



Key Vocabulary

drug	a substance which has an effect on our bodies
secondhand smoke	when people breathe in smoke from a smoker's cigarette
tobacco	a dried leaf containing nicotine which people smoke
habit	something that people do that they find hard to stop
addiction	when someone feels unable to stop doing something
caffeine	found in tea and coffee plants and causes people to feel more alert
nicotine	a yellowish, oily liquid that comes from the tobacco plant. It makes people feel more alert.

Questions to think about ...

What is a drug? What drugs have you heard of?

Can drugs be helpful? Are any drugs always harmful?

What is a 'habit'?

What is 'addiction'?

Useful Websites:

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

Change4Life: www.nhs.uk/change4life



What we should know and what we should be able to do:

To learn the definition of a drug and that drugs (including medicines) can be harmful to people

- I can define what is meant by the word 'drug'
- I can identify when a drug might be harmful
- I recognise that tobacco is a drug

To learn about the effect and risks of smoking tobacco and secondhand smoke

- I know the effects and risks of smoking and of secondhand smoke on the body
- I can express what I think are the most important benefits of remaining smoke free
- I recognise that laws relating to smoking aim to help people to stay healthy, especially young people

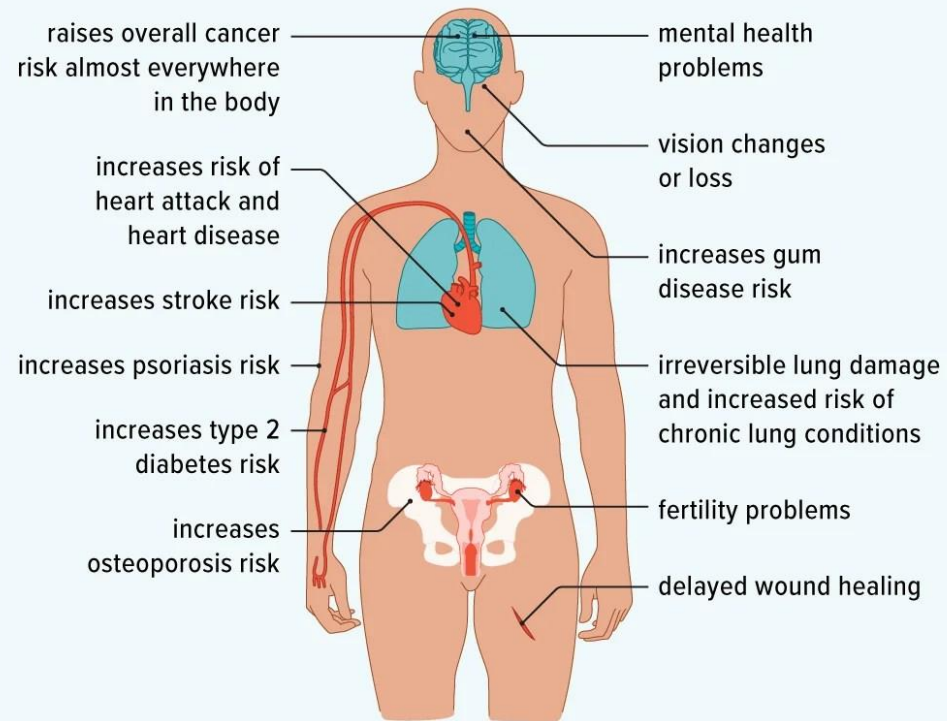
To learn about the help available for people to remain smoke free or stop smoking

- I know about some of the support and medicines that people might use to help them stop smoking
- I can explain what I might say or do to help someone who wants to stop smoking
- I understand that there are benefits for people who choose to stop smoking but that it can be hard for someone to stop smoking once they have started

To learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

- I know what asthma is and how it can affect people
- I can recognise the symptoms of an asthma attack
- I understand how people with asthma can look after themselves – treating asthma as a condition and treating an asthma attack

Effects of Smoking on the Body



healthline