

### Scheme of Work

**Word Box:** legal, illegal, alcohol, medicine, nicotine, caffeine, solvents, volatile substance, cannabis, stimulant, depressant, hallucinogen, stereotypes

**Programme of Study**  
**Core Theme 1:**  
**Health and Wellbeing**

- 2. how to maintain physical, mental and emotional health and wellbeing
- 6. how to make informed choices about health and wellbeing and to recognise sources of help with this
- 8. to identify different influences on health and wellbeing
  - which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
  - to differentiate between the terms 'risk', 'danger' and 'hazard'
  - that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

**Learning Intentions and Learning Outcomes**

**Learning Intention**  
 To explore a range of legal and illegal drugs, their risks and effects

**Learning Outcomes**  
 To know about a range of legal and illegal drugs  
 To have some understanding of the effects and risks of illegal drugs

**Learning Intention**  
 To have considered the children's attitudes and beliefs about drug use and drug users

**Learning Outcomes**  
 To explore attitudes to drug use  
 To understand that all sorts of people may misuse drugs  
 To challenge myths about drug use

**Learning Intention**  
 To have considered strategies to resist drug use

**Learning Outcomes**  
 To know a range of skills to resist peer pressure  
 To develop some assertiveness skills

**Lesson Title**

Lesson 1  
[Legal and Illegal Drugs](#)

Lesson 2  
[Attitudes to Drugs](#)

Lesson 3  
[Peer Pressure](#)

**Resources**

Blank pieces of paper  
 Paper for graffiti boards  
[Drugs Facts Teacher Guide](#)  
[Drugs Facts cards](#)  
[Anonymous Questions template](#)

[Drugs Facts Teacher Guide](#)  
[Strongly Agree / Strongly Disagree signs](#)  
[Drugs User Images](#)

[Diamond Nine cards](#)  
[Pressure Scenarios](#)  
[Drugs Facts cards](#)  
[Drugs Facts Teacher Guide](#)