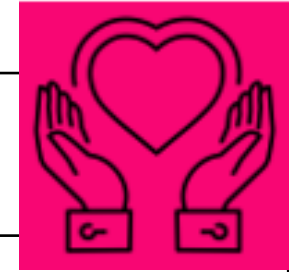




Objectives and Sticky Knowledge



Previous Knowledge Recap:

Know that there are risks associated with legal and illegal harmful substances, including: smoking, alcohol use and drug-taking
 Know that it is important to recognise who to trust and who not to trust and to be able to judge when a friendship is making you feel unhappy or uncomfortable

Land Objectives/ Sticky Knowledge

Identify what is a risky choice	Identify the risks associated with alcohol (+ drugs)	Describe how alcohol can affect your immediate and future health	Develop and recognise skills and strategies to keep safe
<ul style="list-style-type: none"> • Know that when you make a decision, you choose what should be done or which is the best choice to make • Know that if an action or activity is risky, it is dangerous or likely to fail • Know how to identify the safe and risky choices 	<ul style="list-style-type: none"> • Drinking alcohol underage has real risks: <ul style="list-style-type: none"> - It is linked to alcohol poisoning and hospital admissions for young people - It can affect success at school - It can affect mental health - It can encourage other risky behaviour like smoking and drug taking too • Know that you must be 18 to drink alcohol • Know that it is illegal to sell alcohol to anyone under 18 	<ul style="list-style-type: none"> • Know that alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works • Know that alcohol irritates your digestive system and makes your stomach produce more acid than usual • Know that alcohol poisoning can be very serious and can cause young people with developing bodies to become very ill 	<ul style="list-style-type: none"> • Know the importance of self-care and how to look after yourself physically, mentally, emotionally, spiritually and socially • Know the 'Best 6 Doctors' (Sunshine, Water, Rest, Air, Exercise and Diet) • Choose healthy relationships • Talk to a trusted adult and/or friend if you are worried about something or feel the need to take alcohol or drugs • Know that it takes strength to ask for help

Sea:

Links with 'Sustainability':

Links with CST and CKA Values Crown:



Year 6 PSHE Lent 1 Knowledge Organiser

Keeping / Staying Healthy - Alcohol

Key Vocabulary

I will learn the following new words/phrases:

Alcohol	A chemical called ethanol that is found in alcoholic drinks.
Ethanol	A chemical compound that is a type of alcohol.
Fermentation	A chemical change that happens in vegetable and animal substances.
Unit	A way to tell how strong your drink is.
Legal age limit	An age under or over which something can or cannot be done.
Alcohol poisoning	When a person drinks a toxic amount of alcohol.
Extension Lesson Vocabulary	
Cannabis	A drug that comes from a plant.
Illegal drugs	Drugs which a person is not allowed to own or use.
Mental illness	Health conditions involving changes in thinking, emotion or behaviour.
Criminal offence	The act of breaking a law or rule or doing something wrong.
Substances	The material, or matter, of which something is made.

Key Facts

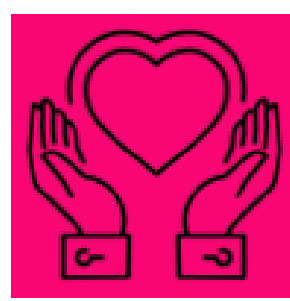
- There are associated risks with legal and illegal harmful substances, such as smoking, alcohol use and drug-taking
- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

By the end of this topic, I should:

- identify what is a risky choice
- identify the risks associated with alcohol (+ drugs - extension)
- describe how alcohol can affect your immediate and future health
- develop and recognise skills and strategies to keep safe

Ask me a question!

- What affects can alcohol have on your body?
- If you or anyone you know is struggling with a mental health issue, what could you do?
- Extension lesson question - what affects can drugs have on your body?



It is illegal to sell alcoholic products to anyone under the age of 18

Sky objectives:

1. Children take responsibility for their emotions and actions, can recognise and discuss the feelings behind these and reflect on how they want to respond in the future.
2. Children recognise healthy relationships and what to do when a relationship becomes unhealthy.
3. Children know that to act responsibly helps to ensure the safety of themselves, others and the wider world.