

St. Mary's Catholic Primary School  
Drug and Alcohol Education Curriculum  
Overview



**Year 1**  
**Medicines and**  
**People Who Help Us**

Lesson 1: **Staying Healthy-** healthy, unhealthy.

Lesson 2: **Medicines –** medicine, injections.

Lesson 3: **Who gives us medicines?**

**Year 2**  
**Keeping Safe**

Lesson 1: **Risk-** safe, unsafe,

Lesson 2: **Hazardous Substances-** hazard symbol

Lesson 3: **Safety Rules**

**Year 3 Smoking**

Lesson 1: **Why People Smoke-** healthy, unhealthy, cigarettes, tobacco, lungs, oxygen

Lesson 2: **Physical Effects of Smoking –** addictive, nicotine, chewing gum, passive smoking.

Lesson 3: **Smoking and Society**

**Year 4 Alcohol**

Lesson 1: **Effects of Alcohol –** drug, alcohol, names of alcoholic drinks, mind, body, effects, consequences

Lesson 2: **Alcohol and Risk-** alcoholic, non-alcoholic, liver,

Lesson 3: **Limits to Drinking Alcohol-** limits, headache sickness, lack of co-ordination, weight gain.

**Year 5**  
**Legal and Illegal Drugs**

Lesson 1: **Legal and Illegal Drugs**

Lesson 2: **Attitudes to Drugs-** misuse, risks, effects, stereotype

Lesson 3: **Peer Pressure-**

**Year 6**  
**Preventing Early Use**

Lesson 1: **Cannabis –** drugs, keeping safe, legal, illegal

Lesson 2: **VSA and Getting Help -** volatile substance abuse, pressure, 999, aerosols, gases, glues, choking, unconsciousness

Lesson 3: **Help, Advice and Support-** worries, advice



## Teaching Drug and Alcohol Education

Here at St. Mary's we deliver a comprehensive programme of PSHE, Citizenship and SEAL. Within the programme there are particular units focussed on the delivery of Drug and Alcohol Education. These are taught as year group based programmes.

If you would like to know more about the content of any of the programmes, please feel free to speak to Mrs Kerswell (PSHE Co-ordinator).

### **What is Drug and Alcohol Education?**

The most recent guidance on Drug Education was issued in 2004, 'Drugs: Guidance for Schools' (DfE). Drug education is part of the National Curriculum Science Orders which are mandatory for all primary pupils. Delivery can also be through well planned Personal, Social and Health and Economic Education.

### **Who should teach Drug Education?**

DfE Drugs: Guidance for Schools (2004) states that:

'Teachers should always maintain responsibility for the overall drug education programme. External contributors should not be used as substitute teachers, nor should they constitute the entirety of a school's drug education programme. When working directly with pupils they should add a dimension to the drug education programme that the teacher alone cannot deliver'.

Drug and Alcohol Education is an important aspect of the curriculum for all schools, it aims to develop knowledge, skills and attitudes.

### **Knowledge**

Increase pupils' knowledge and understanding and clarify misconceptions about:

- the short and long term effects and risks of drugs
- the rules and laws relating to drugs
- the impact of drugs on individuals, families and communities
- the prevalence and acceptability of drug use among peers
- the complex moral, social, emotional and political issues surrounding drugs.

### **Skills**

Develop pupils' personal and social skills to make informed decisions and keep themselves safe and healthy, including:

- assessing, avoiding and managing risk
- communicating effectively
- resisting pressures
- finding information, help and advice
- devising problem-solving and coping strategies
- developing self-awareness and self-esteem.

### **Attitudes**

Enable pupils to explore their own and other peoples' attitudes towards drugs, drug use and drug users, including:

- challenging stereotypes
- exploring media and social influences.

The Coalition Government underlined their commitment to children's entitlement to high quality drug and alcohol education in *The Importance of Teaching*, DfE 2010.