

# WEXHAM COURT PRIMARY SCHOOL

## Drug Education Policy

2018 - 2021



**Date Approved:** Autumn 2018

**Date for Review:** Autumn 2021

**Responsibility:** Pupil Support & Transforming Learning Committee

**Approved By:**

## **WEXHAM COURT PRIMARY SCHOOL**

### **DRUG EDUCATION POLICY**

#### **Introduction**

This policy outlines the aims for the teaching of, and learning about, drugs and their misuse at Wexham Court Primary School.

#### **The definition of a drug**

The term drug is used to refer to any psychotropic. When addressing drug education and the management of incidents and situations involving drugs (including the management of medicines), school drugs policies are recommended to encompass all drugs, which include:

- Volatile (sniffable) substances (eg, petrol, alkyl nitrites, butane, aerosols).
- Over-the-counter and prescription medicines (eg, paracetamol, cough medicines, antibiotics, tranquillisers, steroids).
- Alcohol (eg, wines, spirits and liquors).
- Tobacco (eg, cigarettes and cigars).
- So-called legal drugs, especially the new psychoactive substances.
- Illegal drugs (eg, opium, cannabis, heroin, LSD or ecstasy).

#### **Aims**

Wexham Court Primary School believes that drugs education is most successfully delivered as part of a personal, social and health education curriculum. A drug education programme using fear arousal techniques or simply providing basic information about drug abuse will not of themselves change pupils' behaviour. The most successful education programmes emphasise information and social skills' approaches, such as peer resistance, as well as improvement in self-esteem and self-awareness.

The school, therefore, aims in its drug education programme to:

- Promote and encourage life skills particularly those related to healthy living.
- Employ a range of teaching methods, such as feedback, role-playing and skill rehearsal, discussion and group work, structured games, active learning techniques and the use of outside speakers, in addition to information and knowledge programmes, thereby avoiding fear-raising tactics.

- Build upon previously learned knowledge both formal and gained in the playground and from home.
- Address the pupils' needs at each stage of their development taking account of their background and environment.
- Involve the parents as and when appropriate in our drugs' education programme having regard for parents who take drugs other than on medical prescription or advice.
- Promote self-esteem and help the children to make decisions about their health and development.

Effective drug education enables pupils to:

- Improve their self-esteem and confidence.
- Make informed choices and decisions.
- Develop personal initiative and be able to take responsibility for their actions.
- Recognise personal skills and qualities in themselves and others for coping with external and/or peer group pressures.
- Develop assertiveness in appropriate situations
- Maintain and develop good friendships and relations with adults, including parents and carers.
- Develop the motivation to succeed personally and in the community.

### **Organisation and planning**

The statutory element of drug education is within the national curriculum science orders. This means that at key stage 1, pupils are taught about the role of drugs as medicines. At key stage 2, pupils are taught about the effects on the human body of tobacco, alcohol and other drugs, and how these relate to their personal health.

Wexham Court Primary School has adopted a three-step approach to handling all incidents whether involving illegal, or more likely, legal substances including solvents. If a child is found to be involved with drugs the class teacher will inform the designated safeguarding lead immediately. Each case will be discussed and the outcomes will often involve informing the parents, and then instituting a support programme, involving the police as appropriate.

## **Key stage 1**

### ***Knowledge and understanding***

- School rules relating to medicines.
- Basic information about how the body works and ways of taking care of it.

### ***Looking after the body***

- The role of medicines (both prescribed and over-the-counter) in promoting health and the reasons people use them.
- Understanding that all drugs can be harmful if not used properly.
- Simple safety rules about medicines and other substances used in the home, including solvents.
- Consideration of alcohol and tobacco, their general effects on the body and on behaviour.
- People who are involved with medicines (such as health professionals, pharmacist, shopkeepers).
- People who can help children when they have questions or concerns.

### ***Skills***

- Communicating feelings such as concerns about illness and taking medicines.
- Following simple safety instructions.
- When and how to get help from adults.

### ***Attitudes***

- Valuing one's body and recognising its uniqueness.
- Attitudes towards medicines, health professionals and hospitals.
- Attitudes towards the use of alcohol and cigarettes.
- Responses to media and advertising presentations of medicines, alcohol and smoking.

## **Key stage 2**

### ***Knowledge and understanding***

- School rules relating to medicines, alcohol, tobacco, solvents and illegal drugs.

### ***Looking after the body***

- More detailed information about the body, how it works and how to take care of it.
- Different types of medicines (both prescribed and over-the-counter), legal and illegal drugs including their form, their effects and their associated risks.
- Introduction to the law relating to the use of legal and illegal drugs.
- People who can help children when they have questions or concerns.
- Dangers from handling discarded syringes and needles.

### ***Skills***

- Identifying risks and coping with peer influences.
- Communicating with adults (non-judgemental).
- Decision-making and assertiveness in situations relating to drug use.
- Giving and getting help to other pupils and from adults.
- Safety procedures when using medicines.

### ***Attitudes***

- Valuing oneself and other people.
- Attitudes and beliefs about different drugs and people who may use or misuse them.
- Responses to media and advertising presentations of alcohol, tobacco and other legal drugs.
- Taking responsibility for one's own safety and behaviour.

## **PSHE and Citizenship Key Stage 1**

In developing a healthy, safer lifestyle pupils will be taught:

- How to make simple choices, which improve their health and well-being.
- That all household products, including medicines, can be harmful if not used properly.
- Rules for and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

Pupils' breadth of opportunity will be increased by being taught the knowledge, skills and understanding to meet and talk with people (eg, police officers, the school nurse) who can give help and advice.

## **PSHE and Citizenship Key Stage 2**

In developing a healthy, safer lifestyle pupils will be taught:

- What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.
- That bacteria and viruses can affect health and those following simple, safe routines can reduce their spread.
- Which commonly available substances and drugs are legal and illegal, their effects and risks. To recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable.
- That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong.
- School rules about health and safety, basic emergency aid procedures and where to get help.

Pupils' breadth of opportunity will be increased by being taught the knowledge, skills and understanding to:

- Participate (eg, in the school's decision making process, relating it to democratic structure and processes).

- Make real choices and decisions (eg, about issues affecting their health and well-being such as smoking).
- Meet and talk with people (eg, people who work in the school and neighbourhood, such as community police officers).
- Consider social and moral dilemmas that they come across in life.
- Find information and advice (eg, through help lines).

### **Assessment**

Gathering of information about how pupils are progressing in this area of work will largely be done through informal observation, although some marking of work and formal observation will be involved for the science part of the national curriculum.

### **Equal opportunities**

All children have the right to equal opportunities in drugs education, regardless of their background, race, gender or special educational needs. The school is aware of the need to promote a positive image of drugs education to both girls and boys. All resources are checked to ensure that this equal opportunity policy is reflected in materials available to children.

### **Drugs education and children with special educational needs**

When teaching drugs education, it is essential to provide appropriate learning experiences for the full range of pupils.

Drugs education teaching requires careful planning and sensitivity. For pupils with learning difficulties it is helpful to repeat activities in a range of new situations as they often find it difficult to transfer what they have learnt and need enrichment activities.

### **Review**

The curriculum committee will evaluate the policy and report to the governing body on a regular basis.

Miss N Mehat

Head Teacher

Signed:

Date:

Review date: September 2021