



Drugs and Alcohol Education

Year 1:

Objective 1 Staying Healthy	Objective 2 Medicines	Objective 3 Who gives us medicines
<ul style="list-style-type: none">- To identify how to stay healthy- To understand how to look after our bodies	<ul style="list-style-type: none">- To explore how and when to take medicines safely- To know how to get medicine into our body- To know why people use medicine- To understand that some people need to take medicines all the time to stay healthy	<ul style="list-style-type: none">- To identify who should be able to give us medicines- To know when we should take medicines and who should give them to us- To know rules about medicines

Year 2:

Objective 1 Risks	Objective 2 Hazardous substances	Objective 3 Safety Rules
<ul style="list-style-type: none">- To explore substances that are safe or unsafe- To know what is safe and unsafe- To know when something is too risky	<ul style="list-style-type: none">- To be able to identify hazardous substances- To know that some things we put in our bodies can harm us- To know rules about keeping safe	<ul style="list-style-type: none">- To consider safety rules when at home or at school- To be able to follow safety instructions at home and at school



Year 3:

Objective 1 Why people smoke	Objective 2 Physical effects of smoking	Objective 3 Smoking and society
<ul style="list-style-type: none">- To know the effect smoking has on the life of a smoker- To understand why people smoke- To understand the effect smoking has on people	<ul style="list-style-type: none">- To know the effects of smoking on the body- To understand the impact of smoking and passive smoking- To understand what quitting smoking does to the body	<ul style="list-style-type: none">- To understand how society responds to the impact of smoking and passive smoking- To know the negative effects of smoking- To be able to make the positive choice not to smoke

Year 4:

Objective 1 Effects of alcohol	Objective 2 Alcohol and risk	Objective 3 Limits to drinking alcohol
<ul style="list-style-type: none">- To understand the effect alcohol has on the body- To know what alcohol is and how it effects the body- To understand that everyone will be affected differently by alcohol	<ul style="list-style-type: none">- To understand the risks related to drinking alcohol- To be able to make sensible choices about using alcohol	<ul style="list-style-type: none">- To consider how society limits the drinking of alcohol- To know some laws about drinking alcohol- To consider ways of persuading people to drink sensibly



Year 5:

Objective 1 Legal and illegal drugs	Objective 2 Attitudes to drugs	Objective 3 Peer pressure
<ul style="list-style-type: none">- To explore a range of legal and illegal drugs, their risks and associated effects- To know about a range of legal and illegal drugs- To have some understanding of the effects and risks of illegal drugs	<ul style="list-style-type: none">- To have considered the children's attitudes and beliefs about drug use and drug users- To explore our attitude to drug use- To understand that all sorts of people may misuse drugs- To challenge myths about drug use	<ul style="list-style-type: none">- To have considered strategies to resist drug use- To know a range of skills to resist peer pressure- To have developed some assertiveness skills

Year 6:

Objective 1 Cannabis	Objective 2 Volatile substance abuse and getting help	Objective 3 Help advice and support
<ul style="list-style-type: none">- To understand the effects, risks and laws relating to cannabis- To know what effects cannabis can have on your health and life- To know the legal consequences of using cannabis	<ul style="list-style-type: none">- To understand the risks of volatile substance abuse- To know the effects and risks of volatile substance abuse- To know how to get and to give help	<ul style="list-style-type: none">- To be aware of the options for getting help advice and support- To have practised communicating with adults- To know how to access help and support