

## National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)

PSHE



Substances – Year 5

### Progression of Skills (PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming

H38. how to predict, assess and manage risk in different situations

H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)

H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say

H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk<sup>3</sup>

H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break

H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others

H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);

R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws

### Series of Lessons

- About some of the risks and effects of legal and illegal drug use.
- Discuss the reasons why people use drugs and about managing situations and peer influence.
- Understand that mixed messages about drug use in the media exist and that these can influence opinions and decisions images of ourselves and our bodies online.

### Unit Outcome

In this unit of work, pupils learn:

- about the risks and effects of drugs common to everyday life (including cigarettes/e-cigarettes, alcohol, medicines and illegal drugs)
- about the laws regarding the use of substances
- about why people choose to use or not use substances
- about the mixed messages in the media about substances
- how to seek help and about support organisations

### R&R and Herne Harmony Values

Article 24, Article 33

Independence, Honesty

### Vocabulary

Drug, substance, effects, risks, law, legal, illegal, habit, advice, support factors, influence, peer pressure, passive, aggressive, assertive strategies media, social media, messages, marketing, information, smoking, vaping, drinking, cigarettes, e-cigarettes, vape, alcohol, advertising

### Resources

Flipcharts  
Worksheets on system,  
Baseline Assessments,  
Resources on system.