



DARA

Drug, Alcohol & Relationship Awareness



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Why do we need
drugs education in
schools?

Purpose of Drug Education

The purpose of drug education is to provide opportunities for all children to develop their (Age appropriate)

- Knowledge
- Understanding
- Skills
- Attitudes
- Emotional resilience
- Emotional health and well being

For children to have an understanding about all drugs and appreciate the benefits of healthy lifestyle, relating this to their own and others' actions. **(DfES Guidance)**

The Value of Drug Education

Drug education is an entitlement for all children and is supported by **Section 351 of the Education Act 1996**. It requires every primary school to provide a **balanced** and **age appropriate** curriculum which:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- Prepares pupils at the school for the opportunities, responsibilities and experiences of life

The Evidence Base

- Research shows that the most effective models of drug education have a role in reducing the risks associated with drug use.
- National Institute for Health and Clinical Excellence (NICE) supports school based interventions. Indications show effective preventative drugs education in primaries can delay the onset of **tobacco, alcohol** and **cannabis**.
- Effective drug education programmes should include the following:
 - Address knowledge, skills and attitudes
 - Preventative age appropriate messages
 - Provide developmentally appropriate and sensitive information
 - Challenge misconceptions that children may hold about the norms of their peers' behaviour and their friends
- Children who do not receive age appropriate drug education in their primary years are more vulnerable to the misuse of substances within their transition into High School.

Ofsted Recommendations

The revised Ofsted Framework and Evaluation Schedules set out the general principles, guidance and grade descriptors that will be used by inspectors as they make Judgements and report under section 5 of the Education Act from January 2012.

PSHE education teaching is expected to meet the same high standards required by Ofsted of all subjects and teaching.

This will include taking account of different groups of pupils':

- Understanding of the dangers of smoking, drug taking, use of alcohol, sexual health risks and the factors which may lead to mental or emotional difficulties, such as peer pressure and work / life balance.

and their

- Responses to personal, social, health and economic (PSHE) education and other aspects of the curriculum.


Every Child Matters: Change for Children

The role of schools in promoting pupils' health is also to be supported through Strengthening the National Healthy Schools Programme.

In particular, when conducting drug education, schools should recognise that as children grow up and become increasingly aware of health related matters they can be supported to take on additional responsibility for their own health and wellbeing.

The Children Act 2004 required all those who work with children and young people to Work towards five outcomes, as described in ***Every Child Matters: Change for Children***.

1. Being healthy
2. Staying safe
3. Enjoying and achieving
4. Making a positive contribution
5. Achieving economic well-being



Home

Year 1

Year 4

Year 2

Year 5

Year 3

Year 6

The Christopher Winter Project

Teaching Drug and Alcohol
Education with Confidence
in Primary Schools

Context

Help

CWP Drug & Alcohol Education Curriculum Overview

Year 1

Year 4

Year 2

Year 5

Year 3

Year 6

Year 1 Medicines and People Who Help Us

Lesson 1: Staying Healthy

Lesson 2: Medicines

Lesson 3: Who gives us medicines?

Year 2 Keeping Safe

Lesson 1: Risk

Lesson 2: Hazardous Substances

Lesson 3: Safety Rules

Year 3 Smoking

Lesson 1: Why People Smoke

Lesson 2: Physical Effects of Smoking

Lesson 3: Smoking and Society

Year 4 Alcohol

Lesson 1: Effects of Alcohol

Lesson 2: Alcohol and Risk

Lesson 3: Limits to Drinking Alcohol

Year 5 Legal and Illegal Drugs

Lesson 1: Legal and Illegal Drugs

Lesson 2: Attitudes to Drugs

Lesson 3: Peer Pressure

Year 6 Preventing Early Use

Lesson 1: Cannabis

Lesson 2: VSA and Getting Help

Lesson 3: Help, Advice and Support

Legal and Illegal Drugs

Learning Intention

To explore a range of legal and illegal drugs, their risks and effects

Learning Outcomes

To know about a range of legal and illegal drugs

To have some understanding of the effects and risks of illegal drugs

Resources

Blank pieces of paper for draw and write exercise

Paper for graffiti boards

[Drugs Facts Teacher Guide](#)

[Drugs Facts cards](#)

[Anonymous Questions template](#)

Year 5

Lesson 1 - Legal & Illegal drugs

Activities

1. Ground Rules

In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, taking turns, no personal questions); only say things you don't mind people knowing about.

2. Needs Assessment See [Drugs Facts Teacher Guide](#) for additional information.

Give a blank piece of paper to each pupil and ask them to fold it in half and half again to give 4 sections. Read out one statement from the list below and ask the pupils to draw and/or write their response on one section of the paper. Repeat with the other 3 statements. In order to gain a clear understanding of the range of knowledge, ask the class to do this activity individually and in silence.

1. A girl was walking home from schools when she finds a bag of drugs. Draw or write what was in the bag
2. Draw or write about who you think lost the bag
3. Draw or write about what you think the person was going to do with the bag
4. Draw or write about what you would do if you found the bag

Collect the papers and explain that you will discuss their ideas with them in a later lesson.

Year 5

Lesson 1 - Continued

Drugs and Alcohol - Year 5 - Lesson 1.pdf (SECURED) - Adobe Reader

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Lesson 1 : continued **Year 5**

Legal and Illegal Drugs

5. Effects and Risks
Using the [Drugs Facts cards](#), select the cards which mirror the range of drugs pupils have raised in activities 2, 3 and 4. Discard the cards that represent drugs that have not been discussed. Note that answer cards are included in the pack. These should be removed and revealed later in the exercise. Explain that the group are going to think more about the effects and risks of some of the drugs they have mentioned. In groups, give each group a pack of cards. Ask the group to match the drug name to the picture card (Task 1). They should then match the effects and risks cards to the existing cards, (Task 2). Share the correct answers with the class. Ask the children if there were any surprises, similarities or differences between the effects and risks cards.

6. Reflect and review
Using the [Anonymous Questions template](#) ask the class to complete the sentence: *After the lesson I wanted to know ...* This can be any question that they may have about drugs that they feel has not been covered in the session. Reassure the class that if they haven't got a question, they can leave it blank. The questions should be placed in the box at the front of the classroom and they will be answered in the next lesson.

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Year 5

Lesson 1 - Continued

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Lesson 1 : continued Year 5

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What can you do?

- Educate yourselves.
- Talk to your children, about drugs, use tv/news to start simple age appropriate discussions.
- Be good role models.
- Listen to them, know what they are watching.



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