

# PSHE Knowledge Organiser Y5/6 – Different influences

Summer 1 Year B – Drug, alcohol and tobacco education



Key Vocabulary	
<b>Smoking</b>	Inhaling and exhaling a drug such as tobacco or cannabis
<b>drugs</b>	A substance that can affect your body, they can be legal or illegal
<b>cigarettes</b>	A stick of tobacco rolled in paper which is highly addictive
<b>e-cigarettes</b>	A device contains nicotine, flavours and chemicals
<b>cannabis</b>	Dried plant that is smoked. It alters or changes your mind.
<b>weed</b>	Another term for cannabis
<b>marijuana</b>	Another term for cannabis



## Questions to think about ...

- Is it risky to start smoking?
- What sort of things encourage people to start smoking?
- Are e-cigarettes okay to smoke?
- Is it illegal to smoke cannabis?
- What are the risks to my health if I start smoking?
- How can I resist peer pressure and say 'no' to smoking?

## Assessment

**To learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis**

- I know about different smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis
- I 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
- I understand that there are risks associated with all smoking drugs

**To learn about different influences on drug use - alcohol, tobacco and nicotine products**

- I can identify conflicting messages presented in the media in relation to alcohol, tobacco and nicotine products
- I can describe some of the other influences that surround a person's decision about whether to smoke or drink alcohol
- I recognise that there are many influences on us at any time

**To learn strategies to resist pressure from others about whether to use drugs –smoking, drugs and alcohol**

- I can describe some strategies that people can use if they feel under pressure in relation to drug use
- I can demonstrate some ways to respond to pressure concerning drug use
- I recognise that, even if people feel pressure from others about drug use, they can make an informed choice and act on it

## Useful Websites if you need help:

Always talk to someone who helps keep you safe, such as a parent, teacher or other adult you trust.

- ChildLine: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Change4Life: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- Izzy: [www.izzy-info.com](http://www.izzy-info.com)
- In an emergency: 999

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## Teaching resources:

Feelings and managing change, KS2 lesson, *Go Givers* [www.gogivers.org](http://www.gogivers.org)

Teaching about mental health and wellbeing, *The PSHE Association*

Blobs emotion cards and books [www.speechmark.net/search/Blob](http://www.speechmark.net/search/Blob)