



PSHE Overview
Year Group: Year 6
Term: Spring 1
Drug Education
Protected Characteristics: disability, age

We Are Learning to:	
Recognise that habits can have both positive and negative effects on a healthy lifestyle.	Recognise the mixed messages in the media.
How to respond in an emergency situation.	Identify the people they can talk to if they have concerns.
Explore the risks/effects of legal drugs common to everyday life.	Identify strategies to manage peer influence and the desire for peer approval.
Recognise that there are laws surrounding the use of legal drugs.	
Explore why people choose to use or not use drugs.	

Useful conversations to have at home:



- Why is it important to have a healthy lifestyle?
- Have a discussion about the types of medicines that are in the home and how to be safe around them.
- Discuss what to do in an emergency situation and who could help us.
- Think about the importance of being an individual and not being influenced by peer pressure.
- Discuss what they can do if they are feeling pressured by peers.