

# Keeping Safe (Legal and illegal drugs & alcohol)

PSHE Year 5 Summer 1

## KNOWLEDGE ORGANISER



# SAY NO TO VAPING

A drug is any substance (other than food) that is used to prevent, diagnose, treat, or relieve symptoms of a disease or abnormal condition.

Drugs can also affect how the brain and the rest of the body work and cause changes in mood, awareness, thoughts, feelings, or behaviour.

**Legal drugs are prescribed by a doctor or bought in a shop. It is OK for shops to sell them and it is OK for people to own them and put them into their bodies. They are considered safe if used correctly.**

**Illegal drugs are substances that people are not allowed to own, sell or buy. They are not regulated and can cause harm to people who take them.**

### Influences

<b>Situation based</b>	Own feelings, attitudes, emotions. Mental and/or physical health.
<b>Peer based</b>	Friends' attitudes and opinions Pressure, teasing or friendly offers
<b>Role model based</b>	Family attitudes and opinions Health advice from a doctor/ nurse Teacher attitudes and actions
<b>Society based</b>	Culture, religion or belief Social norms
<b>Media based</b>	Social media, TV or film Advertising

### Responses to influence

<b>Passive</b>	Accepting or allowing what happens or what others do without actively responding
<b>Aggressive</b>	Being ready or likely to confront or attack others or what others do
<b>Assertive</b>	Standing up for yourself or someone else calmly and positively, or getting a point across without causing upset

