



Wellbeing Curriculum
Year 6 Term 2

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...

- To understand the importance of and be able to demonstrate how to be physically active
- To understand what a healthy meal is and how to plan one
- To understand what is meant by and how we can maintain good dental health
- To understand some of the risks and impact on health from legal/illegal drugs

Please see some examples of information and activities we will be using during lessons on Legal and Illegal Drugs on the following pages.

Our Key question for this term is...

How can we keep healthy as we grow?

Key Vocabulary we will learn and use...

Physically Active, Health, Healthy Meal, Balanced Diet, Dental Health, Hygiene, Drugs, Legal, Illegal, Risks, Mental Health

If you or your child needs help and support these websites have information that can help...

<https://www.childline.org.uk/>

<https://anti-bullyingalliance.org.uk/>

<https://www.talktofrank.com/>

Points to note– Managing Risk: Legal and Illegal Drugs

When learning about the risks to health from drugs, there will be a focus on both legal and illegal drugs. This will provide age appropriate information. The lessons will focus on legal and illegal drugs, other than medicines, and the associated effects and risks. Children will also explore how the risk of drug use may vary depending on factors such as the strength of the drug, how much is taken and how often, the person and the situation.

All wellbeing lessons will follow the agreed ground rules that help to support children in accessing learning in a safe and confident manner. Teachers will be sensitive to and draw upon their knowledge of the children in the class and their circumstances. Children in the class will have a wide range of experience and understanding of legal and illegal drugs, and some may have families that have been affected by drug use. In the case of any safeguarding concerns arising during these lessons, our policy and procedures for safeguarding will be followed.

We will be taking part in Anti-Bullying week again this year, 15th-19th November.

The theme this year is 'One Kind Word' and reinforces the importance of and power of Kindness, in particular with the things that we say and words we use.

We will take part in Odd Socks Day on Friday 19th November– further information will follow about this.



Alcohol

Alcohol is found in drinks such as beer, wine and spirits. Some alcoholic drinks are stronger than others (such as spirits, e.g. gin, vodka, rum or whisky) - these usually include high levels of alcohol and so are drunk in smaller amounts or 'mixed' with non-alcoholic drinks.

The amount of alcohol found in drinks is measured in units. Adults who choose to drink are advised to drink no more than 14 units a week, over a week (this is equivalent to approximately 6 pints of beer or 6 glasses of wine), and advised to have several alcohol-free days a week.

*Children should not drink alcohol**

Effects	Risks
• The effect on mood will depend on how the person was feeling before drinking alcohol - alcohol is likely to heighten that mood or feeling, for example: ◊ some people feel more relaxed or sociable ◊ some people will feel more angry ◊ some people will feel more withdrawn or lonely ◊ feeling more or less self-conscious ◊ more willing to take risks • People absorb alcohol at different rates so some may become drunk (feel effects more strongly)	• Too much alcohol can lead to sickness, dizziness, falling over or fainting, memory loss • Inability to control own behaviour • Aggressive behaviour ◊ some people feel more relaxed or sociable ◊ injury or accidents may occur - it is dangerous to drive or operate machinery after drinking alcohol • Feeling ill (e.g. 'hangers', headaches and sickness) the next day is common if someone drinks too much the day before • Drinking a lot or often over time can become an unhealthy habit¹ leading to feelings of agitation

Resource 3: Pupil fact sheets

Caffeine

Caffeine is found in drinks such as tea, coffee, cola, energy drinks, sports drinks and some medicines. Energy drinks often contain high levels of caffeine, sugar and may also contain other stimulants.

Effects

- Caffeine is a 'stimulant' meaning it can temporarily make people feel like they have lots of energy, more alert or less tired.
- Can make the body produce urine more quickly.
- Caffeine can affect some people more than others and can depend on how much is consumed - usually the more caffeine consumed, the stronger the effects
- For most adults, tea and coffee can be consumed in moderation, as part of a balanced diet without detrimental health effects.
- However, drinking lots of caffeine or stimulants can lead to restlessness or an inability to relax and difficulties sleeping.
- Caffeinated drinks often also include high levels of sugar or flavoured syrups which can cause weight gain and tooth decay.
- Caffeinated drinks are not suitable for toddlers and young children.
- Pregnant women should also reduce their intake of caffeine.

Risks

- There are no legal restrictions on the sale or use of caffeine in food and drink, although some medicines which contain caffeine may only be available on a doctor's prescription.
- Some shops and supermarkets have chosen to only sell 'highly-caffeinated' products to people aged 16 and over.

Lowis

Lowis
• It is illegal to give a child under age 5 alcohol • It is illegal for anyone under the age of 18 to buy alcohol • Even if someone is over the age of 18, shops can refuse to sell alcohol to someone under the age of 21 (Challenge 21) • The police can confiscate alcohol from someone they suspect to be aged under 18 in a public place • It is illegal for an adult to buy alcohol for someone aged under 18 except where that person buys beer, wine or cider for someone aged 16 or 17 to be drunk with a table meal while accompanied by a person over 18 • It is illegal to sell to, or purchase alcohol for, someone who is already drunk • Drink driving is illegal - it is safest for someone not to drink any alcohol if driving

¹The UK Chief Medical Officers advise on alcohol-free

KS2 YEAR 5-6 LESSON 1

Cannabis

Cannabis is a drug that comes from the Cannabis plant. It can be smoked, eaten or vaped. It usually comes in the form of dried herbal material including dried flowers, leaves, and stems, or as an oil or solid material. It is often mixed with tobacco when smoked, but can also be vaped. Some types of cannabis are stronger than others.

Effects	Risks	Lowis
Changes how the brain works: • Some people feel relaxed and happy • Some people feel chatty and giggly • Some people feel very tired • Can make people hungry • Some people have a sense of time slowing down • Thoughts and feelings may become much more heightened or experienced more deeply	• Sickness, dizziness or fainting • Difficulty concentrating and remembering things • Confusion or anxiety, paranoia • Disturbed sleep • Mood swings, depression • Lethargy - no motivation to do things • People can become dependent on cannabis (they feel they need it all the time) • Injury or accidents - dangerous to drive or operate machinery after using cannabis • If Cannabis is smoked with tobacco, all the	• Cannabis is illegal to possess, give away or sell (class B drug) • Possessing cannabis could mean receiving a police warning or on the spot fine (£90) but could also lead to a criminal record¹ or up to 5 years in prison, an unlimited fine, or both • Supplying (selling or giving away) cannabis, even to friends, could mean up to 14 years in prison, an unlimited fine or both • Driving after using cannabis is illegal and can lead to a fine, driving ban or prison

Resource 3: Pupil fact sheets

KS2 YEAR 5-6 LESSON 1

Cocaine

Cocaine is an illegal drug. It is derived from the leaves of the coca plant. It comes as a white powder (coke) and is snorted through the nose or in small rocks ('crack cocaine') which are smoked.

Effects

- Can make someone feel happy and excited, alert and wide awake, confident and chatty or more animated
- Someone may feel restless or unable to relax
- Overconfidence and arrogance
- Increase heart rate (makes the heart beat faster)
- Raises body temperature, so someone might feel hot

Risks

- Sickness
- Anxiety and panic
- Regular use can lead to depression and/or paranoia and other mental health issues
- Can be fatal - risk of heart attack or stroke and increased risk for people with heart conditions
- Snorting causes damage to the nose and smoking causes breathing problems and chest pains
- Addictive - people can become dependent on cocaine (they feel they need it all the time)
- Increased risks to personal safety as may be more likely to do something dangerous

Lowis

- Cocaine is illegal to possess, give away or sell (class A)
- Possessing cocaine can mean up to 7 years in prison, an unlimited fine or both, and a criminal record¹
- Supplying (selling or giving away) cocaine, even to friends, can mean up to life in prison, an unlimited fine or both
- Driving after using cocaine is illegal and can lead to a fine, driving ban or prison

¹Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).

E-cigarettes (Vapes)

Using an e-cigarette is known as vaping. An e-cigarette is a device that allows someone to inhale vapour (rather than smoke). They work by heating a liquid that contains chemicals and some (but not all) contain nicotine. There are different types: some look like cigarettes, a small tube or pen and others are small pots of liquid.

Effects	Risks	Lowis
- E-cigarettes often contain nicotine which raises blood pressure and increases heart rate - When nicotine enters the body it can make people feel relaxed and calm, or increase alertness depending upon how the person is feeling beforehand - Cravings for nicotine can make someone feel anxious or irritable - When combined with face-to-face support from a <i>smoking cessation or medical</i>	- E-cigarettes are not risk free, and more research is needed to understand any potential long-term harms, but use carries less risk than smoking cigarettes - Although e-cigarettes don't contain tobacco or produce carbon monoxide (two of the most damaging elements in tobacco smoke) the liquid and vapour do contain potentially harmful chemicals (although in much lower levels than cigarettes). - E-cigarettes contain nicotine which is	- Someone must be aged 18 years and over to buy e-cigarettes - it's illegal for an adult to buy e-cigarettes for someone under the age of age 18 - Vaping is not allowed on buses, planes, trains or at train stations - It is up to the owner of other public <i>in line with the law. It is not allowed to allow the law</i>

Resource 3: Pupil fact sheets

KS2 YEAR 5-6 LESSON 1

MDMA (Ecstasy)

An illegal drug that usually comes in pills or tablets, a powder or white / grey crystals. It is swallowed, dabbed onto gums or sometimes snorted through the nose.

Effects	Lowis
- Can make people feel happy and chatty, energised and alert - Can make people feel confident and sociable - Feelings and surroundings, or music or colours can become more intense - Raises body temperature - Increases heart rate - Some people feel tingles or tightening of muscles	- MDMA is illegal to have, give away or sell (class A) - Possessing MDMA can mean up to 7 years in prison, an unlimited fine or both, and a criminal record* - Supplying (selling or giving away) MDMA, even to friends, can mean life in prison, an unlimited fine or both - Driving after using MDMA is illegal and can lead to a fine, driving ban or prison <i>Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).</i>

- Risks**
- Difficult to know what is in the drug – it may be 'mixed' with other dangerous drugs or chemicals
 - Difficult to know how strong the drug is or how much the drug will affect someone
 - Sickness
 - Can cause anxiety, confusion, panic or paranoia
 - Body dangerously overheats or dehydrates – can be fatal
 - This can also lead to accidents where people try to cool down or drink too much water to rehydrate

- Liver, kidney and heart problems (people with asthma, epilepsy or heart conditions can have a dangerous reaction)
- People can become dependent or want to take more to get more of a 'buzz'
- Long term use, when used in higher amounts can cause memory problems or depression
- Increased chance of colds and sore throats
- Injury or accidents – dangerous to drive or operate machinery after using MDMA

Nitrous Oxide

A colourless gas that is stored in a small metal canister and inhaled, sometimes from balloons. It is also called laughing gas or balloons.

Effects	Lowis
- Feelings of calm and relaxation - Euphoria (extreme happiness) - Giggles and laughter - Dizziness - Slows down the brain and the body's responses	- Nitrous oxide is illegal to give away or sell but there is no penalty for possessing the drug (Psychoactive Substance Act, 2016) - Supplying (selling or giving away) or producing nitrous oxide can lead to 7 years in prison, an unlimited fine or both and a criminal record - Driving after using nitrous oxide is illegal and can lead to a fine, driving ban or prison <i>Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).</i>

- Risks**
- Severe headache or feeling sick
 - Inability to 'think straight'
 - Risk of accidents from dizziness, from taking too much or using it in a dangerous place
 - Short but intense feelings of paranoia
 - Lack of oxygen - inability to breathe properly
 - Fainting or unconsciousness

Resource 3: Pupil fact sheets

Speed (amphetamine)

An illegal drug. It usually comes in an off-white or pink powder that sometimes looks like small crystals, which is dabbed onto gums, snorted or swallowed.

KS2 YEAR 5-6 LESSON 1

Effects	Lowis
- It can make people feel excited, alert and energised or wide awake for long periods of time - Some people can become very chatty or talkative - Some people can feel agitated, irritated or aggressive - It can reduce appetite - Speeds up the heart rate	- Speed is illegal to possess, give away or sell (class B) - Possessing speed can mean up to 5 years in prison, an unlimited fine or both, and a criminal record* - Supplying (selling or giving away) speed, even to friends, can mean up to 14 years in prison, an unlimited fine or both - Driving after using speed is illegal and can lead to a fine, driving ban or prison <i>Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).</i>

- Risks**
- Difficulties sleeping or relaxing
 - It can cause confusion, anxiety or panic
 - Increases mental health problems
 - It puts a strain on the heart leading to high blood pressure or heart problems and heart attack
 - Using speed regularly can lead to problems with learning and concentration
 - For days after use people can feel very tired, lethargic, sad or depressed

- Taking a lot can affect the immune system so there is an increased risk of colds and flu
- In high doses it can create hallucinations – seeing or hearing things that are not really there
- Regular use can make someone feel dependent on the drug, meaning they want more
- It may be 'mixed' with other dangerous drugs or chemicals which may be unknown
- Injury or accidents – dangerous to drive or operate machinery after using the drug

References: www.bbc.com

Resource 3: Pupil fact sheets

KS2 YEAR 5-6 LESSON 1

Tobacco (cigarettes, shisha)

Tobacco is a plant. The leaves are dried and shredded and sold as factory-made cigarettes, rolled tobacco (roll-ups) or shisha which is smoked through a water pipe (hookah). The drug in tobacco is nicotine, but cigarettes also contain other chemicals that harm the body.

Risks

- Sickness and dizziness (particularly for first time smokers)
- Breath, hair and clothes smell
- Nicotine in tobacco is addictive
- Increased anxiety, tension, irritability and possibly depression over time
- Tar in tobacco smoke can lead to stained teeth and nails
- Stops oxygen getting to the skin which can lead to a dull complexion and premature ageing (wrinkles)
- Tobacco smoke contains harmful chemicals which damage most of the body's organs and can lead to long term or life threatening disease (such as lung disease, heart disease, diabetes and different types of cancer)

- Second-hand smoke means other people are also at risk of these diseases (particularly children as they have less developed lungs, airways and immune systems).
- Causes weak and brittle bones (arthritis)
- Reduces fertility (ability to make a baby) in both men and women
- If a pregnant woman smokes it can harm the unborn baby
- If Shisha is smoked, more smoke is inhaled (so, smoking shisha for 20- minutes is equivalent to smoking approximately 25 cigarettes)
- Risk of accidental fire

Effects

- Contains nicotine which raises heart rate and blood pressure
- Many smokers believe that smoking helps them relax but nicotine interferes with the chemicals in the brain meaning when they haven't smoked for a while they have a craving to do so. They may feel irritable and anxious until they can smoke. These feelings are temporarily relieved when they smoke again

Laws

- It is illegal to smoke in all public enclosed areas and workplaces (including restaurants, bars and pubs or vehicles used for work purposes)
- Smoking in a car with someone under the age of 18 is against the law*
- It is illegal for shops to sell cigarettes to anyone under the age of 18
- It is illegal for an adult to buy cigarettes for someone under the age of 18

*Not currently illegal in Northern Ireland

References: www.talktofrank.com www.nhs.uk/smokefree www.nhs.uk/live-well

Resource 4: Drug and risk scenarios

KS2 YEAR 5-6 LESSON 2

Scenario	Is the risk high, medium or lower? Why?
Jim, 51, drinks four pints of beer most days of the week. 	high medium lower
Jenny's cousin Jay says he has got some cannabis for them to try and it will be fun. They are 17.	high medium lower
Indie, 15, is having meal with their family to celebrate Gran's birthday. Indie's mum says that Indie can have a small glass of wine. 	high medium lower
Dawn, 45, has smoked cigarettes for 25 years. Dawn has decided to stop smoking cigarettes and try e-cigarettes instead. 	high medium lower
At a party, Alba, 19, buys a tablet from someone, because they have heard it will help them have an even better time.	high medium lower
Mo, 14, skips breakfast every day and drinks three cans of energy drinks on the way to school instead. 	high medium lower
Shanise, 16, meets up with friends by the canal. She notices some of them are inhaling something from a cannister.	high medium lower

Resource 4a: Drug and risk scenarios — support

KS2 YEAR 5-6 LESSON 2

Scenario	Identify who is involved	Identify the drug (may be 'unknown')	Identify at least one potential risk
Jim, 51, drinks four pints of beer most days of the week. 			
Jenny's cousin Jay says he has got some cannabis for them to try and it will be fun. They are 17.			
Indie, 15, is having meal with their family to celebrate Gran's birthday. Indie's mum says that Indie can have a small glass of wine. 			
Dawn, 45, has smoked cigarettes for 25 years. Dawn has decided to stop smoking cigarettes and try e-cigarettes instead. 			
At a party, Alba, 19, buys a tablet from someone, because they have heard it will help them have an even better time.			
Mo, 14, skips breakfast every day and drinks three cans of energy drinks on the way to school instead. 			
Shanise, 16, meets up with friends by the canal. She notices some of them are inhaling something from a cannister.			