

PSHE	Health Education	Year 4	Spring 2
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## Key Knowledge

Drugs	<ul style="list-style-type: none"> <li>• A drug is something that changes the way the body and mind work</li> <li>• Sometimes drugs can help improve how a body is working e.g. medicine</li> <li>• Other drugs can have a negative impact on the body e.g. alcohol and tobacco</li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• Alcohol is a form of drug which can have a negative impact on the body</li> <li>• Alcohol is legal (from a certain age) but there are still recommendations to limit the amount of alcohol consumed</li> <li>• Alcohol can effect people differently. Some effects are felt soon after the alcohol is consumed such as taking risks and blurred vision. Other effects, such as liver damage, are caused by long, term excessive consumption of alcohol</li> <li>• The recommendation is for adults to regularly drink no more than 2 units of alcohol per day or 14 units per week</li> </ul>
Smoking	<ul style="list-style-type: none"> <li>• Some people choose to smoke cigarettes</li> <li>• Cigarettes are made from tobacco which contains nicotine, an addictive drug</li> <li>• People choose to start smoking for a range of different reasons. However, once they start, it is very difficult to quit due to the nicotine</li> <li>• Smoking can cause damage to the lungs and the heart. It can reduce the amount of oxygen in the blood which can raise the heart rate</li> <li>• Passive smoking can also effect a person</li> </ul>

## Statutory requirements

Pupils should know:

- what constitutes a healthy diet
- the principles of planning and preparing a range of healthy meals
- the characteristics of a poor diet and risks associated with unhealthy eating
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- how to make a clear and efficient call to emergency services if necessary.

## Key vocabulary

Spelling	Definition
Drug	A substance that changes the way the body and mind work
Alcohol	A chemical substance found in drinks such as beer, wine, and liquor
Tobacco	A plant that can be smoked in cigarettes, pipes, or cigars
Nicotine	A highly addictive stimulant found in tobacco and vaping devices
Consumed	Using something up e.g. eating or drinking it
Damage	Loss or harm caused to someone or something
Passive smoking	Breathing in smoke from another person's cigarette
Addiction	An urge to do something that is hard to control or stop

## Books

Sally Huss

No Smoking, No Drinking, No Drugs

