul style="list-style-type: none"> • know where on the 	<p>Lesson 1 Safety rules and risks: alcohol</p> <p>Objective: Pupils learn that caffeine and alcohol can affect people’s health</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • understand that alcohol is a type of drug • identify some of the risks of caffeine and alcohol • identify how these risks can affect the person, or those around them • explain how laws, guidelines and restrictions 	<p>Lesson 1 Managing risk: influences and pressure</p> <p>Objective: Pupils learn about the reasons why people use drugs; managing situations and peer influence</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain why people may choose to use or not use a drug, and the different factors that might influence them 	<p>Science Link- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</p> <ul style="list-style-type: none"> • describe how living things are classified into broad groups according to common observable characteristics and based on similarities and differences, including micro-organisms, plants and animals <p>Lesson 1 Managing risk:</p>

	<p>for the use of medicines and other household products</p> <ul style="list-style-type: none"> • recognise risk in situations related to medicines and household products, including when there is pressure to do something which is unsafe or may cause someone to be unwell • identify what to do next in a situation that may involve risk • identify when asking for adult permission is required (in relation to medicines and household products) 	<p>into a person's body and onto their skin can change how people look and feel</p> <ul style="list-style-type: none"> • identify that some things that go into or onto bodies can be harmful (or not so good for people) and how we know if something might be harmful • suggest basic strategies to respond to situations involving household products <p><u>Lesson 2</u> <u>Keeping healthy: medicines</u></p> <p><u>Objective:</u> Pupils learn about medicines and the people who help them to stay healthy</p> <p><u>Learning outcomes:</u> Pupils will be able to:</p> <ul style="list-style-type: none"> • identify what can 	<p>packaging to look for instructions for use</p> <ul style="list-style-type: none"> • identify risk in relation to the use of medicines and household products, and suggest what action to take to help prevent or minimise harm • recognise sources of information and whom to ask for help with medicine safety <p><u>Lesson 2</u> <u>Safety rules and risks:</u> smoking</p> <p><u>Objective:</u> Pupils learn that cigarettes, ecigarettes/vaping can affect people's health</p> <p><u>Learning outcomes:</u> Pupils will be able to:</p> <ul style="list-style-type: none"> • understand that cigarettes are a type of drug • identify some of the risks of cigarettes, ecigarettes/vaping • identify how these 	<p>related to alcohol help to keep people safe and healthy</p> <ul style="list-style-type: none"> • identify where people can get help and support to protect their own and others' health 	<ul style="list-style-type: none"> • analyse what is most likely to influence a person to use or not use a drug • describe strategies for managing peer influence in situations that might involve drugs • explain how to ask for help from a trusted adult if they have any worries or concerns about drugs and why this is important <p><u>Lesson 2</u> <u>Managing risk:</u> drugs and alcohol in the media</p> <p><u>Objective:</u> Pupils learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions</p> <p><u>Learning outcomes:</u> Pupils will be able to:</p> <ul style="list-style-type: none"> • identify the mixed messages in the media in relation to 	<p>medicines</p> <p><u>Objective:</u> Pupils learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing</p> <p><u>Learning outcomes:</u> Pupils will be able to:</p> <ul style="list-style-type: none"> • describe how medicines, when used responsibly, can support health and wellbeing • explain how preventative medicines such as vaccinations can stop disease from spreading • explain the safe use of medicines to help manage illness and allergies • identify where to find further advice and guidance about the correct use of medicines
--	---	---	--	---	---	---

		<p>make people feel better if not feeling well</p> <ul style="list-style-type: none"> • explain that medicines come in different forms and are used in different ways • recognise that some medicines, such as vaccinations, can help prevent illness and disease and that some people need to take medicines every day to help them to stay healthy • identify who helps people to stay healthy and what they do 	<p>risks can affect the person, or those around them</p> <ul style="list-style-type: none"> • explain how laws, guidelines and restrictions related to smoking help to keep people safe and healthy • identify where people can get help and support to protect their own and others' health 		<p>smoking/vaping and alcohol</p> <ul style="list-style-type: none"> • analyse key messages, suggest who they are targeted at and why • describe how these might affect a person's thoughts, feelings and actions • explain what would help a person to make informed decisions about health and where they could find reliable information 	<p>Lesson 2 Managing risk: legal and illegal Drugs</p> <p>Objective: Pupils learn about some of the risks and effects of (legal and illegal) drug use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain that there are risks of using any type of drug and identify some of the risks and effects of drug use • recognise that drugs have laws related to them and that some drugs are illegal to own, use or give to others • analyse the level of risk in different situations, identifying that drugs can affect people in different ways • explain that for some people drug use can
--	--	--	--	--	--	---

						become an unhealthy habit that can be difficult to break but there is support available to help people; where to report any concerns they have
--	--	--	--	--	--	--