

# The Character Curriculum

Flourishing for Life



<p><b>Y4: Harmful substances</b> L2 - What are the risks?</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- Identify the risks of smoking, alcohol use and drug taking.</li> </ul>	<p><b>Key vocabulary:</b> Advertisements, marketing, harmful, consequences, side effects, habits, addictive, misuse <b>Key virtues:</b> Critical thinking, confidence, integrity</p>
<p><b>Resources:</b></p> <p>PowerPoint</p> <p>Examples of alcohol and cigarette advertisements (teacher to provide)</p> <p>Diamond 9 cards – consequences of alcohol (resource 2)</p> <p>Diamond 9 cards – consequences of smoking (resource 3)</p>	<p><b>Statutory links:</b> Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> <li>- The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</li> </ul>	

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Key questions:	Learning activities:
<p>Why might people take cigarettes, alcohol and illegal drugs?</p>	<p><b>Starter:</b> Why might people smoke, drink or take drugs?</p>
<p>What is the role of advertising in convincing people to take alcohol and tobacco?</p>	<p>Thinking about cigarettes, alcohol and illegal drugs, what are all of the different reasons that people might take them?</p>
<p>What are the consequences of taking alcohol and tobacco?</p>	<p>You might want to look at some advertisements for cigarettes and alcohol – what messages are the advertisements sending?</p>
<p>Why do people, who know the negative effects, still take cigarettes, alcohol or illegal drugs?</p>	<p><b>Activity 1:</b> Diamond 9</p>
<p>Where can you get help if you, or someone you know, wants to stop cigarettes, alcohol or drugs?</p>	<p>Divide the class into two groups: give one half the Diamond 9 relating to alcohol and one group the Diamond 9 relating to cigarettes.</p>
	<p>Ask each pair or group to rank the effects of cigarettes and alcohol from most serious to least serious. Ask them to justify their choices.</p>
	<p>Ask each group with alcohol to present their answers to a group who did cigarettes and then swap.</p>
	<p><b>Activity 2:</b> Habits</p>
	<p>Most people who smoke, drink too much alcohol or take illegal drugs know about the negative side effects but still take them.</p>
	<p>Why? Habits can be very hard to change.</p>
	<p>Cigarettes, alcohol and drugs all contain addictive properties that mean that people can find it almost impossible to quit. If this is the case, they need to seek professional help from their doctor.</p>
	<p>What virtues do we need to develop to avoid cigarettes and misusing alcohol?</p>
	<p><b>Plenary:</b> Getting help</p>
	<p>It is never too late to make positive changes and stop harmful habits. If someone you know wants help to stop using cigarettes, alcohol or drugs, where can you go?</p>