**Year 5 Summer 1 Health and Wellbeing**

**How can drugs common to everyday life affect health?**



**Previous Learning:**

**Year 1,2 and 3 Health and Wellbeing**

**Y3 Autumn 2 What keeps us safe?**

* how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)

**Y2 What helps us stay safe?**

* how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)

**Y1 Summer 1 What helps us to stay healthy?**

* what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)
* that things people put into or onto their bodies can affect how they feel
* how medicines (including vaccinations and immunisations) can help people stay healthy
* that some people need to take medicines every day to stay healthy

**Key Knowledge for unit**

**Children will learn:**

**•** how drugs common to everyday life (including smoking/vaping- nicotine, alcohol, caffeine and medicines) can affect health and wellbeing

•that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal

•how laws surrounding the use of drugs exist to protect them and others

•why people choose to use or not use different drugs

•how people can prevent or reduce the risks associated with them

•that for some people, drug use can become a habit which is difficult to break

•how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use

•how to ask for help from a trusted adult if they have any worries or concerns about drugs

**Vocabulary**

* Drugs,
* alcohol and tobacco;
* healthy habits