

<b>Learning Objective:</b> Health and Wellbeing		<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>To understand the difference between legal and illegal drugs.</li> <li>To understand how drugs can be issued</li> <li>To understand why people choose to use drugs.</li> <li>To understand the risks/ side effects with any drug</li> <li>To understand that people can have an addiction to drugs</li> <li>To know the laws surrounding drugs.</li> <li>To know how to ask for support and help</li> </ul> Thinking Skills <ul style="list-style-type: none"> <li>Show appreciation for the comments of others i.e. that is a good point/that has made me think about...</li> <li>Question peers to support progress in an enquiry</li> <li>Evaluate own evidence offered and that offered by others i.e. I think that example is...</li> <li>Air feelings in a way that supports the enquiry</li> <li>Encourage others to contribute to an enquiry</li> <li>Evaluate in some detail the range of possibilities</li> </ul>
<b>Vocabulary:</b> Legal Illegal Prescription Restricted Unrestricted Addiction Dentist Doctor Medicine Safely Risks Side effects Misuse		
Suggested Lessons	Aims of Sessions:	Content:
	<b>Recap of prior learning:</b>	
1	<ul style="list-style-type: none"> <li>Medicines- where they are placed. How to use them safely. The effects on feelings/bodies.</li> <li>Understand how to ask for support if feeling unsafe – drugs</li> <li>Different things are needed to keep the body healthy</li> </ul>	L.O. To understand the difference between legal and illegal drugs. To understand how drugs can be issued  Skills Focus: Question peers to support progress in an enquiry Encourage others to contribute to an enquiry Evaluate own evidence offered and that offered by others i.e. I think that example is...  Ask children what a drug is, what it does to our body, can they name any drugs, what is a legal drug and what is an illegal drug.  Define what a drug is – A drug is a chemical that you take into your body, which changes the way you feel and act. There are many different types of drugs and they can all be harmful. Some drugs are prescribed by a doctor for illnesses. However, when people talk about drugs, they usually mean drugs that are illegal or unsafe. All drugs can be addictive.  Legal drugs are drugs we can buy over the counter at a pharmacy or shop. Many of these legal drugs have an age restriction e.g. alcohol and tobacco. Drugs that we are prescribed from the doctor are legal drugs however; we need to get a prescription from the doctor to get them. Prescription drugs are safe but only if they are not misused.  Legal drugs like alcohol and tobacco are known as restrictive drugs. Restricted drugs are drugs you can buy at the shops but you have

		<p>to be a certain age and they're warnings in regards to taking these drugs because they can cause the body damage. Unrestricted drugs like caffeine are ok. Illegal drugs are described in different classes (A, B and C) depending on how unsafe they are. The harmful effects of these include feeling paranoid, depressed, dizzy, anxious, out of control or physically ill (vomiting). They can also make you feel 'high', relaxed, happy, confident and energetic. They can affect mental and physical health. You never know how your body will react, so while 1 person might be fine, another might end up with a reaction that could harm them. By taking any type of illegal drug, you are also at risk of poisoning, overdosing or dying.</p> <p>Discuss where we can get legal or illegal drugs – pharmacy, doctor/dentist prescriptions, shops or criminals selling illegal drugs.</p> <p>Activity: Children to work in mixed ability groups. Children to be given a range of legal and illegal drugs names. Children to then sort them under the right category e.g. is it a legal drug or an illegal drug.</p> <p>Challenge: Can they distinguish between legal, restricted, unrestricted and illegal drugs?</p>
<p><b>2</b></p>	<ul style="list-style-type: none"> <li>• Learn how to manage my feelings</li> <li>• How feelings affect body and behaviour.</li> <li>• Peer pressure</li> <li>• To recognise and appropriately respond to external pressures</li> <li>• To manage my own behaviours and resist copying poor behaviour.</li> <li>• To understand how everyday things can affect our feelings.</li> </ul>	<p>L.O. To understand why people choose to use drugs</p> <p>Skills Focus: Evaluate own evidence offered and that offered by others i.e. I think that example is... Evaluate in some detail the range of possibilities</p> <p>Recap previous lesson – What is a drug? What is a legal drug? What is an illegal drug? Where can you buy legal/illegal drugs? Play a game – Is caffeine a drug? Are sweets drugs? Is alcohol a drug? Is vaping a drug? etc</p> <p>Display question on board – ‘Why do people take drugs?’ Ask children – who eat chocolate/sweets/crisps/takeaways or drinks fizzy drinks. Ask why they eat or drink them if they know they are unhealthy. What makes them eat or drink them over and over again, despite knowing they're not healthy. Open up debate for children to discuss with their peers. Take notes down on board/flipchart.</p> <p>Explain to children that there are many reasons why people take drugs even though they know it's bad for them. Some people try drugs because friends are doing it or to look popular in front of people. Some people think drugs can help them forget about feeling sad or hopeless, problems at home or problems at school. In addition, some people may like the thought of doing something dangerous or illegal. Sometimes people are forced to take drugs or are put under pressure to take drugs as a dare. The reasons why people take drugs can be both a physical and a social reason. People take drugs over and over again because they miss the</p>

		<p>feeling they get from the drug. Ensure you stress the side effects of drugs and how the negatives override the “positives”.</p> <p>Get children to discuss the social reasons why someone might do a drug and then get them to discuss the physical reasons (how it affects the person taking the drug). Take notes on board. Explain to children that there is not one reason for people choosing to use drugs. What’s important is to understand the risks and side effect to any drug we take, which will be discussed in the next lesson.</p> <p>Activity: Get children to focus on the reasons for people taking drugs that change their mood – make them feel happier etc. Get children to write an advice column on other things that they can do to make them happier e.g. Instead of taking drugs to make you feel happier, you should do exercise etc. Make a list of children’s ‘alternatives’ to taking drugs.</p>
<p>3</p>	<ul style="list-style-type: none"> <li>• Medicines- where they are placed. How to use them safely. The effects on feelings/bodies.</li> <li>• Different things are needed to keep the body healthy</li> </ul>	<p>L.O. To understand the risks/ side effects with any drug</p> <p>Skills Focus:          Question peers to support progress in an enquiry          Evaluate own evidence offered and that offered by others i.e. I think that example is...          Encourage others to contribute to an enquiry          Evaluate in some detail the range of possibilities</p> <p>Quick recap on previous lessons. Explain to children, that as previously discussed, taking any drug can have a risk/side effects and it’s important that we are aware of the different risks or side effects.</p> <p>Explain to children that when you are prescribed drugs or buy legal drugs, there is information provided on how the drugs should be taken and the side effects of taking the drug. Show children an information leaflet from a packet of paracetamol or another legal drug and go through the different information – dosage, side effects etc. Ask children why they think these legal drugs provide this information. Do they think illegal drugs provide the same information?</p> <p>Remind children that all drugs can be addictive, even prescribed/illegal drugs. It’s important that we understand the risks/side effects. The risks and side effects can be social or physical. Get children to discuss the social and physical risks/side effects to taking a drug e.g. damage to physical and mental health, falling behind in school work, falling out with friends and family, getting in trouble with the police, risk of an overdose, more likely to do dangerous things etc.</p> <p>Activity: Get children to work in mixed ability groups and to research the risks and side effects of given drugs e.g. caffeine, tobacco, paracetamol, cannabis etc. Groups to feedback to rest of the class. Teacher to take photographs of discussion. Children to</p>

		<p>write in speech bubble about the risks and side effects of one drug or all of them.</p> <p>Teacher should provide children with pre-checked/appropriate information/videos/websites that children can use to research.</p>
4	<ul style="list-style-type: none"> <li>Different things are needed to keep the body healthy</li> </ul>	<p>L.O. To understand that people can have an addiction to drugs.</p> <p>Skills Focus:          Show appreciation for the comments of others i.e. that is a really good point/that has made me think about...          Question peers to support progress in an enquiry          Evaluate in some detail the range of possibilities</p> <p>Display the word addiction. Ask children what it means. What can we be addicted to?</p> <p>Explain to children that any drug we use can make us become addicted to taking them, even prescribed drugs. If we don't follow the guidelines or misuse them, we can become addicted. Explain to children that people can have an addiction to drugs for numerous reasons. In the case of drugs, alcohol and nicotine, these substances affect the way you feel, both physically and mentally. These feelings can be enjoyable and create a powerful urge to use the substances again. Being addicted to something means that not having it causes withdrawal symptoms, or a "come down". Because this can be unpleasant, it's easier to carry on having or doing what you crave, and so the cycle continues. Often, an addiction gets out of control because you need more and more to satisfy a craving and achieve the "high".</p> <p>Discuss with children what effects the addiction can have on your life and the others around them – can affect your schoolwork, can be put in dangerous situations, you can lose touch with friends and family, your physical and mental health is affected.</p> <p>Activity: Children to work in a mixed ability group to create an 'anti-drugs' advert. In their advert they should discuss about prior learning e.g. what a drug is, the side effects and risks, what an addiction is and why people become addicted.</p>
5	<ul style="list-style-type: none"> <li>Rules to help us keep safe.</li> <li>Understand that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law</li> </ul>	<p>L.O. To know the laws surrounding drugs.</p> <p>Skills Focus:          Show appreciation for the comments of others i.e. that is a good point/that has made me think about...          Question peers to support progress in an enquiry          Evaluate in some detail the range of possibilities          Evaluate own evidence offered and that offered by others i.e. I think that example is...          Air feelings in a way that supports the enquiry</p> <p>Get children to reflect on prior learning from previous years about laws. What is a law? Why do we have laws? Who sets the laws?</p>

		<p>Who ensures we follow laws? Etc Ask children if they know any laws surrounding drugs e.g. alcohol or tobacco.</p> <p>Explain to children that they are going to be researching the laws surrounding certain drugs and are then going to teach the rest of the class.</p> <p>Activity: Children to work in mixed ability groups and research about certain drugs and the laws surrounding them e.g. illegal drugs (such as cocaine), alcohol, steroids, tobacco etc. Research can be on what would happen if you got caught with the drug and what would happen if you got caught selling the drug. Children to share their findings with the rest of the class. Teacher to take notes on board/flipchart. Teacher to take photographs of children teaching the rest of the class.</p> <p>Children then to reflect and write about why the laws are important and whether looking at the effects drugs can have on our life – side effects/risks, addictions and laws, is it worth taking certain drugs for the wrong reason?</p>
6	<p>Resilience Asking for help and support</p>	<p>L.O. To know how to ask for support and help</p> <p>Skills Focus: Evaluate in some detail the range of possibilities Air feelings in a way that supports the enquiry</p> <p>Get children to reflect on this unit’s learning and get them to discuss their learning. Explain to children that there isn’t anyone in particular who can become addicted to drugs or get into bother surrounding drugs. It’s not based on your gender, race, religion etc. Anyone can struggle with someone or something to do with drugs.</p> <p>Explain to children that as they grow up, they may be in a situation where they’re encouraged/peer pressure to try a drug. What is important is that children know how to ask for support and help.</p> <p>Get children to list the different people they could ask for support and help. Ensure children know the outside agencies that can help and support them e.g. Childline.</p> <p>Recap on resilience – what is resilience, how have we learnt to be resilient etc. Remind children the importance of resilience when asking for support or help.</p> <p>Activity: Children to be given a scenario that they may face where they may need to ask for help/support. Children to create a comic strip on what someone could do to ask for help/support. Ensure they mention resilience.</p> <p>Challenge: Children to create their own scenario and create comic strip. Children to include information on why that person in their scenario should not take drugs etc.</p>

Year 5 Term: Summer 2 Topic Focus: What do I know about drugs? Unit Question: How can I stay safe around drugs?

<b>Evidence for assessment will be from:</b>	<ul style="list-style-type: none"><li>• Understanding the difference between legal and illegal drugs.</li><li>• Understanding how drugs can be issued</li><li>• Understanding why people choose to use drugs.</li><li>• Understanding the risks/ side effects with any drug</li><li>• Understanding that people can have an addiction to drugs</li><li>• Knowing the laws surrounding drugs.</li><li>• Knowing how to ask for support and help</li></ul>
<b>Resources needed for project:</b>	Information leaflet from legal drug packet Speech bubbles Research on side effects/risks of drugs and laws surrounding drugs iPad Worksheets Comic strips
<b>Challenge:</b> All tasks are accessible but there is room for stretch or solo taxonomy.  <b>SEND:</b>	See individual lessons