

Drug and Alcohol Education Curriculum

Whole-school overview – Key Stages 1 and 2

Gilberstone's Drug and Alcohol Education programme forms part of our whole-school approach to health education. It aims to develop pupils' knowledge, understanding, skills and attitudes so that they can make informed choices, keep themselves safe and know when and how to seek help. The programme uses the PSHE Association's updated Drug Education materials, developed with the Office for Health Improvement and Disparities (OHID) and aligned with the 2025 statutory RSHE guidance. The learning is sequenced from recognising risks around things that enter the body or go onto the skin, through the safe use of medicines and household products, to understanding substance-related risks, managing pressure and evaluating messages in the media.

Year Group	Children will learn to...
Years 1 and 2	• Lesson 1: Keeping safe: Recognise that things which go into the body or onto the skin can affect how people look and feel. • Lesson 2: Keeping healthy: Understand what medicines are for and identify the people who can help us stay healthy or when we feel unwell. • Lesson 3: Medicines and household products: Recognise that medicines and some household products can be harmful if not used safely; identify ways to keep safe and know when to ask a trusted adult for help.
Years 3 and 4	• Lesson 1: Medicines and household products: Understand how to use medicines and household products safely, recognise possible risks and identify what to do if concerned. • Lesson 2: Smoking, vaping and alcohol: Learn that caffeine, cigarettes, vaping (e-cigarettes) and alcohol can affect people's health; recognise that these substances carry risks and that laws and guidance help keep people safe.
Years 5 and 6	• Lesson 1: Medicines: Explain how using medicines correctly and having vaccinations can help maintain health and wellbeing. • Lesson 2: Legal and illegal drugs: Identify some risks and effects associated with legal and illegal drug use, and recognise that laws apply to different substances. • Lesson 3: Influences and pressure: Explore why people may or may not use drugs, recognise different influences and practise strategies for managing peer pressure and making safer decisions. • Lesson 4: Tobacco, vaping and alcohol in the media: Identify mixed messages about smoking, vaping and alcohol in the media; consider who messages are aimed at and how they may influence thoughts, feelings and decisions.

Whole-school teaching principles

- Teach content in an age-appropriate, factual and non-judgemental way.
- Reinforce that pupils should not handle or take medicines or household products without appropriate adult permission and supervision.

- Help pupils identify trusted adults and reliable sources of information, and practise asking for help when worried.
- Use discussion, scenarios and activities to develop decision-making, risk awareness and strategies for responding to pressure.
- Follow the PSHE Association teacher guidance and the school's safeguarding procedures when preparing and delivering lessons.

Resource reference: PSHE Association, Drug education (KS1-KS5), updated to align with the 2025 statutory RSHE guidance.

Website: <https://pshe-association.org.uk/lesson-plans/drug-education>