



Lesson 2

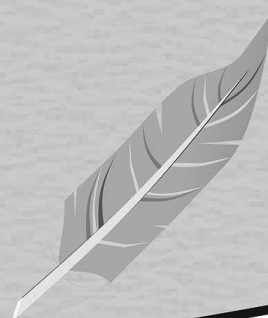
Safety rules and risks: alcohol and smoking

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Ground rules

[Add your class rules here]



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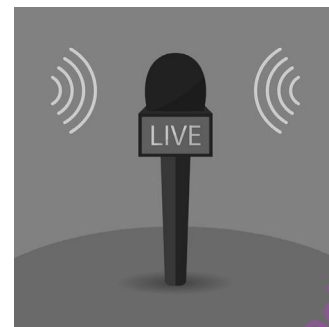
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News report

Aunt Lusia is watching a news report on TV. Afterwards she says:

Don't drink too much caffeine and alcohol! Don't smoke!

Why are there are all these rules?
Why are they important?
What should people do?



What would you say to Aunt Lusia?
What would help her or other people?



We are learning that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health



We will be able to:

- ✓ identify some of the risks of caffeine, cigarettes, e-cigarettes/vaping and alcohol
- ✓ identify how risks can affect the person, or those around them
- ✓ explain how laws can help to keep people safe and healthy
- ✓ identify where people can get help to protect their own and others' health

True or false quiz

Work with your partner to decide whether the statements are true or false.



Quiz answers

1. Drinks that contain caffeine (tea, coffee, cola and energy drinks) are good for toddlers and young children.

✗ FALSE

2. It is against the law to smoke in a car with anyone under 18.

✓ TRUE

3. Vaping/Smoking an e-cigarette is completely safe.

✗ FALSE

4. Smoking with the door or window open will stop others breathing in any smoke.

✗ FALSE

Quiz answers

5. It is legal to buy e-cigarettes at age 16.

✗ FALSE

6. Anyone can buy alcohol in supermarkets, even if they are under age 18.

✗ FALSE

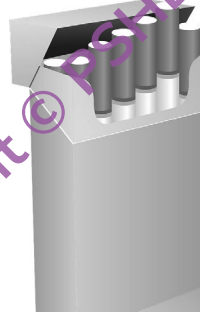
7. Adults that drink alcohol, should have some 'alcohol-free' days each week.

✓ TRUE

Alcohol, caffeine and cigarettes

Even though these come with risks, people might still choose to use them.

With your group, discuss what you think are the main reasons why some adults choose to drink alcohol and caffeine, or smoke cigarettes.



Overheard conversation

Listen to the conversation between Dad and Aunt Lusie about giving up smoking.

- What are some of the risks of smoking?
- What has Aunt Lusie tried to help her stop smoking?

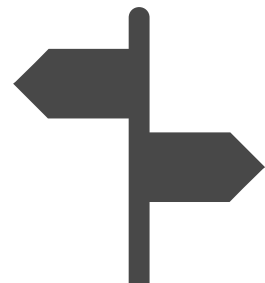


Multiple choice

Answer the multiple choice questions with your group about health and smoking.



Which will be the best options for the characters to take?



Reflecting and getting support

Think about these questions:

- What has this lesson made you think about?
- What has this lesson made you think about your health?
- What has this lesson made you think about your health in the future?

If you are worried about someone you know, talk to a trusted adult – a parent/carer or a teacher at school.



What has been learnt?

Imagine you have been watching the news report with Aunt Lusie.

What would you say to help her now?



Add to your ideas from the beginning of the lesson with a different colour pencil or pen.



More activities

Imagine you have been asked to produce a news report for World Health Day about the effects of smoking on people's health.

It could be for adults or someone your age.

- Write down the key points
- Act out the report and record it



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