

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

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

Responses to influence

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

