



Safety rules

- ☑ Only use own prescribed medicine, don't share with other people or use medicine that is for others
- ☑ Any unused prescribed medicines should be taken to a pharmacy to be disposed of safely
- ☑ Follow the advice in instructions for medicines including that about side effects
- ☑ Wash grazes with water to make sure they're clean
- ☑ If any household products get on the skin, wash the area and let a trusted adult know if it's itchy or sore
- ☑ If any household products get in the eyes, ask a trusted adult for help to wash the product out
- ☑ Tell an adult about any spills from household products such as cleaning products to make sure it is cleaned up
- ☑ If a product has a hazard label on it, let adults use it and leave it alone

Types of medicines

Inhalers
Can be used with a spacer to relieve asthma symptoms or prevent attacks

Tablets or pills
A range of medicines can be in tablet form including pain killers and prescribed medicines

Insulin pens
Can be used to manage diabetes to help the body use sugar for energy

Liquid medicines
A range of medicines can be in liquid form including pain killers and prescribed medicines

Bath oils
Can be used to manage skin conditions such as eczema

Ear drops
Can be used to relieve earache or loosen ear wax

Skin creams
Can be used to manage skin conditions such as eczema

Eye drops
Can be used to relieve eye conditions, treat infections or help manage hay fever

Ways to keep healthy

- ☑ Taking medicines that are prescribed according to the instructions
- ☑ Eating a healthy, balanced diet
- ☑ Clean environment and clothes
- ☑ Going to check-ups at the doctors and dentist
- ☑ Talking about worries or feelings including telling someone if they feel ill

People who help us and where to ask for help

Speak to a **parent, carer** or **adult they trust** | Speak to a **teacher, assistant** or **school nurse** | Listen and talk to a **doctor, dentist** or **nurse**



Drugs

Drug	Something a person can take to change the way they think, feel or behave.
Legal drug	Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.
Caffeine	A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.
Alcohol	A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. Too much alcohol can risk making a person ill or getting hurt due to an accident. An alcohol-free childhood is the healthiest option. Adults who want to drink less alcohol can get help to stop or reduce their use.
Nicotine or tobacco	Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.

Medicines and household products

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.
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

External support services

Accessing health-related support	Explain to pupils that adults who need support to stop smoking or drinking can get help from their doctors or from the NHS online.
Calling emergency services	In an emergency call 999 For non-emergencies call 111 Pupils may need an explanation as to what these services do.
Childline	childline.org.uk 0800 1111 Confidential support service CALLS DO NOT APPEAR ON PHONE BILL.



Drugs

Drug	Something a person can take to change the way they think, feel or behave.
Substance	This term includes alcohol and other drugs that may be legal or illegal.
Legal drug	Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.
Illegal drug	Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk.
Possession	A person can be charged with possession if they have an illegal drug, even if it's not theirs.
Supply	A person can be charged with supply if they sell, share or give away illegal drugs.
Dependency	When a person relies upon a substance to feel or function as normal.
Caffeine	A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.
Alcohol	A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. An alcohol-free childhood is the healthiest option.
Nicotine or tobacco	Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.
Cannabis	An illegal drug that can be smoked, eaten or vaped that makes people feel 'chilled out' or giggly. Can be different strengths. Against the law to possess, grow or sell.

Medicines and health

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

Situation based	Own feelings, attitudes, emotions. Mental and/or physical health.
Peer based	Friends' attitudes and opinions Pressure, teasing or friendly offers
Role model based	Family attitudes and opinions Health advice from a doctor/nurse Teacher attitudes and actions
Society based	Culture, religion or belief Social norms
Media based	Social media, TV or film Advertising

Responses to influence

Passive	Accepting or allowing what happens or what others do without actively responding
Aggressive	Being ready or likely to confront or attack others or what others do
Assertive	Standing up for yourself or someone else calmly and positively, or getting a point across without causing upset

External support services

Health-related support	Support with drugs, alcohol and tobacco use
 National Eczema Society, Asthma UK, Diabetes UK Allergy UK	 NHS NHS Smokefree Drinkaware
	Childline childline.org.uk 0800 1111 Confidential support service CALLS DO NOT APPEAR ON PHONE BILL.