

Key Content

Identify things/people and places I need to keep myself safe from

Understand household substances can be harmful if not used correctly

Know what my knowledge and attitude is towards drugs

Understand how exercise affects my body and understand why and how to take care of my body

Key Vocabulary

Knowledge

Key Questions

Anxious	Feeling or showing worry, nervousness or concern about something.
Appreciate	Recognise the full worth of something.
Attitude	A way of thinking or feeling about something.
Calories	A unit of energy used in food/nutrition.
Choice	An act of choosing between two or more possibilities.
Complex	Consisting of many different and connected parts.
Drugs	A medicine or other substance which has an affect on the body and/or mind..
Fat (and saturated fat)	A fuel source and way of storing energy in the body.
Harmful	Causing pain or distress.
Oxygen	A colourless, odourless gas.
Risk	A situation involving an exposure to danger.
Safe	Protected from or not exposed to danger.
Scared	To be fearful or frightened.

Alcohol and Cigarettes

A drug is a substance that people take to change the way they think, feel or behave. Medicines are drugs. Drugs can be helpful or harmful. There is a drug inside beer, wine and spirits (alcohol). Nicotine is in cigarettes. The tar from cigarettes can stick in people's lungs. Cigarettes can also stain people's teeth and fingernails. Alcohol and cigarettes can only be sold to people aged 18 or over.



Substances in the home

Chemicals can be found in the kitchen, bathroom, laundry and garage.

Harmful chemicals include:

- cleaning products like (bleach and soap)
- medicines
- weed killer
- rat bait, snail bait and fly spray
- paint
- turpentine or methylated spirits
- cigarettes and alcohol
- pool chemicals



- How does exercise affect your body?
- What do your heart and lungs do?
- What drugs do you know about and how do you feel about them?
- How does it feel to be safe/unsafe?
- How do I look after my body?
- How do you recognise harmful substances in the home?



Hello
I'm Jigsaw Jino

