

PSHE association drugs, alcohol and tobacco new resources

<https://www.pshe-association.org.uk/content/drug-and-alcohol-education>

Alcohol

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1507>

Drugs

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=1559>

BBC bitesize Drugs

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zg982nb>

Harmful substances clips/the effects of alcohol on young people

<https://www.bbc.co.uk/bitesize/topics/z8yycdm/resources/1>

Newsround – which drugs are dangerous?

http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/drugs/newsid_1609000/1609624.stm

Drinkaware

<https://resources.drinkaware.co.uk/Education>

Alcohol Education Trust - Talk about alcohol – quizzes on alcohol

<http://www.talkaboutalcohol.com/challenge-zone/>

Talk to Frank

<https://www.talktofrank.com/>

Smoking quiz

http://news.bbc.co.uk/cbbcnews/hi/quiz/newsid_1869000/1869300.stm

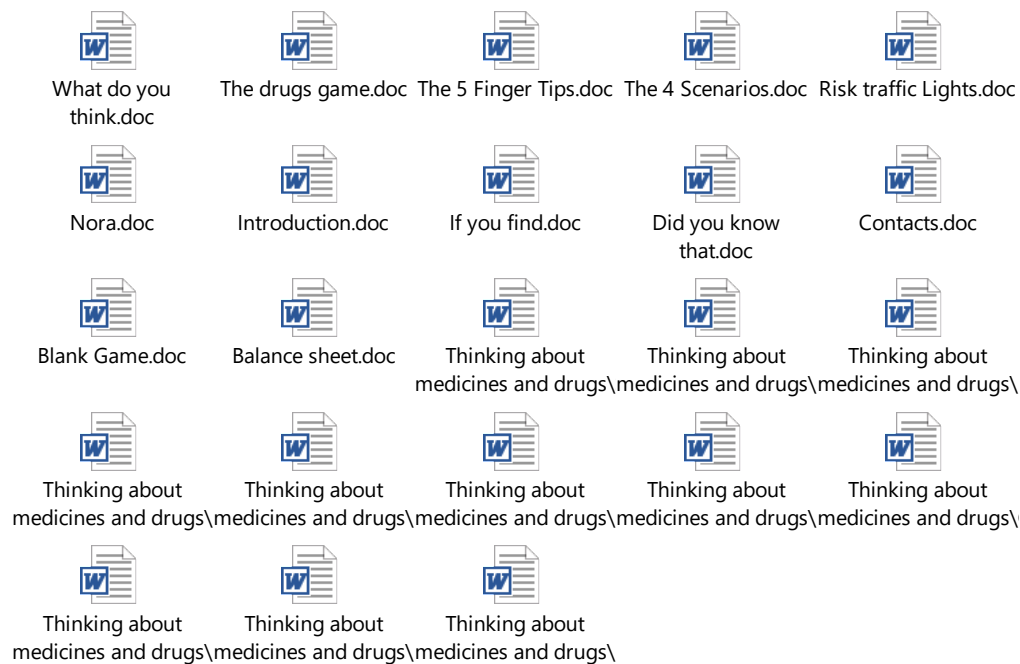
Fresh website

<http://www.freshne.com/>

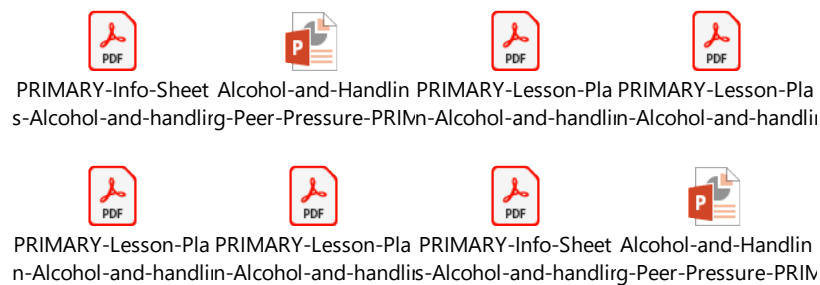
Addiction What is it? NHS

<https://www.nhs.uk/live-well/healthy-body/addiction-what-is-it/>

Drugs activities/games KS1/KS2



Alcohol and peer pressure



Peer pressure – smoking

<https://teenshealth.org/en/teens/smoking.html>

Smoking stinks

<https://kidshealth.org/en/kids/smoking.html>

Freddy fit- Why smoking is bad for you?

<https://www.freddyfit.co.uk/kids/articles/smoking.php>

Keeping your lungs healthy

<https://www.bbc.co.uk/bitesize/clips/zrgvr82>

Australian resources on drugs and smoking

<https://www.smarterthansmoking.org.au/for-schools/primary-resources/>

PSHE Resources smoking 2020



answer-sheet-starter.
pdf



Plenary:

Which are the most important reasons not to smoke? What do you think?

Complete the diamond 9 table.

More challenging:
Explain your top and bottom choices.



Challenge: Describe some negative health effects of both smoking and second-hand smoke.

More Challenging: Explain how smoking and second-hand smoke can damage the body in a variety of ways.

Mega Challenging: Analyse why people continue to smoke despite having knowledge of the risks.

Cigarettes and other ways of smoking tobacco, like Shisha are extremely dangerous. This is because they are highly addictive.

No one means to get addicted to tobacco, but when they do there can be very serious health consequences.



Challenge:

In pairs, draw or write the health consequences of smoking on to the body using your information sheet.

More Challenging: Write down WHY smoking may cause this effect on the body for each card placed on the body.

Mega Challenge:

1. Analyse why people still continue to smoke despite these risks. Could addiction be the only reason?
2. Some of the warning pictures which appear on cigarette packets are in this card sort. How else might the government discourage the public from smoking?

Task Two:

<https://www.youtube.com/watch?v=jsBqbvs-5OU>

<https://www.youtube.com/watch?v=-W1LtFdO2CQ> (more challenging clip)

Many people assume that passive, or second-hand smoke is not as dangerous as actual first hand smoking. But is this true?

Challenge:

What is the most common cause of lung cancer?

Why should parents consider stopping smoking?

What increases the chances of treating lung cancer effectively?

What else does second hand smoke put you at risk of

More Challenging:

How can we prevent lung cancer?

Why are early scans recommended for smokers?

What does research say about stress and smoking?

What does research suggest about 2nd hand smoke (2nd video)?

Mega Challenge:

Why do people see lung cancer in non-smokers?

How do doctors detect lung cancer?

Explain the link between smoking and mental health:

Task One:

We will now find out more about the dangers of smoking and what we mean when we talk about the dangers of 'second-hand smoke.'



READING ALOUD OPPORTNITY

We will take it in turns to read. When you have finished reading a paragraph, say the name of the next person in the class you would like to read. Be ready, it could be you next!



You will then complete the next task at your **challenge level**.

STARTER REVIEW:

Term	Definition
carcinogen	Something which causes cancer
nicotine	An addictive substance found in cigarettes
tobacco	Dried leaves of a particular plant which have been fermented for the purpose of smoking
passive smoking	Inhaling the smoke of someone else's cigarette, cigar or pipe
toxic	Poisonous
stimulant	A drug which increases activity in the brain
addicted	Dependent on something both physically and mentally; unable to stop using it
cancer	A very serious disease where cells in the body can't stop dividing

Why is smoking so bad for us and why must we try to avoid second hand smoke?



Challenge: Describe some negative health effects of both smoking and second-hand smoke.

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Mega Challenging: Analyse why people continue to smoke despite having knowledge of the risks.



Smoking-Info.pdf



smoking.zip



plenary.pdf



match-up-task-start
r.pdf



Clip-task.pdf



body-outline-for-task
-3.pdf

Youtube videos

Smoking and its effects

<https://www.youtube.com/watch?v=IW6hwmdZbmE>

How does smoking affect the body (TED ED)

<https://www.youtube.com/watch?v=Y18Vz51Nkos>

<https://ed.ted.com/lessons/how-do-cigarettes-affect-the-body-krishna-sudhir>

What is a medicine?

https://www.youtube.com/watch?v=9OK6_OdWxTA