

**Knowledge - what I already know**

I know some things that are legal and illegal  
 I know about some habits that can be bad for our health  
 I know some ways to keep safe

**Knowledge - what I will know by the end of this unit**

To be aware of some of the risks we might take  
 To know what legal and illegal drugs are  
 To know the effects and risks of smoking  
 To know the effects and risks of drinking alcohol  
 To know how to keep safe in my local area (gangs)  
 To develop strategies to prevent bullying

**Useful vocabulary**

**Risk** - a situation involving exposure to danger  
**Pressure** - the use of persuasion or intimidation to make someone do something  
**Potential** - the possibility of someone doing something in the future  
**Choice** - the act of choosing between two or more possibilities  
**Decision** - a conclusion reached after consideration  
**Resist** - to refrain from doing something  
**Legal** - something accepted by the law  
**Illegal** - something not accepted by the law  
**Substances** - an intoxicating, stimulating or narcotic chemical or drug  
**Medication** - a substance prescribed by a doctor to heal or make better  
**Damage** - physical harm that impairs value, usefulness or function of something  
**Addicted** - physically or mentally dependent on a particular substance  
**Habit** - something that can be done regularly that can be hard to give up  
**Moderation** - the avoidance of excess or extremes  
**Drunk** - affected by drinking alcohol which causes loss of control or behaviour  
**Unconscious** - not awake or responding to the surrounding environment  
**Gangs** - an organised group of people normally involved in crime  
**Influence** - to have an effect on character, development or behaviour of someone  
**Bullying** - to be deliberately unkind or hurtful to someone more than once  
**Deliberate** - to be done intentionally

**Activities**

- Thought shower some risks that we might have taken and the consequences of them. Show the children some general risks (trying new food, lending a toy), discuss if these are very/slightly risky. Children to set a goal to change their behaviour/improve their health.
- Provide a large sheet with the word 'DRUGS' in the middle and the children write all the things associated with that word.
- Why do people choose to smoke? Why is it hard to stop? Role play someone offering a cigarette.
- Create an information leaflet about the short and long term effects of drinking alcohol.
- What is a gang? Why do people join gangs? Do all gangs bully? Role play different situations where people are under pressure from gangs.
- What is bullying? Create a poster about what bullying is.

**Skills**

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Has an awareness of what a risk is and that all risks have a consequence
- Understands the meaning of legal and illegal
- Understands the effects of bad habits and addiction on our health
- Know ways to keep safe in a local area
- Knows strategies to prevent bullying and can identify bullying