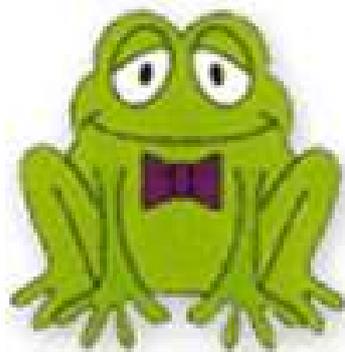
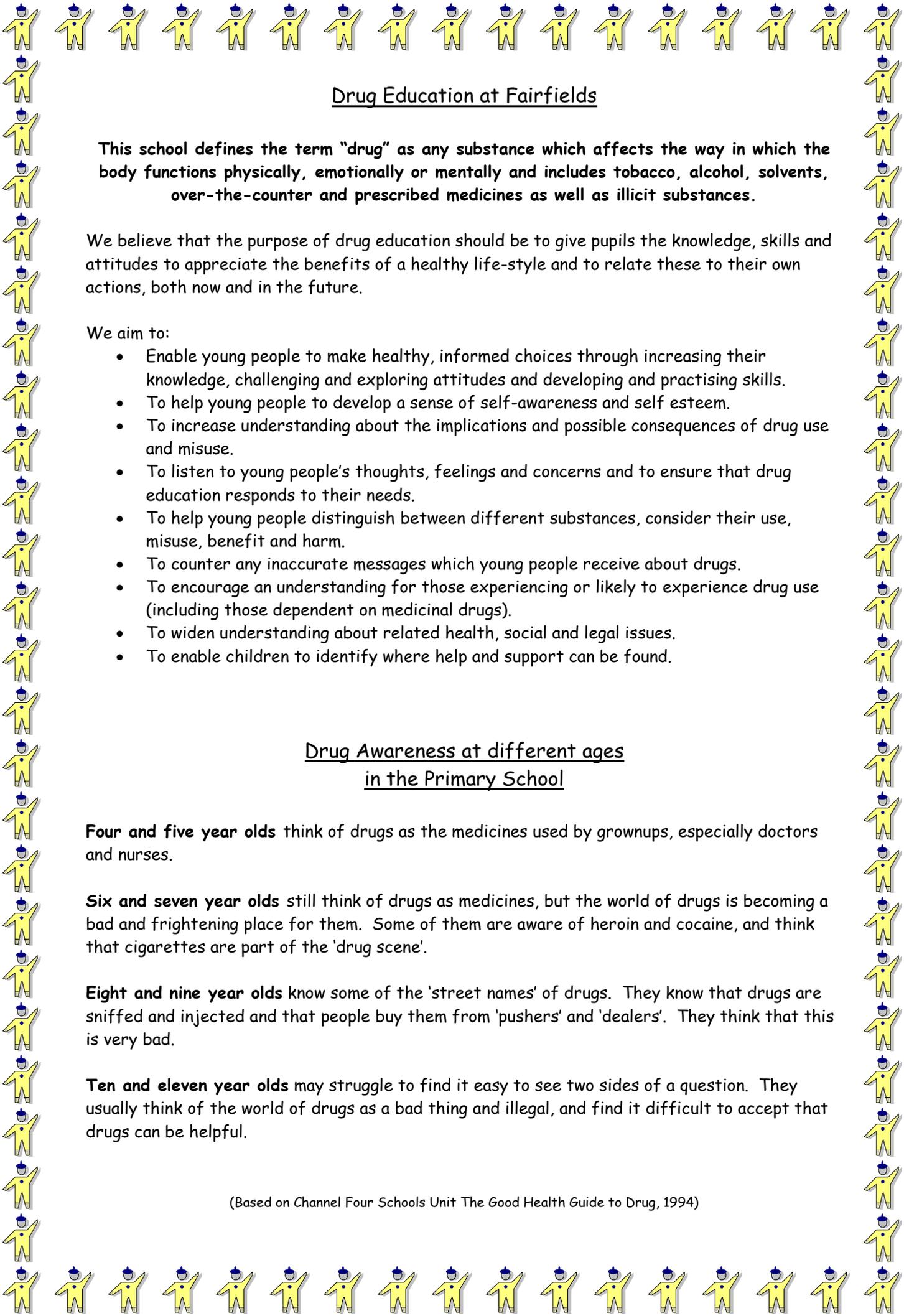


# Drug Education through PSHE at Fairfields Primary School

A guide for parents





## Drug Education at Fairfields

**This school defines the term "drug" as any substance which affects the way in which the body functions physically, emotionally or mentally and includes tobacco, alcohol, solvents, over-the-counter and prescribed medicines as well as illicit substances.**

We believe that the purpose of drug education should be to give pupils the knowledge, skills and attitudes to appreciate the benefits of a healthy life-style and to relate these to their own actions, both now and in the future.

We aim to:

- Enable young people to make healthy, informed choices through increasing their knowledge, challenging and exploring attitudes and developing and practising skills.
- To help young people to develop a sense of self-awareness and self esteem.
- To increase understanding about the implications and possible consequences of drug use and misuse.
- To listen to young people's thoughts, feelings and concerns and to ensure that drug education responds to their needs.
- To help young people distinguish between different substances, consider their use, misuse, benefit and harm.
- To counter any inaccurate messages which young people receive about drugs.
- To encourage an understanding for those experiencing or likely to experience drug use (including those dependent on medicinal drugs).
- To widen understanding about related health, social and legal issues.
- To enable children to identify where help and support can be found.

### Drug Awareness at different ages in the Primary School

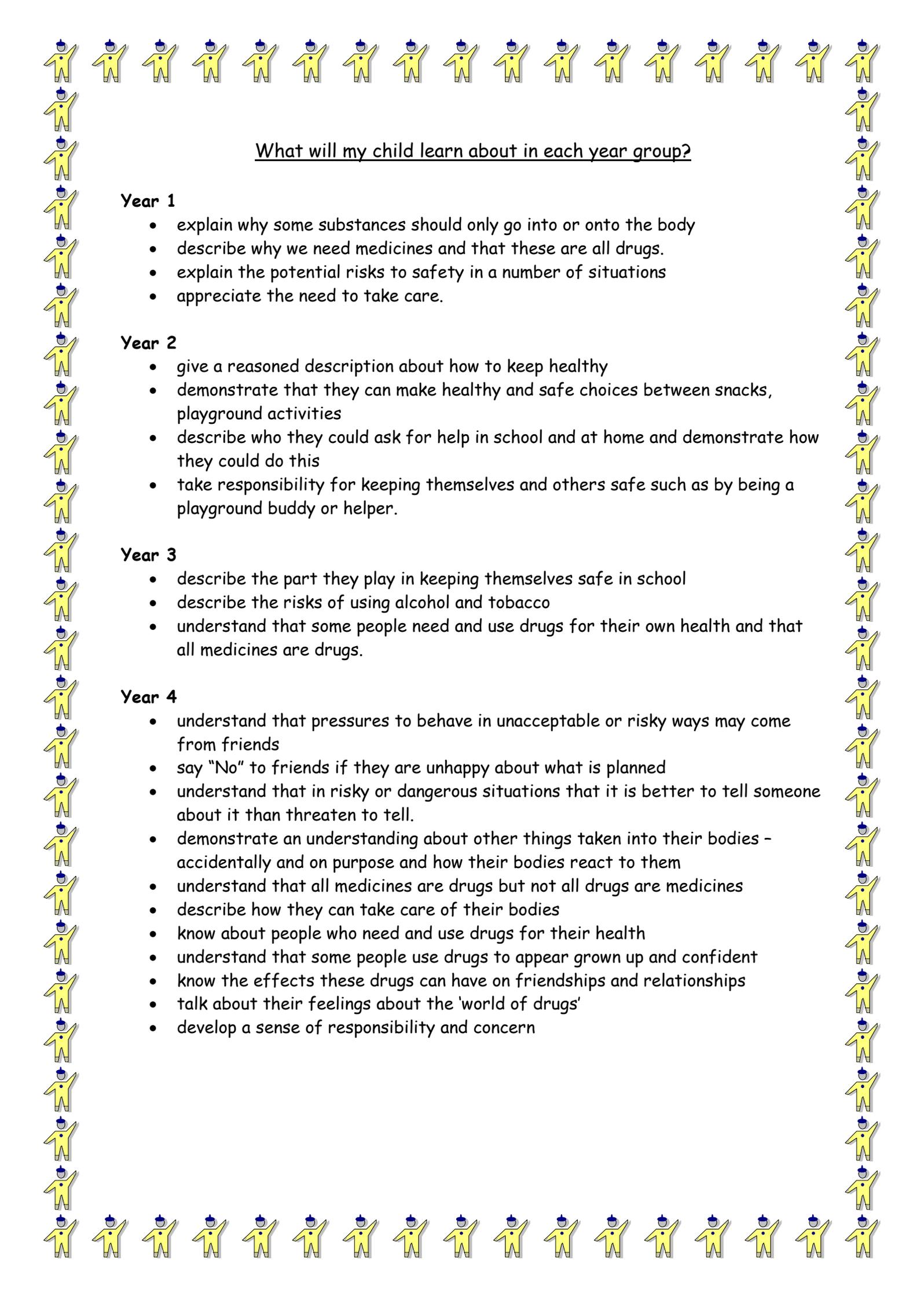
**Four and five year olds** think of drugs as the medicines used by grownups, especially doctors and nurses.

**Six and seven year olds** still think of drugs as medicines, but the world of drugs is becoming a bad and frightening place for them. Some of them are aware of heroin and cocaine, and think that cigarettes are part of the 'drug scene'.

**Eight and nine year olds** know some of the 'street names' of drugs. They know that drugs are sniffed and injected and that people buy them from 'pushers' and 'dealers'. They think that this is very bad.

**Ten and eleven year olds** may struggle to find it easy to see two sides of a question. They usually think of the world of drugs as a bad thing and illegal, and find it difficult to accept that drugs can be helpful.

(Based on Channel Four Schools Unit The Good Health Guide to Drug, 1994)



What will my child learn about in each year group?

**Year 1**

- explain why some substances should only go into or onto the body
- describe why we need medicines and that these are all drugs.
- explain the potential risks to safety in a number of situations
- appreciate the need to take care.

**Year 2**

- give a reasoned description about how to keep healthy
- demonstrate that they can make healthy and safe choices between snacks, playground activities
- describe who they could ask for help in school and at home and demonstrate how they could do this
- take responsibility for keeping themselves and others safe such as by being a playground buddy or helper.

**Year 3**

- describe the part they play in keeping themselves safe in school
- describe the risks of using alcohol and tobacco
- understand that some people need and use drugs for their own health and that all medicines are drugs.

**Year 4**

- understand that pressures to behave in unacceptable or risky ways may come from friends
- say "No" to friends if they are unhappy about what is planned
- understand that in risky or dangerous situations that it is better to tell someone about it than threaten to tell.
- demonstrate an understanding about other things taken into their bodies - accidentally and on purpose and how their bodies react to them
- understand that all medicines are drugs but not all drugs are medicines
- describe how they can take care of their bodies
- know about people who need and use drugs for their health
- understand that some people use drugs to appear grown up and confident
- know the effects these drugs can have on friendships and relationships
- talk about their feelings about the 'world of drugs'
- develop a sense of responsibility and concern

### Year 5

- demonstrate a range of responses to use in difficult situations such as "No - I won't take the risk, I'll ask", "No, it's not for me"
- explain what might make a situation risky for them or children like them
- demonstrate a range of strategies to deal with pressure
- describe how their bodies and health are their responsibility.

### Year 6

- describe the effects of substances and drugs on the body and how they affect how you feel
- describe the risks of misusing prescribed and over the counter medicines, solvents and illegal drugs, as well as alcohol and tobacco
- explain the effect substance misuse can have on friendship and family relationships
- talk about their feelings about drugs, issues such as drugs in sport, drug-related news items
- demonstrate assertiveness and self confidence to make decisions for themselves
- demonstrate an awareness of sources of help, in school, helplines, other adults, and know how to ask for help
- know that it is better to tell someone about a situation than to threaten to tell.

Thank you for taking the time to read about your child's PSHE and drug education at Fairfields.



If you have any questions or queries about any of the information in this document, please talk to your child's teacher or Mrs Tucker (PSHE subject manager).