



Mickleover Primary School – PHSE Knowledge Organiser

Title: Drug Education

Year Group: 6

Term: Spring 2

Key Learning Themes

- Recognising that habits can have both positive and negative effects on a healthy lifestyle.
- Understand how to respond in an emergency situation.
- Exploring the risks/effects of legal drugs common to everyday life.
- Recognising that there are laws surrounding the use of legal drugs.
- Exploring why people choose to use or not use drugs.
- Recognising the mixed messages that can exist in the media.
- Identifying the people they can talk to if they have concerns.
- Identifying strategies to manage peer influence and the desire for peer approval.



Key questions:

- What are energy drinks? Why are health professionals worried about these?
- Is caffeine a drug?
- What health risks do advertisers never reveal/hide?
- Is alcohol a drug?
- What are cigarettes? Is smoking addictive?
- Why are habits hard to break?
- What influences us?
- When does an influence become a pressure?

Ground rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can 'pass' when answering a question.
4. We will not discuss our personal lives or use names
5. We know we can talk to our teacher or another adult in school if we want to talk or need help.

Useful vocabulary

alcohol	A drug slows down the brain; changes a person's ability to think and the way they behave
caffeine	A stimulant found in tea, coffee and other drinks.
drugs	Chemicals or substances that change the way the body works.
energy drink	A soft drink containing a high percentage of sugar, caffeine or other stimulant
influence	To affect or change usually in an indirect but important way
stimulant	Something that temporarily speeds up mental or physical processes in the body

Strategies for learning:

To explore our themes for this unit, we will be watching films; talking about our thoughts and ideas; exploring our ideas and feelings through written and creative activities; and listening to others.