



# Tacolneston and Morley Federation



## Year 3 PSHE- Health and Wellbeing Drugs

### Key Knowledge

Children will learn:

#### The definition of a drug and that drugs (including medicines) can be harmful to people

- Able to define what is meant by the term 'drug'
- Can identify when a drug might be harmful
- Recognise that tobacco is a drug

#### The effects and risk of smoking tobacco and second- hand smoke

- The effects and risks of smoking and of second-hand smoke on the body
- Express what they think are the most important benefits of staying smoke free
- Recognise that laws relating to smoking aim to help people to stay healthy, with a particular concern about young people and second- hand smoke
- The help available for people to remain smoke free or to stop smoking

### Vocabulary

- **Drug** - a medicine or other substance that has a physiological effect when ingested or otherwise introduced into the body
- **Harmful** - has a bad effect on something else, especially on a person's health
- **Tobacco** -the dried and processed leaves of the tobacco plant that is the main ingredient in cigarettes
- **Cigarette** - a thin cylinder of finely cut tobacco rolled in paper for smoking
- **De-stress** - to release bodily or mental tension, unwind
- **Lungs** - a pair of breathing organs located within the chest which remove carbon dioxide from and bring oxygen to the blood
- **Second-hand smoke** - smoke inhaled involuntarily from tobacco being smoked by others
- **Law** - a rule of conduct developed by the government
- **Risk** - a situation involving exposure to danger
- **Habit** - a settled or regular tendency or practice, especially one that is hard to give up
- **Addiction** -when the body or mind badly wants something in order to work right
- **Healthy** - in a good physical or mental condition

