

Health and Relationships Framework: Health and Wellbeing

NB: Some objectives contribute to safeguarding

Drugs, Alcohol and Tobacco and other Harmful Substances						
Early Learning Goal:	Pupils should: <ul style="list-style-type: none"> Learn the facts about legal and illegal substances and associated risks including smoking, alcohol use and drug-taking 					
EYFS	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Chn to develop positive health awareness / peer beliefs about health						
Know that medicines are not sweets	Identify helpful and harmful substances in the home. Understand that household products, including medicines, can be harmful if not used properly Know to ask a trusted adult if uncertain about whether something is safe to eat or drink Understand their body is precious and that it is important and better for them to behave in safe ways around substances. Understand the effects of caffeine	Identify hazard signs that mean something is dangerous Learn about medicines and everyday drugs and their purpose Know some of the risks and effects on the body of medicines and household substances. Demonstrate an understanding of reducing risks by safe storage and correct handling of household substances and solvents. Identify some of the obvious risks associated with smoking Know the benefits of healthy choices: develop peer relationship skills – helping each other stay safe and healthy Recognise when influences may be good or bad, why people get influenced to do things that are risky and the possible ‘payoff’	Know things around the home and beyond that contain drugs. Know the names of commonly used medicines (with focus on most relevant) and some of the risks of medication Know what is not safe to eat or drink Categorise drugs into helpful and harmful and know how to deal with unhelpful pressure Explore the effects of passive smoking Demonstrate the ability to recognise some risks and consequences of unhealthy choices. Personalise learning: what do I want for my life / body, who is the boss of my life?	Explain what different hazard signs mean Know the difference between medicine and harmful drugs and chemicals know how to check medicine instructions Describe the effects of smoking and the risks associated with alcohol Demonstrate strategies to resist or avoid peer influence in age-relevant settings and have relevant understanding of risk prevention strategies in familiar contexts. Know what is acceptable/unacceptable in friendships and when influences may be good or bad	Aspire to a drug free life, understanding the positive future benefits. Describe the short and long term effects of alcohol Understand how advertising / peers / culture seek(s) to influence choices. Have access to local data / facts and realities about the drugs they discuss including understanding the law on supply, purchase and use of tobacco Discuss the choices related to health that they make each day Understand the positive and negative aspects of risk taking. Know the most common physical and social/emotional risks and costs of drug /alcohol use (including behaviour, accidents, assault, criminal involvement). Know where to find and how to access sources of information, support and help.	Recognise which, why and how, commonly available substances and drugs (including alcohol, tobacco and energy drinks) could damage their immediate and future health and safety understanding the harm caused to their bodies Understand the risks associated with cannabis and volatile substance abuse Have access to local data / facts and realities about the drugs they discuss including understanding the law on supply, purchase and use of drugs. Identify where the pressure to try harmful substances might come from Know the most common physical and social/emotional risks and costs of drug / substance use (including sexual behaviours, accidents, assault, criminal involvement) Describe the effects and risks, understanding the consequences of drug use and know where to go for help Know what is acceptable/unacceptable in friendships and when influences may be good or bad