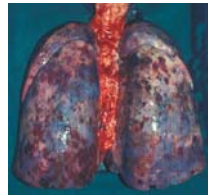


Year 5 and 6: Health and Wellbeing

Subject Specific Vocabulary	
Illegal	Forbidden by law.
Abuse	The improper use of something.
Drug	A drug is any substance that, when taken, has the effect of changing how a person's body works and/or how a person acts, feels, sees or thinks.
Substance	A material with particular characteristics. E.g. This pesticide contains a substance that is toxic to insects.
Mental	Relating to the mind, or involving the process of thinking.
Physical	Relating to the body
Prevent	To stop something from happening.
Quit	To stop/give up something completely.
Habit	Repeated behaviour.
Short-term	Occurring over or relating to a short period of time.
Long-term	Occurring over or relating to a long period of time.

How can drugs common to everyday life affect health?



What I will learn by the end of this topic:

- How drugs common to everyday life can affect health and wellbeing
- That some drugs are legal and other drugs are illegal
- How laws surrounding the use of drugs exist to protect them and other
- Why people choose to use or not use different drugs
- How people can prevent or reduce the risks associated with them
- That for some people, drug use can become a habit which is difficult to break
- How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use
- How to ask for help from a trusted adult if they have any worries or concerns about drugs

Danger Chart



Previous Learning

- I know about healthy diet and the benefits of nutritionally rich foods
- I know how to maintain good oral hygiene and the importance of visiting the dentist
- I understand about the affects a poor diet can cause on health and dental health
- I'm aware of influences that affect choices people make about their diet