

Drugs, Alcohol and Tobacco



Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Key Facts:

- The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

Key Vocabulary

Addiction	Being addicted to a particular substance or activity
Depressant	A drug which slows the rate of the body's function
Drug	A medicine or substance which has an effect on the body
Hallucinogens	A drug which causes hallucinations (an experience involving the perception of something which is not there)
Illegal	Forbidden by law
Legal	Allowed by the law
Overdose	An excessive and dangerous dose of drugs
Stimulant	A substance which makes the mind or body more active

Possible experiences: We should already know:

- Drugs/alcohol workshop
- Look at videos ,experiments etc at the affects of drugs, alcohol and tobacco
- Research affects of drugs, alcohol and tobacco
- Mental wellbeing is a part of daily life, how judge emotions and self-care techniques
- The benefits of an active lifestyle
- How to seek support if they are worried about their health or wellbeing