

Year Five Drugs Education – a summary of the programmes and lessons

As stated in the letter, we will watch programmes from Channel 4's series: 'The good health guide to drugs' <https://www.youtube.com/watch?v=F2B6cmH-Sew>

Lesson 1: Programme 1 – 'Drugs - What are they?'

This programme is a general introduction to our Drugs Education topic. It covers:

- How a substance is classed as a 'drug'.
- The difference between drugs that are good and that are bad for you.
- The dangers of drugs such as alcohol and nicotine. It explains that these can cause health problems and that they are addictive.
- Children complete a task whereby they have to sort pictures of drugs into what they think are legal or illegal.

Lesson 2: Discussion of illegal/legal drugs.

- We discuss the differences between medicines and drugs in more detail and we complete work on these differences.
- We will look at why some people might take drugs that can be harmful to health.

Lesson 3: Programme 2 - 'Pressure'

This programme covers aspects of peer pressure and looks at how young people, especially teenagers, can be pressured into taking drugs.

- It looks at ways to say 'no'.
- Children then complete a series of possible scenarios through role play and discuss what they can do if they feel pressured to participate in an activity they don't feel comfortable with.
- The children will also complete a 'network of support', showing who they can go to for support and advice.

Lesson 4: The effects of smoking.

Children will watch a short video clip that displays the facts and the health problems attached to smoking. The video clip can be found at this site:

<http://www.brainpop.co.uk/psheandcitizenship/pshedrugeducation/smoking/>

Children will then complete the following activities:

- Read worksheet: 'facts about smoking' and answer questions.

Lesson 5: Continuation of study into smoking.

- Children will read a factsheet explaining the laws and dangers in greater depth and children will answer questions to assess their understanding.
- Children will be given a chance to create posters that outline the dangers of smoking.

Lesson 6: Alcohol – Facts vs. Opinion.

This programme covers unpleasant side effects of taking drugs. It shows a child being pressured into taking a drug and then the effects the drug has.

- This programme will be followed up with a lesson on alcohol and the effects.
- We will address any questions the children have and make a start on exploring the laws behind drinking and the problem of addiction.

Lesson 7: Continuation of study into alcohol.

- Children will read a factsheet explaining the laws and dangers in greater depth and children will answer questions to assess their understanding.
- Children will be given a chance to create posters that outline the dangers of over drinking.