

YEAR 3 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.

We need to look after our bodies. It is important that we have a balanced diet and that we regularly exercise. We should take care with medicines (and all drugs) as they can be harmful.

- We should know the Hazardous symbols and be able to identify them on a household item.
- We need to be able to begin to assess and identify a danger or something that is unsafe and get help from a trusted adult.

Health

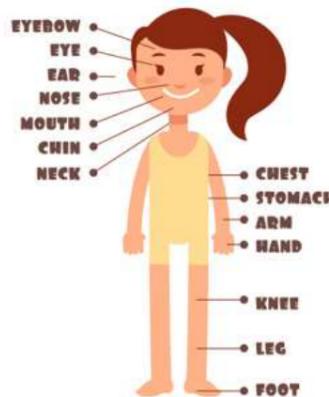
Our Bodies

-Our bodies are made up of lots of different parts. Each of these body parts has an important job to do.

-Our bodies need regular exercise, a balanced diet and lots of sleep in order to stay fit and healthy.

-Our bodies need food, water and oxygen for energy.

-There are some things, however, that can cause harm to our bodies. For examples, exercising without warming up can cause things like muscle strains. Also, eating too many sugary or fatty foods can make us overweight, and put strain on our body parts.



Alcohol and Cigarettes

- A drug is a substance that people take to change the way they think, feel or behave. Medicines are drugs. Drugs can be helpful or harmful.

-There is a drug inside beer, wine and spirits (alcohol). This can affect a person's brain so that they are not in control of their bodies.

-Nicotine is in cigarettes. The tar from cigarettes can stick in people's lungs. Cigarettes can also stain people's teeth and fingernails.

-Alcohol and cigarettes can only be sold to people aged 18 or over. They are both addictive.



Key Vocabulary

Smoking tobacco cigarettes lighter no-smoking passive e-cigarette cancer law body

Facts about smoking

Cigarettes and tobacco include a substance called nicotine. This is a powerful drug, which is absorbed into the blood. It stimulates the heart to beat faster and causes blood pressure to rise.

Nicotine is addictive.

- **Lungs** – smoking can cause coughs, colds, wheezing and asthma. It can sever chest infections. 83% of all deaths are related to smoking.
- **Heart** – Smoking causes the veins and arteries become blocked and narrow. This increases the likelihood of strokes, aneurysms and heart attacks.
- **Mouth and Throat** – Smoking causes bad breath and stained teeth. It can also cause gum disease and increases the risk of cancer in these areas.
- **Circulation** – Smoking causes the veins and arteries to narrow, harden and become coated with fatty deposits. This can cause many health problems.
- **Stomach** – Smoking causes an increased risk of cancer or ulcers.



Stomach can also negatively affect: fertility, skin and bones.

Taking risks and assessing situations

Passive smoking can affect the health of a non smoker if they breathe in the smoke of a cigarette. To reduce this risk, you should:

- Open a window
- Go outside
- Leave the room
- Ask the person smoking to smoke

How does it feel to be a smoker?

- Place your hand on your heart and feel it beating. Jog on the spot for 1 minute and repeat. Smoking gives the person a lack of breath just like this.
- Hold onto your ribs and take a deep breathe in and out. Your lungs are like two balloons, one under each side of your ribs. Our lungs are our bodies way to take oxygen into the body. Instead of taking in air, smokers take in smoke to the lungs.



Smoke free law

On July 1st 2007, the smoke free law was introduced. It is now against the law to smoke in all 'enclosed' public places.