



PSHE Overview
Drug Education
Year Group: Year 4
Term: Spring 1
British Values: The rule of law
Protected Characteristics: Disability

We Are Learning to:	
<ul style="list-style-type: none"> Recognising that habits can have both positive/negative effects on a healthy lifestyle. 	<ul style="list-style-type: none"> Understand the importance of taking medicines correctly and using household products safely.
<ul style="list-style-type: none"> Understand how medicines, when used responsibly, contribute to health. 	<ul style="list-style-type: none"> Identify strategies for keeping safe.
<ul style="list-style-type: none"> Identify how to predict, assess and manage risk. 	<ul style="list-style-type: none"> How to respond and react in an emergency situation.
<ul style="list-style-type: none"> Understanding what hazards may cause harm or risk and what we can do to reduce risks/keep safe. 	<ul style="list-style-type: none"> Learn about the risks and effects of legal drugs common to everyday life.



Useful conversations to have at home:

- Have a look at medicines you have at home and discuss with your child what they are used for and that they can be harmful if not taken correctly. Prescribed medicines: discuss how these should be only taken by the person prescribed the medicine and following the instructions.
- Discuss other legal drugs such as cigarettes, caffeine in the form of energy drinks and the risks involved.
- Have a look at harmful substances you may have at home e.g. bleach and discuss the symbols on these products and what is harmful about them.
- Discuss what to do in an emergency situation at home or out and about; ensuring they know how to contact emergency services and the information needed.

