



# Drug Education

## What is Drug Education?

Drug Education includes teaching and learning about specific drugs and their effects on individuals and those around them.

This starts with an understanding of how the different things that we put in and on our body can have an effect on our health and wellbeing, and then develops through household substances, medicines, legal drugs, and illegal drugs as is age appropriate for the children through primary and then secondary education.

In order to be useful and effective, this needs to come as part of a wider PSHE programme in which children are given opportunities to identify the ways in which their own bodies and minds are all special and unique, consider the different reasons why people make different choices and assess risk, who and where to go to for help, why people sometimes may make mistakes and how to support themselves and others when decision making is difficult.

## DfE Guidance says:

'The drugs, alcohol and tobacco topic is part of health and mental wellbeing curriculum. It gives pupils factual knowledge about the risks posed by alcohol, drugs and tobacco use, so they are well equipped to make informed and safe choices. Teachers may also want to teach pupils about the factors that can contribute to someone drinking alcohol in excess, smoking, or using illegal drugs. This could involve teaching about social / peer pressure.'

## Drug Specific Content in Jigsaw 3-II through Healthy Me

This starts with work valuing our bodies from 3-4 years old, and then moves onto more specific teaching and learning from Year 2 onwards around household substances and medicines.

In Healthy Me for Ages 7-8 years there is a gentle exploration of what children may understand by the word 'drug' and then smoking, alcohol and vaping are more specifically introduced in the following year (Ages 8-9 years).

During Healthy Me for Ages 9-10 and 10-11 years, there is more teaching on legal drugs, with some references to illegal drugs including consideration of substances that may be 'unknown.'

The structure of Jigsaw lessons helps to provide a safe learning environment where children can explore the knowledge and ideas they have through engaging activities and safe, respectful discussions. The aim of these lessons is not to make judgements on individuals or to scare children, as this is not an effective form of drug education.

The lessons provide a structure for developing understanding, considering different points of view, practicing skills and approaches they could use in later real life scenarios, and preparing for the different positive and negative influences that may affect their decision making skills when faced with different choices. Alongside all our drug specific content in the lessons mapped below, you will also find social and emotional aspects taught in each lesson, such as: valuing ourselves, coping with different emotions when alone or with others and consideration of risk taking and how to ask for help.

### Other Supporting Areas in Jigsaw 3-II:

There are many other teaching and learning opportunities throughout Jigsaw that contribute to Drug Education, such as Being Me in My World, Relationships, Changing Me and Celebrating Difference – where children are building their understanding of how they fit in with the communities around them, the relationships they have and the many different things that affect their resilience and their health and wellbeing.

Class	Healthy Me Lesson	Lesson Name	Lesson Focus
Nursery	6	Stranger Danger	Staying safe when out and where to go for help
Reception	6	Stranger Danger	Staying safe when out and where to go for help – extending on Pre-School content.
Year 1	3	Clean and Healthy	Household substances such as those found in the kitchen and the bathroom
Year 1	4	Medicine Safety	How and when we might use medicines and how to keep safe with medicines.
Year 1	6	Happy Healthy Me	Valuing our bodies and keeping ourselves healthy.
Year 2	2	Being relaxed	Identifying things that may make us feel stress, why it is important to find ways to relax.
Year 2	3	Medicine Safety	How medicines work and how to minimize risk when taking medicines.
Year 3	3	What do I know about drugs?	Consideration about what the word 'drug' means and how we know if a substance is safe or unsafe
Year 3	4	Being Safe	Strategies for saying safe and asking for help.
Year 3	5	Safe or Unsafe?	Exploring scenarios and considering different ways to stay safe.
Year 4	2	Group Dynamics	Peer influence in different types of groups
Year 4	3	Smoking	Smoking and Vaping: physical effects and influences that affect people's choices to smoke
Year 4	4	Alcohol	Alcohol: physical effects and influences that affect people's choices to drink alcohol
Year 4	5	Healthy Friendships	Peer pressure
Year 4	6	Celebrating my inner strengths and assertiveness	Considering how own knowledge and confidence in what is right or wrong can be used to be assertive
Year 5	1	Smoking	Health risks of smoking and making informed decisions.
Year 5	2	Alcohol	Health and social risks of alcohol and making informed decisions
Year 5	3	Emergency Aid	Basic Emergency first aid including getting help.
Year 5	6	Healthy Me	How the media and social media have an impact on making healthy choices
Year 6	1	Taking Responsibility for My Health and Wellbeing	Taking responsibility for our own health and asking for help.
Year 6	2	Drugs	Understanding the different types of drugs, the law and what is meant by misuse,

Year 6	3	Exploitation	What exploitation is, why it might happen and the choices that can keep someone out of it.
Year 6	5	Emotional and Mental Health	Keeping emotionally healthy and strategies for dealing with negative feelings
Year 6	6	Managing Stress and Pressure	The relationship between good mental health and finding safe ways of managing stress and pressure.