



Tacolneston and Morley Federation



Year 4 PSHE- **Healthy and Wellbeing**- Drug, Alcohol and Tobacco Education

Key Knowledge

Children will learn:

There are drugs (other than medicines) that are common in everyday life and why people choose to use them

- Awareness of drugs that are common in everyday life
- Why a person may choose to use or not use a drug
- State some alternatives to using drugs

The effects and risks of drinking alcohol

- How alcohol can affect the body
- Why drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed
- Know there are laws and guidelines related to the consumption of alcohol

Different patterns of behaviour that are related to drug use

- What is meant by the term 'habit' and 'addiction'
- Identify different behaviours that are related to drug use
- How to get help if they are concerned about someone's use of drugs

Vocabulary

Drug - a medicine or other substance that has a physiological effect when ingested or otherwise introduced into the body

Caffeine - a stimulant compound found naturally in coffee, tea, cocoa and added to soft drinks

Alcohol - the intoxicating constituent of wine, beers, spirits and other drinks

Tobacco - the dried and processed leaves of the tobacco plant that is the main ingredient in cigarettes

Medicine - a drug or other preparation for the treatment or prevention of disease

Alternative - available as another possibility or choice

Risk - a situation involving exposure to danger

Guidelines - a statement by which to determine a course of action

Behaviour - the way in which someone acts, especially towards others

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

