

Knowledge Organiser

PSHE including RSE

Year 4 Summer Health & Wellbeing - Keeping safe



- Taking medicines incorrectly or that is not prescribed for you can make you very ill and can be dangerous.
- Tobacco, alcohol and caffeine drinks are drugs and can damage our health.
- All drugs have side effects for example smoke from cigarettes can worsen asthma and lead to lung diseases.
- Many drugs are addictive, the more you have the more you want.
- We use cleaning products to help keep our homes clean.
- Cleaning products contain chemicals that can cause harm if used incorrectly.
- Cleaning products and chemicals should always be kept out of the reach of children.

Vocabulary

drug

Is something that when it goes into our body changes how we think and feel.

medicines

These are legal drugs given to you by a doctor.

addictive

The more you have the more you want.

