

Caroline Haslett Primary School

PSHE	Year 2	Say No!
Knowledge - what I already know	Vocabulary	
<ul style="list-style-type: none"> • To know that some things can be dangerous • To know that we take medicine to make us better 	<ul style="list-style-type: none"> • Alcohol - a clear liquid that affects someone physically & mentally • Bullying - causing pain and upset to someone deliberately • Cigarette - a tube of thin paper containing tobacco for smoking • Damage - harm or injury • Dangerous - likely to cause harm and is unsafe • Deliberate - said or done intentionally • Doctor - some trained to help poorly people • Habit - a behaviour which is repeated • Household - a group of people that live together • Medicine - a drug or substance used to treat pain or illness • Nicotine - a substance in tobacco that makes people addicted • Power - the ability to cause something to happen • Pressure - force placed upon someone or something • Tablet - a small, hard amount of medicine to be swallowed • Threat - make someone feel that something bad is going to happen 	
Knowledge - what I will know by the end of this unit		
<ul style="list-style-type: none"> • To recognise the uses of medicine • To recognise that some household substances are dangerous • I know that smoking is not good for my health • I know some ways that alcohol can affect my health • I can identify some hazards to keep myself safe • I can think of strategies to prevent bullying 		
Activities		
<ul style="list-style-type: none"> • Identify medicines that go inside the body. Is it safe to take medicine when you're not ill? • Sort substances into safe, unsafe and don't know categories • Discuss why people choose to smoke even though they know it's unhealthy. Make a poster about why you shouldn't smoke. • Role play resisting pressure of drinking alcohol • Role play scary situations like wandering off with people we don't know • Discuss how to manage bullying 		
Skills		
<ul style="list-style-type: none"> • Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues • Express some of their positive qualities and identify, name and demonstrate that they can manage feelings. • Make simple choices about some aspects of their health and well being and know ways to keep healthy. • Talk about harmful aspect of some household products and medicines and describe ways of keeping safe in similar situations. • Recognise choices they can make and recognise the difference between right and wrong. • Recognise that bullying is wrong and list some ways that to get help when dealing with it. • Recognise the effect of their behaviour on other people, and cooperate with others 		