



Year 1 – PSHE – Summer 1 – What do we put into and on our bodies?

Drug, Tobacco and Alcohol Education

Previous Knowledge and Skills	Future Learning on this skill
EYFS End point: Managing Self ELG: Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.	- Yr2 End Point: Can differentiate between some everyday substances that can go into our bodies and on to our bodies - Yr2 End Point: Recognise that different things that go into and onto our bodies can make people feel good or not so good - Yr2 End Point: Know that substances can be absorbed through the skin - Yr2 End Point: Can identify whether some everyday substances found in school and home are harmful or safe to go into/onto the body

MindMate – Being the same, being different.

Lesson Focus: Celebrating differences: I know the people in my class are all different.

Pupils will have the opportunity to:

- Recognise that everyone is different
- Begin to learn about empathy

Key Vocabulary

We want you to remember these words.

Substance - something which exists e.g. food, water, sun lotion	Lotion - a thick, smooth liquid to be applied to the skin
Harmful - something which cause harm to our bodies	Tablet - a tiny, pressed, hard mass of medicine.
Absorb - when something is taken in through the skin	Medicine - drugs are used to help someone get better if they're ill, and we call them medicines
Cream - a thick liquid	Injection – use of a needle to put medicine into the body

Key knowledge and skills

The 'stuff' we want you to remember.

- Recognise that the things that we put into our bodies can make us feel good or not so good.
- To say whether something is harmful to take into our bodies.
- To check with other people if we are unsure whether something is harmful.
- That things can be absorbed through our skin.
- The things we put onto our skin can make us feel good or not so good.

Focus question: What can we put into and onto our bodies?



Year 2 – PSHE – Summer 1 – Medicines and me.

Drug, Tobacco and Alcohol Education

Previous Knowledge and Skills	Future Learning on this skill
- Recognise that the things that we put into our bodies can make us feel good or not so good. - To say whether something is harmful to take into our bodies. - To check with other people if we are unsure whether something is harmful. - That things can be absorbed through our skin. - The things we put onto our skin can make us feel good or not so good.	- Y3 End Point: Know the definition of a drug and that drugs (including medicines) can be harmful to people. - Y3 End Point: Know about some of the effects and risks of smoking tobacco and second hand smoke. - Y3 End Point: Know about some help that's available for people to remain smoke free or stop smoking. - Y3 End Point: Know that medicines can be used to manage and treat medical conditions such as asthma and that it is important to follow instructions for their use.

MindMate – Being the same, being different.

Lesson Focus: Beginning to understand empathy: I understand my friend might have different feelings to me.

Pupils will have the opportunity to:

- Start to understand empathy
- Start to empathise with others and how they may be feeling

Key Vocabulary

We want you to remember these words.

drops - a small round or pear-shaped portion of liquid.	Prescription- written by a doctor
inhalers - a portable device for administering a drug which is to be breathed in.	Chemist - a shop where medicinal drugs are dispensed and sold.
liquid medicine- medicine in liquid form.	pharmacy- a shop or hospital dispensary where medicinal drugs are prepared or sold.
asthma- a lung condition.	symptoms - a physical or mental feature which is regarded as indicating a condition.

Key knowledge and skills

The 'stuff' we want you to remember.

- Know about how to keep themselves safe around medicines.
- Know where medicines come from
- Know that there are alternatives to taking medicines, and when these might be helpful.
- Know about how to keep themselves safe around medicines.

Focus question: How do we keep safe around medicine?



Year 3 – PSHE – Summer 1 – Tobacco is a drug

Drug, Tobacco and Alcohol Education

Previous Knowledge and Skills	Future Learning on this skill
- Know about how to keep themselves safe around medicines. - Know where medicines come from - Know that there are alternatives to taking medicines, and when these might be helpful. - Know about how to keep themselves safe around medicines.	- Y4 End Point: Know that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them. - Y4 End Point: Know about the effects and risks of drinking alcohol - Y4 End Point: Know of laws and guidelines related to the consumption of alcohol - Y4 End Point: Know about some different patterns of behaviours that are related to drug use (alcohol, smoking/vaping and caffeine)

MindMate – Being the same, being different.

Lesson Focus: Differing opinions: I accept that my friends and I might have different opinions.

Pupils will have the opportunity to:

- Learn how to play and work co-operatively with others.
- Understand that people often need to play/work together to reach a shared outcome.
- Share their opinions on things that matter to them.

Key Vocabulary

We want you to remember these words.

Drugs- Drugs are chemicals or substances that change the way our bodies work.	Tobacco- Tobacco is a plant that can be dried and smoked in cigarettes, pipes, or cigars.
Nicotine- a toxic, colourless or yellowish oily liquid which is the chief active constituent of tobacco.	Tar- A black, oily, sticky, viscous substance
Chemicals- a compound that has been artificially made.	Second-hand smoke- smoke inhaled involuntarily from tobacco being smoked by others.
Addicted- physically and mentally dependent on a particular substance.	

Key knowledge and skills

The 'stuff' we want you to remember.

- Know the definition of a drug and that drugs (including medicines) can be harmful to people
- Know about some effects and risks of smoking tobacco and second hand smoke
- Know about some of the help available for people to remain smoke free or stop smoking

Focus question: What is tobacco?



Year 4 – PSHE – Summer 1 – Making choices

Drug, Tobacco and Alcohol Education

Previous Knowledge and Skills	Future Learning on this skill
- Know what a drug is. - Know that tobacco is a drug. - Know how help and support that is available to stop smoking.	- Y5 end point: Know how alcohol can affect people's bodies. - Y5 end point: Know what a person could choose to do instead of using a drug?

MindMate – Being the same, being different.

Lesson Focus: Know actions affect themselves and others: I know that discrimination can hurt people's feelings

Pupils will have the opportunity to:

- understand that their actions affect themselves and others
- develop self-awareness, doing the right thing
- learn the connection between discrimination and uncomfortable feelings

Key Vocabulary

We want you to remember these words.

Drugs- Drugs are chemicals or substances that change the way our bodies work.	Tobacco- Tobacco is a plant that can be dried and smoked in cigarettes, pipes, or cigars.
Nicotine- a toxic, colourless or yellowish oily liquid which is the chief active constituent of tobacco.	Tar- A black, oily, sticky, viscous substance
Alcohol - Alcohol is a type of drug that is found in drinks like beer, wine and cider.	Peer pressure - influence from members of one's peer group.
Addicted- physically and mentally dependent on a particular substance.	risk - the possibility of something bad happening

Key knowledge and skills

The 'stuff' we want you to remember.

- To know that drugs (other than medicines) that are common in everyday life, and why people choose to use them
- To know the effects and risks of drinking alcohol
- To understand and explain the different patterns of behaviour that are related to drug use

Focus question: What are some of the risks of drinking alcohol?



Year 5 – PSHE – Summer 1 – Different influences

Drug, Tobacco and Alcohol Education

Previous Knowledge and Skills	Future Learning on this skill
- Know that there are drugs other than medicines - Know that the effects and risks of drinking alcohol. - Know how That there are different patterns to drug use	Y6 end point: Know the risks associated with taking drugs and what to say or do to avoid taking them.

MindMate – Being the same, being different.

Lesson Focus: Stigma: I know what stereotyping is

Pupils will have the opportunity to:

- learn about stereotyping, including gender stereotyping
- know that stereotypes exist for different groups and can explain what is meant by the word 'stereotype'

Key Vocabulary

We want you to remember these words.

Drugs- Drugs are chemicals or substances that change the way our bodies work.	Tobacco- Tobacco is a plant that can be dried and smoked in cigarettes, pipes, or cigars.
Nicotine- a toxic, colourless or yellowish oily liquid which is the chief active constituent of tobacco.	Tar- A black, oily, sticky, viscous substance
Alcohol - Alcohol is a type of drug that is found in drinks like beer, wine and cider.	Cigarette - a thin cylinder of finely cut tobacco rolled in paper for smoking.
Addicted- physically and mentally dependent on a particular substance.	e-cigarette - another term for electronic cigarette.
Influence- the capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.	Shisha- tobacco for smoking in a hookah, especially when mixed with flavourings such as mint.
Cannabis- a tall plant with a stiff upright stem, divided serrated leaves, and glandular hairs. It is used to produce hemp fibre and as a drug.	Substance – any material that possesses physical properties.

Key knowledge and skills

The 'stuff' we want you to remember.

- To know the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis
- To know the different influences on drug use –alcohol, tobacco and nicotine products

- To understand and explain the Strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol

Focus question: How can I resist pressure to try drugs, smoking or alcohol?



Year 6 – PSHE – Summer 1 – Weighing up risks

Drug, Tobacco and Alcohol Education

Previous Knowledge and Skills	Future Learning on this skill
Know that the about different influences on drug use –alcohol, tobacco and nicotine products	Y6 end point: Know where can people get advice or help? Y6 end point: Be able to describe how a person might think about the level of risk in a situation involving drug use

MindMate – Being the same, being different.

Lesson Focus: Body image : I know it is important to recognise and accept difference

Pupils will have the opportunity to:

- recognise how images and campaigns in the media and social media do not always reflect reality, and can affect how people feel about themselves e.g. body image, eating issues
- share their opinions on things that matter to them and explain their views through discussions in pairs and to the whole class

Key Vocabulary

We want you to remember these words.

Drugs- Drugs are chemicals or substances that change the way our bodies work.	Tobacco- Tobacco is a plant that can be dried and smoked in cigarettes, pipes, or cigars.
Nicotine- a toxic, colourless or yellowish oily liquid which is the chief active constituent of tobacco.	Medicines -
Alcohol - Alcohol is a type of drug that is found in drinks like beer, wine and cider.	Cigarette - a thin cylinder of finely cut tobacco rolled in paper for smoking.
Legal drugs – prescribed drugs and over the counter drugs.	Illegal drugs – those that are not prescribed by a doctor or bought at a pharmacy.
Support – to agree with and give encouragement to someone or something.	Age restrictions – an age under or over which something can or cannot be done.

Key knowledge and skills

The 'stuff' we want you to remember.

- To know the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs
- To know the assessing the level of risk in different situations involving drug use
- To understand and explain the ways to manage risk in situations involving drug use

Focus question: Can you talk about dome of the possible side effects of drugs?

