

# Drugs and Alcohol Education mapped to the non statutory PSHE Guidelines for Key Stages 1 and 2



last updated April 2011

<b>KNOWLEDGE AND UNDERSTANDING</b>	
<b>KEY STAGE 1</b>	<b>KEY STAGE 2</b>
<p>Pupils should be taught:</p> <p>(PSHE and Ct 2d) to agree and follow rules for their group and classroom, and understand how rules help them <i>[e.g. simple safety rules]*</i></p> <p>(Sc2 2d) about the role of drugs as medicines</p> <p>(PSHE and Ct 3f) that all household products, including medicines, can be harmful if not used properly</p> <p>(PHSE and Ct 3g) rules for, and ways of, keeping safe, including basic road safety <i>[e.g. rules for medicines]*</i>; and about people who can help them to stay safe <i>[e.g. the police, health professionals]*</i></p>	<p>Pupils should be taught:</p> <p>(PSHE and Ct 2b) why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules</p> <p>(Sc2 2g) about the effects on the human body of tobacco, alcohol and other drugs, and how these relate to their personal health</p> <p>(PSHE and Ct 3a) what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices</p> <p>(PSHE and Ct 3b) that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread</p> <p>(PSHE and Ct 3d) which commonly available substances and drugs are legal and illegal, their effects and risks</p> <p>(PSHE and Ct 3f) that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> <p>(PSHE and Ct 3g) school rules about health and safety, basic emergency aid procedures and where to get help</p> <p>(PSHE and Ct 4g) where individuals, families and groups can get help and support</p>

<b>SKILLS</b>	
<b>KEY STAGE 1</b>	<b>KEY STAGE 2</b>
<p>Pupils should be taught:</p> <p>(PSHE and Ct 1b) to share their opinions on things that matter to them and explain their views <i>[e.g. about illness and taking medicines]</i>*            (PSHE and Ct 1c) to recognise name and deal with their feelings in a positive way</p> <p>(PSHE and Ct 2c) to recognise choices they can make, and recognise the difference between right and wrong</p> <p>(PSHE and Ct 3a) how to make simple choices that improve their health and well-being</p> <p>During this Key Stage, pupils should be taught the knowledge, skills and understanding through opportunities to:</p> <p>(PSHE and Ct 5a) take and share responsibility [e.g. for their own behaviour; by helping to make classroom rules and following them; by looking after pets well]</p> <p>(PSHE and Ct 5d) make real choices</p> <p>(PSHE and Ct 5e) meet and talk with people</p> <p>(PSHE and Ct 5h) ask for help</p>	<p>Pupils should be taught:</p> <p>(PSHE and Ct 1a) to talk and write about their opinions, and explain their views, on issues that affect themselves and society</p> <p>(PSHE and Ct 2b) why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules</p> <p>(PSHE and Ct 3e) to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable</p> <p>(PSHE and Ct 3f) that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> <p>(PSHE and Ct 4e) to recognise and challenge stereotypes</p> <p>During this Key Stage, pupils should be taught the knowledge, skills and understanding through opportunities to:</p> <p>(PSHE and Ct 5e) meet and talk with people</p> <p>(PSHE and Ct 5h) find information and advice [e.g. through helplines; by understanding about welfare systems in society]</p>

<b>ATTITUDES</b>	
<b>KEY STAGE 1</b>	<b>KEY STAGE 2</b>
<p>Pupils should be taught:</p> <p>(PSHE and Ct 2a) to take part in discussions with one other person and the whole class <i>[e.g. by exploring attitudes to medicines and other substances]*</i></p> <p>(PSHE and Ct 2b) to take part in a simple debate about topical issues</p> <p>During this Key Stage, pupils should be taught the knowledge, skills and understanding through opportunities to:</p> <p>(PSHE and Ct 5b) feel positive about themselves</p> <p>(PSHE and Ct 5c) take part in discussions</p> <p>(PSHE and Ct 5g) consider social and moral dilemmas that they come across in everyday life <i>[e.g. attitudes towards smoking and alcohol]*</i></p>	<p>Pupils should be taught:</p> <p>(PSHE and Ct 1b) to recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals</p> <p>During this Key Stage, pupils should be taught the knowledge, skills and understanding through opportunities to:</p> <p>(PSHE and Ct 5a) take responsibility</p> <p>(PSHE and Ct 5b) feel positive about themselves</p> <p>(PSHE and Ct 5g) consider social and moral dilemmas that they come across in life <i>[e.g. attitudes towards smoking and alcohol] *</i></p>

This is well covered in the CWP resource Teaching Drug and Alcohol Education with Confidence in the Primary School. See our website for more information [www.cornwallhealthyschools.org/](http://www.cornwallhealthyschools.org/)