

Drug and Alcohol Curriculum

Gilbertstone's Drug and Alcohol Education programme is part of a whole school approach to the health education of pupils. The overall aim is to give pupils the knowledge, understanding, skills and attitudes to take responsibility for making informed choices about their health and the use and misuse of medicines, tobacco, alcohol, and drugs, both now and later in life. Our Drug and Alcohol Education programme is part of our Relationships and Health Education curriculum.

Year Group	Children will:
Years 1 and 2	<ul style="list-style-type: none">• Learn how the things that can go into a person's body and onto their skin can change how people look and feel.• Identify that some things that go into or onto bodies can be harmful (or not so good for people) and how we know if something might be harmful. Recognise who to ask for help with things that can go into or onto bodies.• Identify what can make people feel better if not feeling well• Learn that medicines come in different forms and are used in different ways• Recognise that some medicines, such as vaccinations, can help prevent illness and disease and that some people need to take medicines every day to help them to stay healthy• Identify who helps people to stay healthy and what they do• Learn safety rules for the use of medicines and other household products.• Recognise risk in situations related to medicines and household products, including when there is pressure to do something which is unsafe or may cause someone to be unwell. Identify what to do next in a situation that may involve risk• Recognise when asking for adult permission is required (in relation to medicines and household products)
Years 3 and 4	<ul style="list-style-type: none">• Understand the importance of taking medicines correctly and using household products safely• Identify risk in relation to the use of medicines and household products, and suggest what action to take to help prevent or minimise harm• Recognise sources of information and whom to ask for help with medicine safety

	<ul style="list-style-type: none"> • Identify some of the risks of caffeine, cigarettes, e-cigarettes/vaping and alcohol • Identify how these risks can affect the person, or those around them • Explain how laws, guidelines and restrictions help to keep people safe and healthy • Understand where people can get help and support to protect their own and others' health
<p>Years 5 and 6</p>	<ul style="list-style-type: none"> • Describe how medicines, when used responsibly, can support health and wellbeing • Explain how preventative medicines such as vaccinations and immunisation can stop disease from spreading • Explain that there are risks associated with using any type of drug and identify some of the risks and effects of drug use • Recognise that drugs have laws related to them and that some drugs are illegal to own, use or give to others • Explain that for some people drug use can become an unhealthy habit that can be difficult to break but there is support available to help people; where to report any concerns they have • Explore why people may choose to use or not use a drug, and the different factors that might influence them • Describe strategies for managing peer influence in situations that might involve drugs • Explore how to ask for help from a trusted adult if they have any worries or concerns about drugs and why this is important • Identify mixed messages in the media in relation to smoking/vaping and alcohol • Analyse key messages, suggest who they are targeted at and why • Describe how these messages might affect a person's thoughts, feelings and actions • Explain what would help a person to make informed decisions about health and where they could find reliable information