



## Holy Family Halewood

Year 3/4 RSHE  
Theme: Health and Wellbeing  
Topic: Keeping Safe



### Learning Objectives

- To know the importance of taking medicines correctly and using household products safely
- To recognise what is meant by a 'drug'
- To understand that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
- To identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects
- To identify some of the risks associated with drugs common to everyday life
- That for some people using drugs can become a habit which is difficult to break
- How to ask for help or advice
- How to be safe in the sun
- To understand about personal hygiene, the importance of washing hands and how to respect their own bodies

### Key Vocabulary

**Household Product** - Products typically used within a household. This includes cleaning products such as bleach, kitchen/bathroom spray, as well as toiletries and cosmetic products such as soap, shampoo and body lotion. These should be used as per the instructions on the product.

**Medicine** - A drug or remedy that may be prescribed by a health professional or purchased over-the-counter.

**Drug** - Something a person can take to change the way they think, feel or behave.

**Dose** - The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the-counter medicines.

**Health Condition** - A disease, illness, injury or disorder either physical or psychological.

**Allergy** - When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.

**Immune** - Protected from an illness, either because a person has had the illness before or because they have received a vaccine.

**Vaccine** - A medical preparation that protects a person from an illness by making them immune

**Bacteria** - A small organism, some of which can cause infections and/or cause people to feel ill (though not all!)

**Virus** - A small particle that can cause infections and/or cause people to feel ill

### *Sun safety for summer*

