



PSHE- Year 3- Drugs, alcohol and tobacco education – tobacco is a drug

Key Vocabulary

1. Drug - a medicine or other substance that has an effect on our bodies
2. Harmful - when something is dangerous for our bodies
3. Risk - when something involves danger
4. Cigarette - a rolled paper with tobacco inside it which people smoke
5. Tobacco - dried leaves which contain the drug nicotine (they are then smoked)
6. Smoking - breathing in and breathing out tobacco
7. Second-hand smoking - when we have the negative effects of smoking caused by someone smoking near to us

Important Questions

What might make someone want to start smoking? Why can it be hard to stop smoking? Are all drugs bad for us?

Key Points I will learn

1. What we mean by a "drug".
2. When a drug can be harmful to us.
3. That tobacco is a type of drug.
4. The effects that smoking has on our bodies.
5. That we can be affected if we are near somebody when they smoke - (second-hand smoking).
5. We have laws about smoking to help us stay healthy.
7. Some things that people can do to help them stop smoking.
8. That it can be hard to stop smoking once a person has started.

