



**Wellbeing Curriculum**  
**Year 5 Term 5**

*Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.*

*If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.*

**This term we will be learning...**

- How drugs common to everyday life can affect health and wellbeing
- That some drugs are legal and some are illegal and that there are laws about the use of drugs to keep people safe
- About the reasons why some people choose to use drugs or not
- That there are ways to reduce or prevent the risks associated with drug use
- How and where to get support for people who want to stop using drugs or if they have questions and concerns

**Our Key question for this term is...**

***How can drugs common to everyday life affect health?***

**Key Vocabulary we will learn and use...**

*Drugs, Legal, Illegal, Medicines, Alcohol, Tobacco Risks, Misuse, Abuse Media, Influences, Resisting Pressure*

**These are the most important messages for pupils:**

- Drugs/alcohol can change the way a person behaves
- Adults do not always act in a responsible way
- Children are not responsible or to blame for adults' behaviour
- They have a right to share concerns, bad feelings or things that worry them
- There is information about who they can approach to ask for help
- They are not alone – there is always someone else who has had similar experiences
- If they are worried about a person's drug/alcohol use, it is best to tell a trusted adult

**FRANK**

0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

Free, confidential advice about drugs for adults and young people.

**Drinkaware**

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Facts and advice about alcohol.

**Points to note**

During these lessons, the same as at all times, if a child makes a disclosure that the teacher believes to be illegal or detrimental to the child's physical or mental health, they will follow the schools safeguarding policy and procedures.

As is expected from all of our Wellbeing lessons, clear ground rules will be established at the start of these lessons and regularly revisited throughout. This helps to ensure all children feel safe and secure to fully engage and take part in these lessons.