

Key questions

How can we use medicines safely?

How do smoking and alcohol affect people's health?

How can we behave responsibly?

How can we support our families and carers?

What are the different types of abuse and who can I talk to if I need help?

How can we keep safe in a risky situation?

Key Facts

- Not all drugs are bad for you.
- Some medicines are used to make us feel better.
- Drinking too much alcohol can damage your organs. Smoking too much can turn your teeth and fingernails yellow.
- Cigarettes and alcohol are two legal drugs.



PSHE

Year 4

Summer

Term:

Living in the Wider World



UNCRC Article 33

I have the right to be protected from dangerous drugs

**DRUGS &
ALCOHOL**



Vocabulary

Word	Definition
Side effects	An undesirable effect of a drug or medical treatment.
prescribed	Advise and authorize the use of (a medicine or treatment) for someone, especially in writing.
Tobacco	Is a plant that can be smoked in cigarettes, pipes or cigars
alcohol	Is a liquid that is in beer, wine and spirits. It is a drug that changes the way you feel by changing the way the brain sends and receives messages to the rest of the body.
caffeine	A stimulant of the central nervous system found especially in tea and coffee plants.
abuse	Use (something) to bad effect or for a bad purpose; misuse.
neglect	Fail to care for properly.
punctual	Happening or doing something at the agreed or proper time.
contribution	A a gift or payment to a common fund or collection.
consequence	A result or effect, typically one that is unwelcome or unpleasant.
casualty	A person killed or injured
allergic	Caused by or relating to an allergy.