

# Year 5 Summer 2 PSHE Different influences



# PSHE

## Powerful knowledge/skills for this unit:

Pupils learn about

### **The risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis**

- Can talk about different smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis
- understand the similarities and differences in the risks of smoking cigarettes, e-cigarettes, shisha and cannabis in relation to health, money, social effects and the law
- understand that there are risks associated with all smoking drugs

### **Different influences on drug use –alcohol, tobacco and nicotine products**

- can identify conflicting messages presented in the media in relation to alcohol, tobacco and nicotine products
- can describe some of the other influences that surround a person's decision about whether to smoke or drink alcohol

recognise that there are many influences on us at any time

### **Strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol**

- can describe some strategies that people can use if they feel under pressure in relation to drug use
- can demonstrate some ways to respond to pressure concerning drug use

recognise that, even if people feel pressure from others about drug use, they can make an informed choice and act on it

## **What should I already know:**

That there are drugs other than medicines

The effects and risks of drinking alcohol.

That there are different patterns to drug use

## **Big Question:**

**How can I resist pressure to try drugs, smoking or alcohol?**

### **Zones of regulation**



## **The end point:**

**Know the risks associated with taking drugs and what to say or do to avoid taking them.**

### **Key vocabulary**

Cigarette, e-cigarette, shisha, cannabis, health, money, alcohol, tobacco, nicotine, media, influence, pressure, choice, age restrictions, Substance, Medicine Legal, Illegal, Drugs Ask Frank, Effects, Risks Prescribed, Solvents, Alcohol Tobacco, Role model

### **Mindmate Monday lesson**

**MindMate**

**Year 5 Summer 2:** Talking it through Restorative justice

**Lesson focus:** I can support my friends when things go wrong

**Pupils should have the opportunity to...**develop an awareness & understanding of the role peers can play in supporting one another including restorative approaches