

Drug and Alcohol Education Lessons (September 2020) — Mapping

Key Stages 1 and 2

	Lesson title, objective and learning outcomes* <small>*minor changes to the wording may be made on publication</small>	Learning opportunities from PSHE Association Programme of Study	DfE Statutory Guidance for Relationships Education and Health Education
Year 1-2	<p>Lesson 1 Keeping safe: Things that go into and onto bodies</p> <p>Objective: Pupils learn about the things that go into and onto bodies and how this can make people feel</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> describe how the things that can go into a person’s body and onto their skin can change how people look and feel identify that some things that go into or onto bodies can be harmful (or not so good for people) and how we know if something might be harmful suggest basic strategies to respond to situations involving household products recognise whom to ask for help with things that can go into or onto bodies 	<p>Health and wellbeing: Healthy lifestyles</p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H6: that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>H10. about the people who help us to stay physically healthy</p> <p>Health and wellbeing: Keeping safe</p> <p>H29: to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>H31. that household products (including medicines) can be harmful if not used correctly</p> <p>H33. about the people whose job it is to help keep us safe</p>	<p>Health education</p> <p><u>Topic: Drugs, alcohol and tobacco</u></p> <ul style="list-style-type: none"> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking <p><u>Topic: Health and prevention</u></p> <ul style="list-style-type: none"> about personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing the facts and science relation to allergies, immunisation and vaccination <p><u>Topic: Physical health and fitness</u></p> <ul style="list-style-type: none"> how and when to seek support including which adults to speak to in school if they are worried about their health <p>Relationships education</p> <p><u>Topic: Being safe</u></p> <ul style="list-style-type: none"> how to ask for advice or help for themselves or others, and to keep trying until they are heard
	<p>Lesson 2 Keeping healthy: medicines</p> <p>Objective: Pupils learn about medicines and the people who help them to stay healthy</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> identify what can make people feel better if not feeling well 	<p>Health and wellbeing:</p> <p>Drugs, alcohol and tobacco</p> <p>H37. about things that people can put into their body or on their skin; how these can affect how people feel</p>	

	<ul style="list-style-type: none"> • explain that medicines come in different forms and are used in different ways • recognise that some medicines, such as vaccinations, can help prevent illness and disease and that some people need to take medicines every day to help them to stay healthy • identify who helps people to stay healthy and what they do 		<ul style="list-style-type: none"> • how to report concerns or abuse, and the vocabulary and confidence needed to do so • where to get advice e.g. family, school and/or other sources
	<p>Lesson 3 Keeping safe: medicines and household products</p> <p>Objective: Pupils learn rules about keeping safe around medicines and other household products</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • state safety rules for the use of medicines and other household products • recognise risk in situations related to medicines and household products, including when there is pressure to do something which is unsafe or may cause someone to be unwell • identify what to do next in a situation that may involve risk • identify when asking for adult permission is required (in relation to medicines and household products) 		
<p>Year 3-4</p>	<p>Lesson 1 Safety rules and risks: medicines and household products</p> <p>Objective: Pupils learn about the safe use of medicines and household products</p> <p>Learning outcomes: Pupils will be able to:</p>	<p>Health and wellbeing: Healthy lifestyles (physical wellbeing)</p> <p>H1: how to make informed decisions about health</p> <p>H3: about choices that support a healthy lifestyle, and recognise what might influence these</p>	

	<ul style="list-style-type: none"> • explain the importance of taking medicines correctly and using household products safely • identify risk in relation to the use of medicines and household products, and suggest what action to take to help prevent or minimise harm • recognise sources of information and whom to ask for help with medicine safety 	<p>H4: how to recognise that habits can have both positive and negative effects on a healthy lifestyle</p>	
	<p>Lesson 2 Safety rules and risks: alcohol and smoking</p> <p>Objective: Pupils learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people’s health</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • identify some of the risks of caffeine, cigarettes, e-cigarettes/vaping and alcohol • identify how these risks can affect the person, or those around them • explain how laws, guidelines and restrictions related to drugs help to keep people safe and healthy • identify where people can get help and support to protect their own and others’ health 	<p>Health and wellbeing</p> <p>Keeping safe:</p> <p>H10: how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed</p> <p>H40: about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully)</p> <p>Health and wellbeing: Drugs, alcohol and tobacco</p> <p>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</p> <p>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</p> <p>H48: about why people choose to use or not use drugs (including nicotine, alcohol and medicines)</p> <p>H49: about the mixed messages in the media about drugs, including alcohol and smoking/vaping</p> <p>H50: about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p>	
<p>Year 5-6</p>	<p>Lesson 1 Managing risk: medicines</p> <p>Objective: Pupils learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • describe how medicines, when used responsibly, can support health and wellbeing 	<p>Relationships:</p>	

<ul style="list-style-type: none"> • explain how preventative medicines such as vaccinations can stop disease from spreading • explain the safe use of medicines to help manage illness and allergies • identify where to find further advice and guidance about the correct use of medicines 	<p>R28: how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</p> <p>Living the Wider World: Shared responsibilities L1: to recognise reasons for rules and laws; consequences of not adhering to rules and laws</p>	
<p>Lesson 2 Managing risk: legal and illegal Drugs</p> <p>Objective: Pupils learn about some of the risks and effects of (legal and illegal) drug use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain that there are risks of using any type of drug and identify some of the risks and effects of drug use • recognise that drugs have laws related to them and that some drugs are illegal to own, use or give to others • analyse the level of risk in different situations, identifying that drugs can affect people in different ways • explain that for some people drug use can become an unhealthy habit that can be difficult to break but there is support available to help people; where to report any concerns they have 		
<p>Lesson 3 Managing risk: influences and pressure</p> <p>Objective: Pupils learn about the reasons why people use drugs; managing situations and peer influence</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain why people may choose to use or not use a drug, and the different factors that might 		

<p>influence them</p> <ul style="list-style-type: none">• analyse what is most likely to influence a person to use or not use a drug• describe strategies for managing peer influence in situations that might involve drugs• explain how to ask for help from a trusted adult if they have any worries or concerns about drugs and why this is important		
<p>Lesson 4 Managing risk: drugs and alcohol in the media</p> <p>Objective: Pupils learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none">• identify the mixed messages in the media in relation to smoking/vaping and alcohol• analyse key messages, suggest who they are targeted at and why• describe how these might affect a person's thoughts, feelings and actions• explain what would help a person to make informed decisions about health and where they could find reliable information		

Key Stages 3 and 4

	Lesson title, objective and learning outcomes*	Learning opportunities from PSHE Association Programme of Study	DfE Statutory Guidance for Relationships Education and Health Education
Year 7-8	<p>* minor changes to the wording may be made on publication</p> <p>Lesson 1: Understanding drugs</p> <p>Objective: Students learn about substance use and the risks and effects of caffeine consumption</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • assess and evaluate their prior knowledge, beliefs and attitudes regarding substance use • describe the effects of caffeine consumption • explain the risks associated with caffeine consumption • evaluate strategies to reduce caffeine consumption 	<p>Self-concept:</p> <p>H5: to recognise and manage internal and external influences on decisions which affect health and wellbeing</p> <p>Drugs, alcohol and tobacco:</p> <p>H23: the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics</p> <p>H24: to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use</p> <p>H25: strategies to manage a range of influences on drug, alcohol and tobacco use, including peers</p>	<p>Health Education</p> <p><u>Topic: Drugs, alcohol and tobacco</u> the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.</p> <p>the law relating to the supply and possession of illegal substances.</p> <p>the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.</p>
	<p>Lesson 2: Tobacco: risks and influences</p> <p>Objective: Students learn to understand and manage influence relating to tobacco and nicotine product use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • identify a range of risks related to tobacco and e-cigarette use • analyse a range of potential influences on young people to smoke • demonstrate strategies for managing peer influence in situations involving tobacco and e-cigarettes/vapes 	<p>H26: information about alcohol, nicotine and other legal and illegal substances, including the short and long term health risks associated with their use</p> <p>H27: the personal and social risks and consequences of substance use and misuse including occasional use</p> <p>H28: the law relating to the supply, use and misuse of legal and illegal substances</p> <p>H29: about the concepts of dependence and addiction including awareness of help to overcome addictions</p>	<p>the physical and psychological consequences of addiction, including alcohol dependency.</p> <p>awareness of the dangers of drugs which are prescribed but still present serious health risks.</p> <p>the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</p>
	<p>Lesson 3: Alcohol and risk</p>		

	<p>Objective: Students learn about the risks and consequences of alcohol use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain that most young people their age do not use alcohol and analyse the reasons why young people’s alcohol use is declining • describe the effects of alcohol misuse • describe strategies to manage influences on alcohol use • identify sources of support for alcohol misuse 	<p>Managing risk and personal safety: H30: how to manage risks to personal safety in increasingly independent situations, including online</p> <p>H31: ways of assessing and reducing risk in relation to health, wellbeing and personal safety</p> <p>Forming and maintaining respectful relationships: R16: to further develop the skills of active listening, clear communication, negotiation and compromise</p>	
<p>Year 9</p>	<p>Lesson 1: Exploring attitudes</p> <p>Objective: Students learn about drugs and young people’s attitudes and behaviours regarding drug use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • describe the names, appearance and effects of a range of illegal drugs • analyse their attitudes and beliefs about the prevalence of drug use amongst young people • assess the reasons why young people might choose to use or not use drugs 	<p>R20: to manage the influence of drugs and alcohol on decision-making within relationships and social situations</p> <p>Social influences: R42: to recognise peer influence and to develop strategies for managing it, including online</p> <p>R43: the role peers can play in supporting one another to resist pressure and influence, and access appropriate support</p> <p>R44: that the need for peer approval can generate feelings of pressure and lead to increased risk taking; strategies to manage this</p>	
	<p>Lesson 2: Drugs, the law and managing risk</p> <p>Objective: Students learn about the potential legal consequence of using illegal drugs</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain the legal terms ‘possession’, ‘supply’ and ‘intent to supply’ in relation to drugs • explain the short- and long- term legal consequences of being found in possession of, 		

	<p>using, selling or supplying different classes of drugs</p>		
	<p>Lesson 3: Drugs and their effects: Alcohol and cannabis</p> <p>Objective: Students learn about the short and long-term effects of alcohol and cannabis use on individuals</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • describe some of the health risks associated with occasional and habitual substance use • recognise and challenge the myths related to cannabis use and drinking alcohol 		
	<p>Lesson 4: Managing influence</p> <p>Objective: Students learn how to manage peer and other influence in relation to substance use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain the physical, emotional and social risks substance use might have on individuals • demonstrate strategies they could use if someone offers them something that might be harmful or illegal • explain the potential impact of others' views on drugs, alcohol and smoking on decision-making • explain what support is available to people who are concerned about substance use and how to access it for themselves or others 		
<p>Year 10-11</p>	<p>Lesson 1: Substance use and assessing risk</p> <p>Objective: Students learn about the impact of substance use on risk-taking and personal safety</p>	<p>Self-concept: H4: strategies to develop assertiveness and build resilience to peer and other influences that</p>	

<p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • analyse how alcohol and drugs affect decision-making • assess the risks of substance use when travelling or socialising • explain ways to keep safe and support friends when socialising in situations involving drugs or alcohol 	<p>affect both how they think about themselves and their health and wellbeing</p> <p>Health-related decisions: H14: about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help</p>	
<p>Lesson 2: Substance use and managing influence</p> <p>Objective: Students learn how to manage influence in relation to drug and alcohol use</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain how different internal and external influences can affect decision making • describe strategies for managing peer influence in increasingly independent contexts • evaluate ways to be a positive influence on peers in relation to substance use 	<p>Drugs, alcohol and tobacco: H19: the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities H20: wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle H21: to identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation</p>	
<p>Lesson 3: Help seeking and sources of support</p> <p>Objective: Students learn about the support available for individuals with problematic substance use, including addiction and dependency</p> <p>Learning outcomes: Pupils will be able to:</p> <ul style="list-style-type: none"> • explain what addiction/dependency is and how it can affect individuals • identify sources of support and how to seek help for substance use and addiction 	<p>Managing risk and personal safety: H22: ways to manage risk and personal safety in new social settings, workplaces, and environments, including online H23: strategies for identifying risky and emergency situations, managing these and getting appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime and gangs)</p> <p>Social influences:</p>	

	<ul style="list-style-type: none">• evaluate potential barriers to seeking support and how someone could overcome these	R35: to evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs	
--	---	---	--