

Knowledge - what I already know

I know the meaning of legal and illegal
 I know that smoking is bad for you
 I know some ways to keep safe

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

To appreciate a range of risks and how to deal with pressure
 To know the difference between legal and illegal drugs
 To know why smoking is bad for your health
 To explore different attitudes to alcohol
 To know how to keep safe in my local area (knives)
 To develop strategies to prevent bullying

Useful vocabulary

Risk - a situation involving exposure to danger
Pressure - the use of persuasion or intimidation to get someone to do something
Consequence - an action that follows a choice, normally a wrong choice
Resist - to prevent
Legal - not against the law
Illegal - against the law
Substance - an intoxicating chemical or drug
Medicine - a treatment to treat illness or disease
Solvents - a substance that causes intoxication by inhalation
Regulate - to control
Dependent - a need, must have something, feeling like one could die without it
Habit - an addictive practice
Pressure - persuasion or intimidation to get someone to do something
Influence - a capacity to have an effect on character, development to behaviour
Alcohol - a liquid produced from fermentation
Drunk - caused by alcohol, lose control of abilities and behaviour
Binge - a period of excess indulgence
Danger - a risk of harm or death
Gangs - an organised group of people normally involved in crime
Violence - to cause harm or damage to someone or something
Bullying - an act of unkindness on someone done more than once
Deliberate - to be done intentionally

Activities

- Make a comic strip about time when they felt they were pressured into something they did not want to do
- Discuss why there are laws made to restrict the use of drugs. Are legal drugs safe to ingest?
- Write a letter to an agony aunt about being pressured into smoking
- Discuss when we use knives? Explain the purpose of using a knife in the workplace. Why do people want to carry knives? What would you do if you knew your friend carried a knife?
- Role play pressuring friends to drink. Discuss why people choose or don't choose to drink
- Discuss what is bullying. Think of ways that the school can help prevent bullying

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
- Recognises risks and understands how to deal with pressure
- Understands the difference between legal and illegal drugs
- Can explain why smoking is bad for your health and its effects on the body
- Understands that there are different attitudes to drinking alcohol and can recognise how to be safe when drinking
- Can explain why people may carry knives and why it is wrong
- Can explain ways to stay safe in the local area
- Can develop strategies to prevent bullying
- Understand what bullying is and how to spot it on the playground