



Year 6 - Summer - PSHE Knowledge Organiser

What I already know...

- How to stay safe when using the internet.
- The importance of keeping personal information private.
- How the media can influence the way we think and behave.
- How to spot examples of fake news in the media.
- How to keep safe in different situations.
- How to make healthy habits.

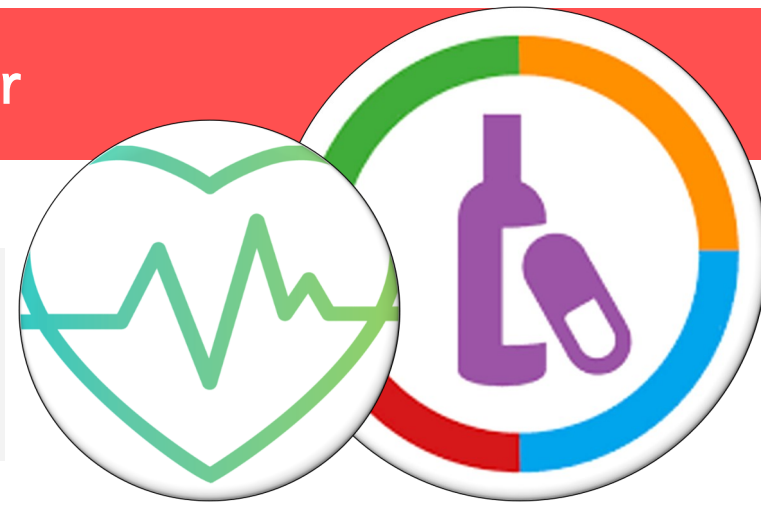
What I will learn...

- That there are risks and effects of different drugs.
- That there are laws relating to drugs which are common to everyday life.
- That there are different age restrictions linked to different drugs (18 years old for smoking and drinking alcohol).
- That there are illegal drugs.
- Why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs
- That there are organisations where people can get help and support if they are worried about their drug use.
- How to ask for help if there are any concerns about smoking, alcohol or drug use.
- That there are mixed messages in the media relating to drug use and how these messages might influence opinions and decisions.



Key Vocabulary

drugs	Drugs are chemicals or substances that change the way our bodies and brains work. Some are medicines that help people when doctors prescribe them. Many have no medical use or benefits.
alcohol	A clear liquid made from certain grains and fruits. Alcohol is present in drinks such as beer, wine and spirits and drinking beverages with alcohol affects a person's physical and mental ability.
smoking	Smoking is the act of inhaling and exhaling the fumes of burning plant material. It is most commonly associated with tobacco in cigarettes, cigars or pipes.
vaping	Vaping is the inhaling of a vapor created by an electric cigarette (e-cigarette) or other vaping device. They have cartridges that usually contain nicotine, flavourings and chemicals.
illegal	Against the law or rules; not lawful.
peer pressure	People who are your age, like your friends or classmates, are called peers. When they try to get you to act in a certain way, or try to get you to do something, it is known as peer pressure.



Making a difference at The Merton

Throughout their PSHE learning linked to 'keeping safe', pupils will discuss a range of issues related to drugs, alcohol and smoking. Children will explore the difference between healthy and unhealthy habits and will consider both legal and illegal drugs. We will look at the benefits of medicine and how advances have led to huge developments in the medical world whilst also looking at the consequences of drug and alcohol use with regards to health. During our learning, we will research where individuals can seek help and advice from trust-worthy and appropriate sources and look at how to make sensible choices and avoid peer pressure in the future.

Making a difference at home

Explore different ways to stay healthy and find out more about smoking, alcohol and drugs on the Health for Kids website.

<https://www.healthforkids.co.uk/staying-healthy/>

