

1decision PSHE Knowledge Organiser

Module: Keeping/Staying Healthy

Topic: Smoking and Adults' & Children's Views



Year
5

Key Facts

- There are risks associated with legal and illegal harmful substances, including: smoking, alcohol use and drug-taking
- It is important to recognise who to trust and who not to trust and to be able to judge when a friendship is making you feel unhappy or uncomfortable

By the end of these topics, I should:

- explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.
- describe how smoking can affect your immediate and future health and wellbeing
- give reasons why someone might start and continue to smoke
- identify and use skills and strategies to resist any pressure to smoke

I will learn the following new words/phrases:

Nicotine	A poisonous substance found in the tobacco plant.
Addictive	Wanting to do or have something as often as possible.
Illegal	Against the law or breaks the rules.
Respiratory system	The organs that are involved in breathing.
Cardiovascular disease	A general term for conditions affecting the heart or blood vessels.
Cigarette	A thin cylinder of finely cut tobacco rolled in paper for smoking.
E-cigarette	A device that has the shape of a cigarette, cigar, or pen and does not contain tobacco.
Tobacco	A plant that can be smoked in cigarettes, pipes, or cigars.

Ask me a question!

- What are the risks of smoking?
- Why do you think people start to smoke?
- Can you name one ingredient of a cigarette?
- What could you do if you or someone you know felt pressured to smoke?