



What I should already know:

- Medicine should be kept out of the reach of children.
- Medicines are clearly labelled with instructions on where they should be stored.
- Medicine should be kept in a locked or high cupboard.
- You should only take medicine that is prescribed to you by your doctor.
- You should only take the dosage agreed by your doctor.
- We should never except something unlabelled from a person we do not know.



By the end of this unit:

- Begin to understand that there are a variety of substances that could be classed as drugs that are used in everyday life
- Begin to understand the harmful effects alcohol can have on different parts of the body
- Begin to understand the effects of tobacco on the body and lifestyle
- Begin to develop strategies for dealing with peer influences and pressure

Key Facts at the end of the unit:

- Not all drugs are bad for you.
- Some medicines are used to make us feel better.
- Drinking too much alcohol can damage your organs.
- Smoking too much can turn your teeth and fingernails yellow.

Vocabulary

Alcohol	Is a liquid that is in beer, wine and spirits. It is a drug that changes the way you feel by changing the way the brain sends and receives messages to the rest of the body
Drugs	A drug is a chemical that is not food that affects your body. Some drugs can make you healthy, others are dangerous and can have a harmful affect on your health.
Human Body	Is made up of a head, neck, torso, two arms, and two legs.
Lifestyle	The way in which a person lives.
Medicine	Liquid or tablets used to prevent, cure or relieve a disease.
Nicotine	Is a highly addictive substance that is found in tobacco. It is quickly absorbed into the bloodstream when smoked,
Organs	Recognisable structures in the body that work together to keep us alive e.g. heart, liver, kidney, brain etc.
Peer pressure	Positive or negative influence from your peers (somebody on the same level as you)
Tobacco	Is a plant that can be smoked in cigarettes, pipes or cigars.