

Year 5 and 6: Health and Wellbeing

Subject Specific VocabularyQ	
Drugs	Any substance that has an effect on you body when it enters your system. Drugs contain chemicals which can come from natural sources or are man-made.
Illegal drugs	Forbidden by law. Drugs are also called recreational drugs. Unlike medicines, which are used to treat illness or disease, these drugs are taken by choice. □ They are illegal to buy, take or sell.
Legal drugs	Permitted by law. These include medicines like antibiotics, cough syrup and substances like tea or coffee. These can be bought over the counter in shops or prescribed by a doctor.
Prescribed	An order written by the doctor for medicine to treat a patient.
Smoking	The action or habit of inhaling and exhaling the smoke of tobacco or a drug.
E-cigarette	An electronic cigarette
Vaping	The action or practice of inhaling and exhaling the vapour produced by an electronic cigarette or similar device.
Tobacco	A substance found in cigarettes that has harmful effects on the body.
Nicotine	An addictive chemical in tobacco that makes it hard to quit smoking.
Alcohol	A chemical substance in a drink. This can affect your brain and body by slowing it down. It is illegal to drink alcohol under the age of 18.
Caffeine	A chemical substance found in coffee, tea, and cocoa, which affects your brain and body and makes you more active.
Solvents	A liquid, typically one other than water, used for

How can drugs common to everyday life affect health?



What I will learn by the end of this topic:

- How drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing.
- That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal.
- How laws surrounding the use of drugs exist to protect us.
- Why people choose to use or not use different drugs and how people can prevent or reduce the risks associated with them.
- That for some people, drug use can become a habit which is difficult to break.
- How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use.
- How to ask for help from a trusted adult if I have any worries or concerns about drugs.

Asking for help:

If your friend or someone in your family is taking drugs, which are harmful, then you must tell a trusted adult.



www.nspcc.org.uk



www.childline.org.uk



www.talktofrank.com

Previous Learning

- I understand how regular physical activity benefits bodies and feelings.
- I know how to be active on a daily and weekly basis - how to balance time online with other activities.
- I understand how the lack of physical activity can affect health and wellbeing.
- I know how lack of sleep can affect the body and mood and simple routines that support good quality sleep.
- I'm aware how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried.