

**THE ALCOHOL EDUCATION TRUST LESSON PLANS MAPPED TO THE GOVERNMENT STATUTORY REQUIREMENTS FOR HEALTH EDUCATION**

	LESSONS					
	1	2	3	4	5	6
<b>Relationships and Sex Education (RSE): Secondary</b>						
How the use of alcohol and drugs can lead to risky sexual behaviour.		X			X	
<b>The Law</b>						
There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions. Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example: substance misuse (82)				X		
<b>Physical health and mental wellbeing</b>						
Emphasis should continue to be given to steps pupils can take to protect and support their own health and wellbeing. They should know that there is a relationship between good physical health and good mental wellbeing and that this can also influence their ability to learn. Teachers should cover self-care, the benefits of physical activity and time spent outdoors. This should be linked to information on the benefits of sufficient sleep, good nutrition and strategies for building resilience. (99)	X	X	X	X	X	X
Pupils should also be taught about problems and challenges. This should include factual information about the prevalence and characteristics of more serious mental and physical health conditions, drugs, alcohol and information about effective interventions. (101)	X	X	X		X	X
Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary: Pupils should know						
<ul style="list-style-type: none"> <li>the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.</li> </ul>	X	X	X		X	X
<ul style="list-style-type: none"> <li>the law relating to the supply and possession of illegal substances.</li> </ul>				X		
<ul style="list-style-type: none"> <li>the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.</li> </ul>		X	X		X	X
<ul style="list-style-type: none"> <li>the physical and psychological consequences of addiction, including alcohol dependency.</li> </ul>		X	X		X	X
<ul style="list-style-type: none"> <li>awareness of the dangers of drugs which are prescribed but still present serious health risks</li> </ul>			X			
<ul style="list-style-type: none"> <li>how to talk about their emotions accurately and sensitively, using appropriate vocabulary</li> </ul>			X	X	X	X
<ul style="list-style-type: none"> <li>how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health</li> </ul>			X	X	X	X
<ul style="list-style-type: none"> <li>that happiness is linked to being connected to others</li> </ul>			X	X	X	X

**THE ALCOHOL EDUCATION TRUST LESSON PLANS MAPPED TO THE PHSE ASSOCIATION PROGRAMME OF STUDY FOR PHSE EDUCATION KEY STAGE 3**

	LESSONS					
	1	2	3	4	5	6
H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing	X		X		X	
H24. to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use	X				X	
H25. strategies to manage a range of influences on drug, alcohol and tobacco use, including peers			X	X	X	X
H26. information about alcohol, nicotine and other legal and illegal substances,		X	X	X	X	X
H27. the personal and social risks and consequences of substance use and misuse including occasional use	X	X	X	X	X	
H28. the law relating to the supply, use and misuse of legal and illegal substances				X	X	
H29. about the concepts of dependence and addiction including awareness of help to overcome addictions		X		X	X	
H30. how to identify risk and manage personal safety in increasingly independent situations, including online			X		X	
R20. to manage the influence of drugs and alcohol on decision-making within relationships and social situations		X	X	X		X
R42. to recognise peer influence and to develop strategies for managing it, including online			X	X		
R43. the role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support			X	X		