

<p><u>Knowledge - what I already know</u></p> <p>To know that some things can be dangerous To know that we take medicine to make us better</p>	
<p><u>Knowledge - what I will know by the end of this unit</u></p> <p>To recognise the uses of medicine To recognise that some household substances are dangerous I know that smoking/vaping is not good for my health I know some ways that alcohol can affect my health I can identify some hazards to keep myself safe I can think of strategies to prevent bullying</p>	<p><u>Activities</u></p> <ul style="list-style-type: none"> • Identify medicines that go inside the body. Is it safe to take medicine when you're not ill? • Sort substances into safe, unsafe and don't know categories • Discuss why people choose to smoke even though they know it's unhealthy. Make a poster about why you shouldn't smoke. • Role play resisting pressure of drinking alcohol • Role play scary situations like wandering off with people we don't know • Discuss how to manage bullying
<p><u>Useful vocabulary</u></p> <p>Alcohol - a clear liquid that affects someone physically & mentally Bullying - causing pain and upset to someone deliberately Cigarette - a tube of thin paper containing tobacco for smoking Damage - harm or injury Dangerous - likely to cause harm and is unsafe Deliberate - said or done intentionally Doctor - some trained to help poorly people Habit - a behaviour which is repeated Household - a group of people that live together Medicine - a drug or substance used to treat pain or illness Nicotine - a substance in tobacco that makes people addicted Power - the ability to cause something to happen Pressure - force placed upon someone or something Tablet - a small, hard amount of medicine to be swallowed Threat - make someone feel that something bad is going to happen</p>	<p><u>Skills</u></p> <ul style="list-style-type: none"> • Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues • Express some of their positive qualities and identify, name and demonstrate that they can manage feelings. • Make simple choices about some aspects of their health and well being and know ways to keep healthy. • Talk about harmful aspect of some household products and medicines and describe ways of keeping safe in similar situations. • Recognise choices they can make and recognise the difference between right and wrong. • Recognise that bullying is wrong and list some ways that to get help when dealing with it. • Recognise the effect of their behaviour on other people, and cooperate with others

