# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 2** | **Lesson Number: 2**  **Lesson Heading: How Can Medicines and Alcohol Harm Me?** |
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| **Learning Outcomes:**  Children:   * Recognise that all medicines are drugs but not all drugs are medicines. * That alcohol is a drug that can be dangerous. * That medicines and alcohol have labels on to tell adults how much it is safe to take. | |
| **Links:**  This lesson contributes towards: | |
| **Resources Required for Lesson:**  Shopping bag containing all types of groceries, including:   * Empty Bottles or Cans of Alcohol * Empty Cigarette Packer * Over the Counter Medicine Packets * Items containing Caffeine, such as Tea, Coffee, Chocolate and Coca Cola   Cards with:   * Drugs * No Drugs * Don’t Know | |
| **Beginning:**  □ Refer to ground rules, rewards and sanctions | |
| **Introduction:**  Remind children that “All medicines are drugs, but not all drugs are medicines”. Clarify with children what they understand by this.  **Main Activities:**  Ask each of the children to select an item from the bag and place it on the table marked beside cards: Drugs, No Drugs, Don’t Know, they think is correct. Have a class discussion about where the articles have been placed and move them accordingly.  **Labels:**  Explore with the children what information is on the packets.  Start with an empty grocery packet eg baked beans – what does the label tell us? (Ingredients, how much energy they will give us, if someone was allergic to peanuts it would warn them not to eat it.)  With medicines, remind children that adults can use the label to tell them how much it is safe to give a child.  With alcohol bottle/can show children that is a **% ABV** figure printed on the can. Explain that this tells adults how strong the alcohol is so that they can decide how much it would be safe to drink, because alcohol is a drug and can be very strong.  **Assessment Activity:**  Use Activity Sheet 3 (photocopy in pack) to assess children’s knowledge and understanding of Lesson 1 and 2. | |