

# EYFS/YEAR 1 PSHE - DRUGS

## KNOWLEDGE ORGANISER



### Overview and Recap

At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.

**You should already know that:** Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.



There are many ways that we can live a healthy lifestyle, e.g. exercise and diet.

- When we have a bad feeling about something, trusted adults can help us.
- It is important for our health and wellbeing that we get enough sleep.

### Health living

There are several things that we can do to live a healthy lifestyle:

- Eat healthy meals, including fruit and vegetables daily. Eat foods in moderation.
- Do not eat too much or too little;
- Exercise every day;
- Be hygienic (e.g. wash hands before eating meals);
- Clean your teeth;
- Wash your body and hair;



Even if we live a healthy lifestyle, we all sometimes get ill (we are likely to get ill much more when we don't live a healthy lifestyle).

- Illnesses can be mild (like a cold or a sickness bug) or more severe.
- Medicines can be used to make us feel better when we are sick.
- However, too much medicine can be very dangerous, and can make us very ill. Therefore, only adults should handle medicines.

### People who help us

There are many people we can trust and who can help us when we are poorly or when we need help. It is really important that we know who to go to when we need help. This could be:

- A teacher, Police Officer, Firefighter, friend, grandparent, mum, dad, Dentist, Doctor, Nurse, Pharmacist, Paramedic and other trusted adults



### Key Vocabulary

medicine help injection unhealthy healthy exercise trust adult body safe look after trust

### Medicines

Sometimes we need medicine to make us better if we have been poorly.

**How do medicines get into our bodies?**

Our trusted adult at home, such as our mum or dad, might sometimes give us medicine at home if we have a fever and we are hot.



**Medicines are good if:**

- They make us feel better
- They stop us from hurting
- They help our bodies to work properly

**Medicines may be bad for us if:**

- They belong to somebody else
- Someone we don't know tries to give them to us
- We don't follow the rules

Sometimes we may need an injection if we are poorly or to stop us from being poorly.

**Injections are good if:**

- A doctor or nurse gives them to us
- They help us from catching diseases
- They help our bodies to work as they should
- They stop us from hurting



**Injections may be bad for us if:**

- They are intended for someone else
- Someone we don't know tries them to give them to us
- We find the needle or syringe

### How do medicines get into our bodies?

**Different medicines are given to us in different ways.**

**Medicines** – these are usually given by being put into our mouth or sprayed into our nose.

**Tablets/pills** – these are normally swallowed with a sip of water.

**Inhalers** – these are normally given by mouth.

**Epipen** – this is for someone who has a severe allergy. These are normally injected into the thigh.

**Injections** – These are normally given in the arm or thigh.

