



Subject PSHE

Theme Keeping Safe

Term Spring 1

What should I already know?

- I know the key risks and effects of smoking and drinking alcohol.
- I know that increasing numbers of young people are choosing not to smoke, and that not all people drink alcohol.
- I know who to ask for help in managing risk.
- I understand that medicines are drugs.
- I know how to stay safe when taking medicines.
- I know how to limit the spread of infectious diseases.

What should I be able to do by the end of the unit?

- I can demonstrate strategies to deal with face-to-face and online bullying.
- I can demonstrate strategies and skills for supporting others who are bullied.
- I can identify risky situations, sharing my views on this with others.

What should I know by the end of the unit?

- I know the difference between online and face-to-face bullying.
- I know that there are positive and negative risks, and can weigh these up when making a decision.
- I know some possible outcomes of taking a risk.
- I understand the norms around smoking and alcohol consumption.
- I understand the complexities around categorising drugs.
- I know that all medicines are drugs but not all drugs are medicines.
- I understand ways in which medicines can be helpful or harmful, and used safely or unsafely.

Key Vocabulary

bullying	A repeated action seeking to harm, intimidate or coerce.
risk	A situation exposing someone to danger.
drug	A medicine or other substance which has a physiological effect on the body.
medicine	A drug prescribed to treat or prevent disease.