

Caroline Haslett Primary School		
PSHE	Year 4	Say No!
Knowledge - what I already know	Vocabulary	
<ul style="list-style-type: none"> I know some things that are legal and illegal I know about some habits that can be bad for our health I know some ways to keep safe 	<ul style="list-style-type: none"> Risk - a situation involving exposure to danger Pressure - the use of persuasion or intimidation to make someone do something Potential - the possibility of someone doing something in the future Choice - the act of choosing between two or more possibilities Decision - a conclusion reached after consideration Resist - to refrain from doing something Legal - something accepted by the law Illegal - something not accepted by the law Substances - an intoxicating, stimulating or narcotic chemical or drug Medication - a substance prescribed by a doctor to heal or make better Damage - physical harm that impairs value, usefulness or function of something Addicted - physically or mentally dependent on a particular substance Habit - something that can be done regularly that can be hard to give up Moderation - the avoidance of excess or extremes Drunk - affected by drinking alcohol which causes loss of control or behaviour Unconscious - not awake or responding to the surrounding environment Gangs - an organised group of people normally involved in crime Influence - to have an effect on character, development or behaviour of someone Bullying - to be deliberately unkind or hurtful to someone more than once Deliberate - to be done intentionally 	
Knowledge - what I will know by the end of this unit		
<ul style="list-style-type: none"> To be aware of some of the risks we might take To know what legal and illegal drugs are To know the effects and risks of smoking To know the effects and risks of drinking alcohol To know how to keep safe in my local area (gangs) To develop strategies to prevent bullying 		
Activities		
<ul style="list-style-type: none"> Thought shower some risks that we might have taken and the consequences of them. Show the children some general risks (trying new food, lending a toy), discuss if these are very/slightly risky. Children to set a goal to change their behaviour/improve their health. Provide a large sheet with the word 'DRUGS' in the middle and the children write all the things associated with that word. Why do people choose to smoke? Why is it hard to stop? Role play someone offering a cigarette. Create an information leaflet about the short and long term effects of drinking alcohol. What is a gang? Why do people join gangs? Do all gangs bully? Role play different situations where people are under pressure to form gangs. What is bullying? Create a poster about what bullying is. 		
Skills		
<ul style="list-style-type: none"> Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues Identify and respect differences and similarities between people Recognise choices they can make and recognise the difference between right and wrong. Recognise the effect of their behaviour on other people, and cooperate with others Has an awareness of what a risk is and that all risks have a consequence Understands the meaning of legal and illegal Understands the effects or bad habits and addiction on our health Know ways to keep safe in a local area Knows strategies to prevent bullying and can identify bullying 		