

Year 1 and 2 PSCHE

Drug Education

Year 1

To understand how medicines can help you when you are poorly.

To understand that some medicines keep us healthy (inhalers, epipens, insulin).

Year 2

To know why we may need medicine.

To recognise the importance of using medicines safely.

Useful websites/books to help you talk to your child:

Poor Monty by Anne Fine

Charlie has Asthma by Jenny Leigh

Keeping Healthy by Peter Riley

Even Superheros get Diabetes by Sue Ganz-Scmitt

<https://www.medicinesforchildren.org.uk>

Year 3 and 4 PSCHE

Drug Education

Year 3

To develop an understanding of what drugs are.

To recognise common household medicines.

To understand that household medicines need to be used safely.

To learn about safety labels on medicines.

To know how to ask for help about medicines safety.

Safe4Me teaching resource

Year 4

To understand facts about smoking and vaping nicotine products and the effects on health.

To understand the reasons why some people smoke or vape.

To know the legal age for smoking and vaping.

To understand facts about alcohol and some of the effects on health.

To understand why some people drink alcohol.

To understand the legal age for consuming alcohol.

Useful websites/books to help you talk to your child:

Making good choices by Sally Huss.

Keeping Fit by Dr Brian Knapp.

<https://www.healthforkids.co.uk>

Year 5 and 6 PSICHE

Drug Education

Year 5

To understand the risks of taking drugs.

(Household products such as caffeine and medicines, and legal drugs)

Safe4Me teaching resource

To understand the risks of smoking and vaping nicotine products.

To learn about ways to keep safe .

Year 6

To identify different types of drugs, their uses and their effect on the body.

(Legal drugs such as alcohol and illegal drugs) Safe4Me teaching resource

To recognise when alcohol is being used responsibly, anti-socially and when it is being misused.

To able to identify ways to keep safe.

Useful websites/books to help you talk to your child.

Your Space Dealing with Friends and Peers by Diane Webber

Do people take drugs? Why? By Patsy Westcott

<https://safe4me.co.uk/parents>