



Lower Key Stage 2 Drug Education

What I have learnt already

H1 - Explore the importance of physical, mental and emotional health.
 H2 - Explore how to make informed choices.
 H11 - Understand the role of drugs as medicines.
 H11 - Identify alternatives to taking medicines.
 H11 - Understand that household products, including medicines, can be harmful if not used properly.
 H12 - Identify rules for and ways of keeping safe.
 H15 - Recognise they have a shared responsibility for keeping themselves and others safe. Recognise when to say yes, no, I'll ask and I'll tell.

Key Vocabulary

medicine	drugs	safe
harmful	risk	consequence
rules	dangers	risk

PSCHE - Personal, Social, Citizenship, Health and Economic Education

Core Theme: Health and Wellbeing

Year: 4

Term: Autumn 2

Key Learning

H2 - Recognise how to make informed choices.

H9 - Understand that people have different attitudes to risk.

H10, H11 - Recognising, predicting and assessing risks in different situations.

H14 - Understand when I need help, where to get help and how to ask for help.

H17 - Distinguish between safe and harmful and to know some substances can be harmful if misused.

H21, H23 - Learn rules about staying safe.

Key Knowledge

Most drugs are used to help someone get better if they're ill, and we call them **medicines**.

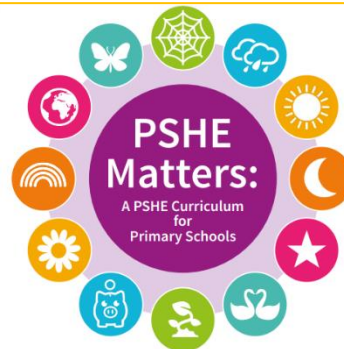
Medicines and drugs can be **harmful**. You should always check with a **doctor** or an adult you trust before taking them.

Consequences are the result of something/an action. Misusing drugs/medicines can have negative consequences.

If I am unsure or worried, I can get help from an adult I trust at home or in school, Childline, The Worry Box, The Worry Monster, Wellbeing Wednesday etc.



We need to know how to keep ourselves safe and how to make sensible choices.



Our PSCHE Ground Rules...

- We listen to each other.
- We show respect.
- We support each other.
- We ask questions if we want to.
- We know we can talk to any adult in school if we want to talk or need help.