



Tacolneston and Morley Federation



Year 5 PSHE- Health and wellbeing-Drugs

Key Knowledge

The risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis.

- Know about different smoking drugs (as above)
- The similarities and differences in the risks of smoking the above drugs in relation to health, money, social effects and the law
- Understand there are risks associated with all smoking drugs

Different influences on drug use- alcohol, tobacco and nicotine products.

- Identify conflicting messages presented in the media in relation to alcohol, tobacco and nicotine products
- Describe some of the other influences that surround a person's decision about whether to smoke or drink alcohol
- Recognise that there are many influences on us at any time

Strategies to resist pressure from others about whether to use drugs- smoking drugs and alcohol.

- Describe some strategies that people can use if they feel under pressure in relation to drug use
- Demonstrate some ways to respond to pressure concerning drug use
- Recognise that, even if people feel pressure from others about drug use, they can make an informed choice and act on it.

Vocabulary

- **Drug** - a medicine or other substance that has a physiological effect when ingested or otherwise introduced into the body
- **Cigarette** - a thin cylinder of finely cut tobacco rolled in paper for smoking
- **Tobacco** - the dried and processed leaves of the tobacco plant that is the main ingredient in cigarettes
- **E-cigarette** - a battery powered device that works by heating a liquid into an aerosol that the user inhales and exhales
- **Shisha** - tobacco for smoking mixed with flavourings such as mint
- **Alcohol** - the intoxicating constituent of wine, beers, spirits and other drinks
- **Cannabis** - an illegal drug made from a plant
- **Influence** - the capacity to have an effect on the character, development or behaviour of someone
- **Risk** - a situation involving exposure to danger
- **Pressure** - the use of persuasion or intimidation to make someone do something
- **Informed choice** - when a person is given options to choose from, knowing the details, benefits, risks and expected outcomes from each

