

YEAR 5 PSHE - DRUGS

KNOWLEDGE ORGANISER



Overview and Recap	Scenarios to discuss
<p>At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'</p>  <p><u>We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.</u></p> <p>You should already know that:</p> <ul style="list-style-type: none"> - Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. - We need to <u>look after our bodies</u>. It is important that we have a <u>balanced diet</u> and that we <u>regularly exercise</u>. We should take care with medicines (and all drugs) as they can be harmful. - We should know the effects of smoking on the body and know the dangers that smoking and alcohol pose to our health and us as a person. We should understand that all drugs are substances which change the way the body and mind works. 	<p>On the way home from school a friend pulls out a canister of butane gas. He suggests you go to the park so you can both have a sniff. Emphasise that this is a risk that should never be taken as there is a possibility of dying on first use. This is called sudden sniffing death syndrome.</p> <p>2. You are at a family party and you spot a bottle of lager on the table. You have always wanted to know what it tastes like.</p> <p>Discuss the risks of drinking from a bottle whose contents you are unsure of. Remind them that alcohol can be more dangerous for children as children's bodies are not yet fully developed and the liver struggles to cope. This can lead to alcoholic poisoning.</p> <p>3. You are playing in your house when you find your relative's cigarettes. Your friend wants you to try one.</p> <p>Discuss that nicotine, the drug in a cigarette, is addictive. Also there are over 400 toxins in a cigarette which can damage health. Smoking related illness is the biggest cause of death in the UK.</p> <p>4. You find a syringe in the park whilst playing with your friends.</p> <p>Emphasize that a syringe should only be picked up by someone who is trained and is wearing protective gloves. This is because syringes may contain blood which can transmit infections, including HIV.</p> <p>5. Your older sister is in her room with some friends being very giggly. There is a funny smell coming from the room. You go in and they are sharing a big cigarette, one of them asks if you would like to try it.</p> <p>This scenario suggests cannabis use. Discuss that cannabis is usually smoked as part of a cigarette so carries the same risks as tobacco. Cannabis use can also lead to mental health problems.</p> <p>6. You are playing in the kitchen when one of your friends accidentally knocks over a bag. Some pills fall out and your friend tells you to try one of them.</p> <p>Discuss the risks of taking a medicine that has not been prescribed for you.</p> 

Drug users – The Facts

Gender

- Women are not nearly as likely to use drugs as men.
- Men more likely to use illegal drugs in greater amounts.
- However - women are catching up with men, especially with alcohol.
- Women more likely to smoke cigarettes and use medicines.



Age

- The vast majority of children do not use drugs. Children use medicines for illnesses, drink caffeine in cola, some taste alcohol at a young age.
- Not all teenagers drink and use drugs. By the age of 15, 4 out of 5 teenagers have never taken an illegal drug and half have never had an alcoholic drink.

Disability

- Although disabled people may be prescribed medicines, some do use illegal drugs to self-medicate, for example cannabis for multiple sclerosis

Ethnicity

- Black and African Caribbean people are no more likely to use drugs than white people.
- People from the Asian Sub-Continent are less likely to use drugs than other groups.

Effects of illegal drugs	
<p>ECSTASY <u>Effects</u> This drug gives people an energy that makes them feel alert and alive. It makes the senses more aware.</p> <p><u>Risks</u> This drug can cause users to panic and feel confused. It can make users feel down after use.</p> 	<p>COCAINE <u>Effects</u> This drug makes users feel wide-awake, confident and full of energy. The effects last for about 20-30 minutes.</p> <p><u>Risks</u> Some people are over-confident on this drug and so may take very careless risks. This drug is very addictive. It can be difficult to resist the craving due to changes in the brain.</p> 
<p>HEROIN <u>Effects</u> This reduces physical and mental pain. It gives the user a feeling of warmth and well-being. Bigger doses can make the user sleepy.</p> <p><u>Risks</u> This drug is highly addictive. Overdoses can lead to coma and even death. The risks of sharing needles put users at increased risk of getting infections.</p> 	<p>CANNABIS <u>Effects</u> It may make a user feel relaxed and happy. Some people get the giggles and may become more talkative.</p> <p><u>Risks</u> This drug can make a user become worried or panic. There is a risk of developing mental health problems.</p> 
<p>VOLATILE SUBSTANCES <u>Effects</u> People say it's like being drunk. Users might feel dizzy. It can be difficult to think straight. This can last for up to 45 minutes.</p> <p><u>Risks</u> People can be physically sick and blackout. Too much can result in a coma. There's a risk of heart problems which have been known to kill users the first time.</p> 	<p>ALCOHOL <u>Effects</u> This drug makes a person relax so a small amount can make them feel less worried and more confident.</p> <p><u>Risks</u> This drug may make a person do things they might not normally do. Accidents often occur when using this drug. Large amounts of this drug can make people be sick and forget things.</p> 

Strategies for resisting peer pressure

1. Stand up straight, make eye contact and say no

Assert yourself with physical confidence by standing tall with feet slightly apart, head high, and look the person straight in the eye. Your posture when you speak is usually more important than the words you say.

2. Say no assertively – not aggressively

Say no to the person using a friendly but firm and determined voice, and then do not give in. It is not your job to try changing the other person's mind, but to keep yourself out of trouble and follow your beliefs. If you are too aggressive, the peer may react aggressively too.

3. Say no, keep repeating this – do not waiver

Sometimes it helps to repeat your decision several times: "No, it's not right," "No, it's not right." It makes you sound assertive and helps you not back down from your stand.

4. Say how you feel

Say how you are being made to feel in the situation. I feel uncomfortable, sad, worried, upset etc.

5. Give reasons why you don't want to do this

Thinking about the possible consequences of the choice helps strengthen your convictions not to proceed with what you're asked to do. Give the person the reason for saying no: "It's illegal," "I'll be in trouble," or "I could get hurt."

6. Suggest something else to do

Suggest to your peer that they do something else instead.

7. Say goodbye and leave

Standing up to a friend isn't easy. You may face teasing or rejection for your choice, but that's what courage is all about. Sometimes the best option is to walk away from the situation.

Key Vocabulary

Alcohol Tobacco Cannabis Cocaine Volatile substance Heroin Ecstasy user legal illegal Class A Class B addictive risk