

Age appropriate drug, alcohol and tobacco education

3-6 years	7-10 years	11-14 years	15 years and over
<p>Knowledge</p> <ul style="list-style-type: none"> • The importance of rules- e.g. safety rules like crossing the road • Drugs as medicines • Household products and the fact that these can be harmful if not used appropriately • Ways of keeping safe • Who can help us stay safe and healthy? 	<p>Knowledge</p> <ul style="list-style-type: none"> • Rules and laws - how are they made and enforced • Taking part in and changing rules e.g. ground rules • Effects on the human body of tobacco, alcohol and other substances of which they may be aware • The benefits of healthy lifestyles - exercise, healthy eating and the benefits for mental health • How to make informed choices • Importance of hygiene to keep us healthy- bacteria and viruses • Legal and illegal status of commonly available • The effects of substances on the body • Influences over behaviour - including people they know • Basic techniques for resisting pressure • Where to get help and 	<p>Knowledge</p> <ul style="list-style-type: none"> • Keeping healthy and what influences health, including the media e.g. images of alcohol use • Importance of good relationships for health • How the misuse of alcohol, tobacco, solvents, cannabis, nitrous oxide and other drugs more commonly used by young people in Bristol affects health. You may use your Pupil Voice survey results and talk to your school's drug worker to identify these. Young people are likely to come into direct contact with substances at this age so it will be appropriate to broaden the range of substances considered. Basic rules and laws about misusing substances, including prescribed and over the counter medicines 	<p>Knowledge</p> <p>Legal and human rights and responsibilities including the role of the criminal justice system in drug, alcohol and tobacco laws</p> <ul style="list-style-type: none"> • Long and short term consequences of decisions relation to personal health • Effects of drugs and alcohol on the body • Health risks relating to substance use e.g. the links with risky sexual activity • Organisations offering support • Where to find information about drugs

	<p>support: at school, at home and outside</p> <ul style="list-style-type: none"> • Where to find information about drugs 	<ul style="list-style-type: none"> • Emergency first aid and where to get help • Where to find information about drugs. 	
<p>Skills</p> <ul style="list-style-type: none"> • Sharing opinions and explaining views • How to recognise, name and deal with their feelings in a positive way • Understanding choice and the difference between right and wrong • Making choices to improve health and wellbeing • Taking responsibility • Asking for help 	<p>Skills</p> <ul style="list-style-type: none"> • Sharing opinions and explaining views • Understanding why different rules apply in different situations • Recognising and responding to different risks 	<p>Skills</p> <ul style="list-style-type: none"> • Finding relevant information • Managing risks • Recognising pressure from others and effective ways of resisting. • Stereotyping and challenging societal norms regarding young people and drug and alcohol use e.g. most young people do not use drugs. • Confident communication 	<p>Skills</p> <ul style="list-style-type: none"> • Research skills • Recognising and managing pressure from others • Finding sources of help • Assertiveness skills to resist pressure • Seeking help and advice • Coping with medical emergencies • Considering other people's experiences • Participate in local community activity to reduce drug and alcohol use
<p>Attitudes</p> <ul style="list-style-type: none"> • Simple debates • Feeling positive about themselves • Considering social and moral dilemmas e.g. attitudes to smoking 	<p>Attitudes</p> <ul style="list-style-type: none"> • Recognise their worth by recognising positive things about themselves, recognising achievements, seeing their mistakes and making amends, setting personal goals • Taking responsibility • Considering social norms 	<p>Attitudes</p> <ul style="list-style-type: none"> • Empathy • Social norms and moral dilemmas 	<p>Attitudes</p> <ul style="list-style-type: none"> • Attitudes towards law and role of criminal justice system regarding drugs in the UK and elsewhere • Research topical social, moral, cultural issues • Social norms and moral dilemmas

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