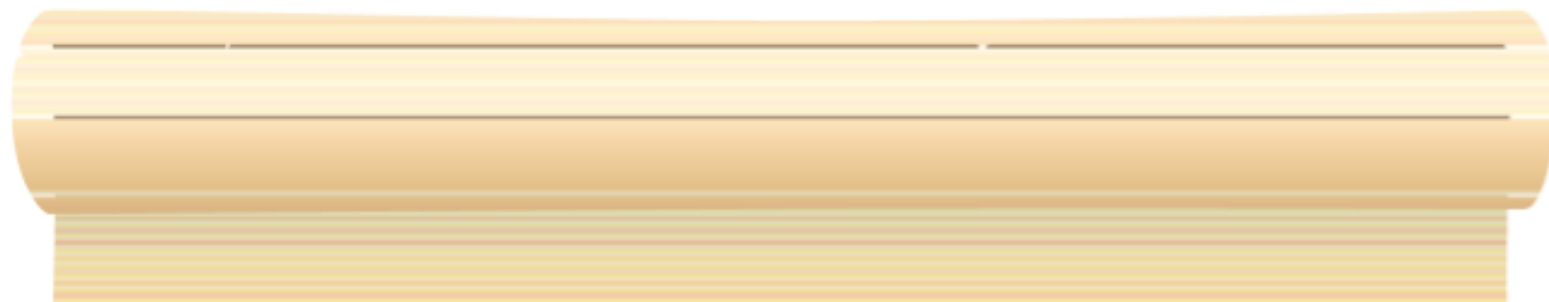




Weekly Celebration 2

This week we are celebrating people in our school who:

Have eaten a healthy, balanced diet



PSHE

Our unit is 'Healthy me'

- One way in which we can stay healthy is by avoiding things which are known to be unhealthy for us.
- What kinds of things are unhealthy for us?

What do you understand of the word 'drug'?

Come up with a definition of what you think a drug is.

A Drug:

Any substance which causes physiological and/or psychological changes to occur.

This includes all legal drugs, including alcohol and tobacco, all illegal drugs, volatile substances, and over-the-counter and prescription medicines, as well as substances contained in food and drinks (e.g. caffeine).

Make a list of all the drugs that you know of:

Have any categories appeared of type of drugs?

Types of Drug

1. Unrestricted: anyone can buy these drugs
2. Restricted: there are some rules saying who can buy/use these drugs
3. Prescribed: only a doctor can legally give these drugs
4. Illegal: these drugs can **ONLY** be bought/used illegally

Why do you think some drugs are legal and some drugs are illegal?

Place the drugs that you came up with into the category that you think they belong in:

Types of Drug

1. Unrestricted: anyone can buy these drugs
2. Restricted: there are some rules saying who can buy/use these drugs
3. Prescribed: only a doctor can legally give these drugs
4. Illegal: these drugs can **ONLY** be bought/used illegally

What do you think about drugs?

- Should they all be legal/illegal?
- Why do you think people take them when they know about the harm they cause?

What possible things can people do to try and make themselves feel better, without taking drugs?

1. Complete the worksheet on the school website about drug types and their effects (research).

2. Create a poster/powerpoint for all the ways in which someone could help make themselves to feel better without taking drugs