

PSHE – Health and Wellbeing

Year 3/4 Spring 2

What is a drug?

Key Vocabulary:

Legal drugs: Substances that are prescribed or regulated by the law and considered safe for consumption or use.

Non-legal drugs: Substances that are illegal or not regulated by the law, often associated with harmful effects on health.



I can...

- Recognise that there are laws surrounding the use of legal drugs
- Provide examples of the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use
- Discuss the risks and effects of legal drugs
- Understand the mixed messages in the media about drugs
- Explain why people choose to use or not use drugs

Key questions:

- What is a drug?
- What are legal and non-legal drugs?
- What are the effects of smoking and vaping?
- What is alcohol misuse?