

# Year 4 Autumn 2 PSHE Making choices



# PSHE

## Powerful knowledge/skills for this unit:

Pupils learn about

**drugs (other than medicines) that are common in everyday life, and why people choose to use them**

- are aware of drugs that are common in everyday life, such as caffeine, alcohol, tobacco or nicotine products, and when they might be used
- can identify why a person may choose to use or not use a drug
- are able to state some alternatives to using drugs

**The effects and risks of drinking alcohol**

- know how alcohol can affect the body
- explain why drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed
- know that there are laws and guidelines related to the consumption of alcohol

**Different patterns of behaviour that are related to drug use**

- can explain what is meant by the terms 'habit' and 'addiction'
- can identify different behaviours that are related to drug use
- know where they can go for help if they are concerned about someone's use of drugs

**What should I already know:**

What a drug is.

That tobacco is a drug.

Help and support that is available to stop smoking.

**Big Question: What are some of the risks of drinking alcohol?**

**Zones of regulation**



**The end point:** Know how alcohol can affect people's bodies.

Know what a person could choose to do instead of using a drug?

**Key vocabulary**

Caffeine, alcohol, tobacco, nicotine, alcohol, risk, habit, addiction, age restrictions. Drugs, Legal, Illegal Prescribed, Harmful Substances, Heart Lungs, Brain, Stomach Peer pressure, Medicine Behaviour, Drug use

**Mindmate Monday lesson**

**MindMate**

**Year 4 Autumn 2:** Skills to maintain & keep positive relationships

**Lesson focus:** I can describe a healthy relationship

**Pupils should have the opportunity to...**recognise what constitutes a positive, healthy relationship develop the skills to form & maintain positive & healthy relationships