

Health and Wellbeing: How can drugs common to everyday life affect health?

PSHE

Year 5: Summer 1

Sticky Knowledge

What is a legal drug?
 What is an illegal drug?
 A: Drugs are chemicals that change the way a person's body works. Medicines, caffeine, alcohol and tobacco are legal drugs.

What is a legal drug?
 What is an illegal drug?
 A: Drugs are chemicals that change the way a person's body works. Medicines, caffeine, alcohol and tobacco are legal drugs.

Name 3 common everyday drugs.

A: Caffeine, nicotine, paracetamol, (Calpol), inhalers.

What do I do if I am worried or concerned about drugs and people taking them?

A: Tell a trusted adult at home, school or masjid.



British Value Link:



Key Vocabulary

Vocabulary	Definition
drugs	a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
nicotine	a toxic colourless or yellowish oily liquid which is the chief active constituent of tobacco.
alcohol	a colourless volatile flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks, and is also used as an industrial solvent and as fuel.
caffeine	an alkaloid compound which is found especially in tea and coffee plants and is a stimulant of the central nervous system.
medicine	a drug or other preparation for the treatment or prevention of disease.
legal	permitted by law
illegal	contrary to or forbidden by law, especially criminal law.