

**What we already know:**

- Water and fire safety

**Health and Wellbeing.  
Y8 cycle A- PHSE: Personal safety**

**What's next?**

- Being assertive towards passive and aggressive peer pressure

**PHSE Golden Concepts**

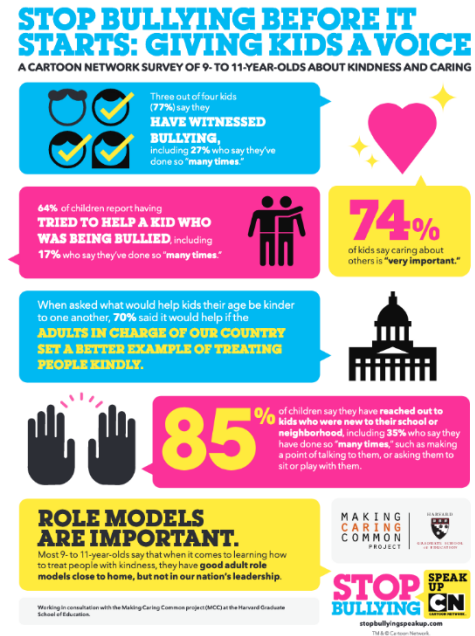
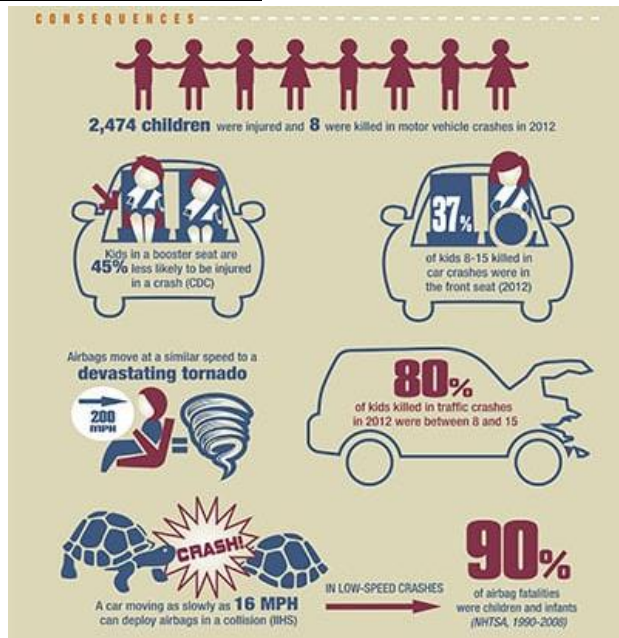
Respect	Safety	Communication	Health	Relationships
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**Key Vocabulary**

Pedestrian	A person who is walking
Peer pressure	Other people encouraging you to do something
Safety	Preventing harm or injury
Personal	What belongs to me, my choices, emotions,
Guidelines	Rules we should follow in situations

**What I will know by the end of the unit:  
Keeping ourselves safe when using public transport and when bullying occurs**

<p><b>Physical Safety</b>                  Travel Safety: Tips for staying safe while traveling to and from school, including using public transportation and walking.                  Road Safety: Importance of pedestrian and cycling safety, understanding traffic signals, and wearing helmets.                  Home Safety: Basic guidelines for staying safe at home, including fire safety, dealing with strangers, and emergency contacts.                  Personal Boundaries: Understanding and maintaining personal space, recognizing inappropriate behaviour, and knowing how to seek help.</p>
<p><b>Bullying and Peer Pressure</b>                  Recognizing Bullying: Types of bullying (physical, verbal, cyber), signs of being bullied, and effects of bullying.                  Dealing with Bullying: Strategies for responding to and reporting bullying, and supporting peers who are bullied.                  Understanding Peer Pressure: Recognizing peer pressure and strategies for resisting negative influences.</p>



- What we already know:**
- Legal and illegal substances

## Health and Wellbeing. Y8 cycle A- PHSE: Drugs and alcohol misuse

- What's next?**
- How drugs and alcohol links to Mental health issues.

### PHSE Golden Concepts

Respect	Safety	Communication	Health	Relationships
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#### Key Vocabulary

Effects	What happens after taking drugs and alcohol
Misuse	Not using it correctly or too often
Common	Popular, many people do this
Peer pressure	When others are encouraging us to do something
Informed choices	Deciding what our choice is after knowing the facts
Refusal	Saying no to doing something

## What I will know by the end of the unit: Why, how and effects of the misuse of drugs and alcohol

#### Understanding the Effects

**Short-term Effects:** Immediate physical and psychological effects of drugs and alcohol on the body and mind (e.g., euphoria, dizziness, impaired judgment).  
**Long-term Effects:** Potential long-term health consequences (e.g., addiction, liver damage, mental health issues).

#### Risks and Consequences

**Health Risks:** Detailed description of the health risks associated with drug and alcohol use, including addiction, overdose, and chronic diseases.  
**Legal Consequences:** Information about the legal implications of drug and alcohol use, including age restrictions and potential legal penalties.  
**Social Consequences:** Impact on relationships, academic performance, and future opportunities.

#### Recognizing Misuse

**Signs of Misuse:** Common signs that someone may be misusing drugs or alcohol (e.g., changes in behavior, physical appearance, withdrawal from activities).  
**Understanding Addiction:** Basic explanation of addiction, how it develops, and its impact on the individual and their loved ones.

#### Prevention and Refusal Skills

**Making Informed Choices:** Importance of making informed decisions and understanding the consequences of substance use.  
**Refusal Strategies:** Practical tips and scenarios for saying no to drugs and alcohol, including peer pressure resistance techniques.  
**Healthy Alternatives:** Suggestions for healthy and positive activities that can replace the temptation to use substances (e.g., sports, hobbies, social clubs).

