

Wednesday 1st October
Morning Challenge

1.				
		1	6	1
x			2	3

2.				
		2	3	2
x			2	6

3.				
		6	1	4
x			1	8

4.				
		9	6	9
x			9	5

A large group of people are going on a trip to a theme park.
There are 54 groups with 28 children in each group.
44 grandparents and 39 parents are also going.
If each ticket costs £28, how much will all of the tickets cost?

Wednesday 1st October

TBAT: construct expanded noun phrases.

Can you unscramble these spellings?

hlotise

akawwdr

oebisatnt

deeeasprt

frnaitc

caalmtious

Challenge -

**How many synonyms can
you think of for
disastrous?**

Wednesday 1st October

TBAT: construct expanded noun phrases.

Complete and punctuate the expanded noun phrases
choosing the most appropriate adjective.

the _____, _____ soldier in the muddy trench

an _____, _____ child at the back of the classroom

the _____, _____ plea from behind the locked door

a _____, _____ storm over the coastal village

the _____, _____ fireworks above the city skyline

aggressive

hostile

awkward

obstinate

desperate

frantic

disastrous

calamitous

marvellous

spectacular

Challenge – Write your own expanded noun phrases.

the dog

01.10.25

TBAT: find missing lengths and angles.

3 in 3

1. ____ = 9^2

2. $462 \times 23 =$

3. The table below shows the fruit preferences of **25 pupils** in a class.

a) What **percentage** prefer bananas?

b) What **percentage** prefer apples or peaches?

Banana	Apple	Pineapple	Peach
8	5	7	5

01.10.25

TBAT: find missing lengths and angles.

Recap prior learning – Find numbers to satisfy these equations.

$$a \times b = 36$$

$$c \times d = 24$$

Use some of the cards to create an algebraic equation.

6

x

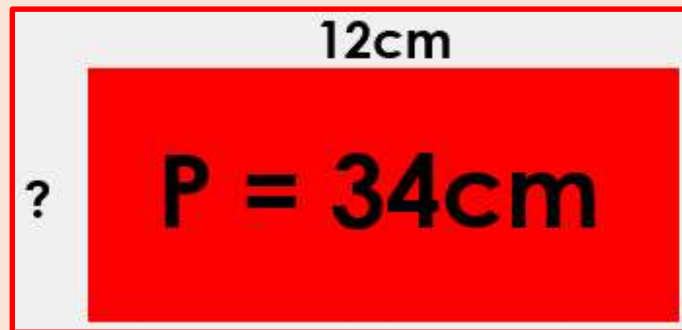
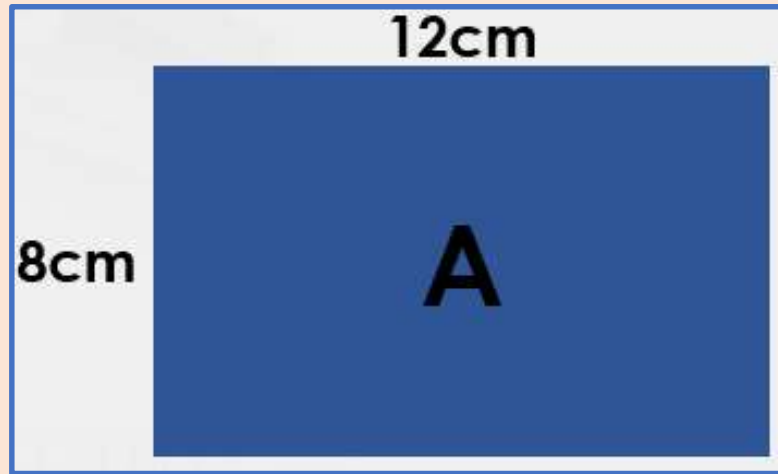
n

36

3

01.10.25

TBAT: find missing lengths and angles.

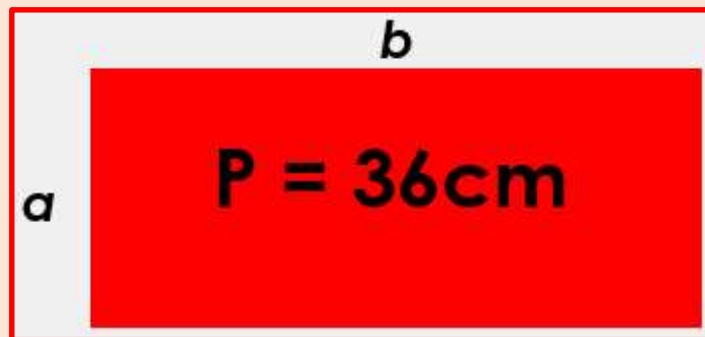
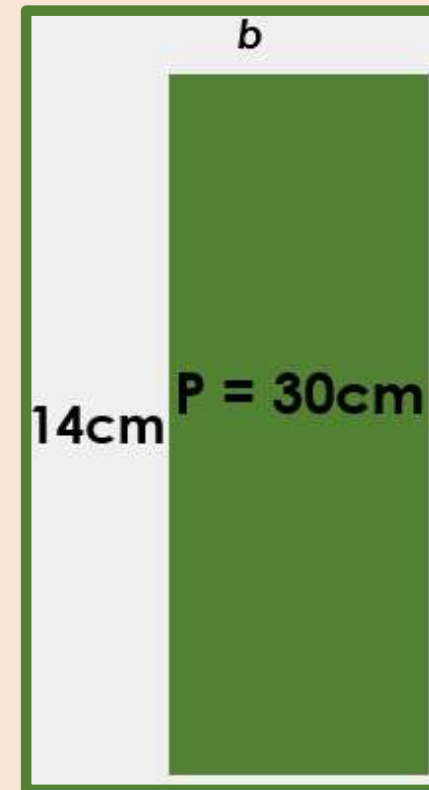
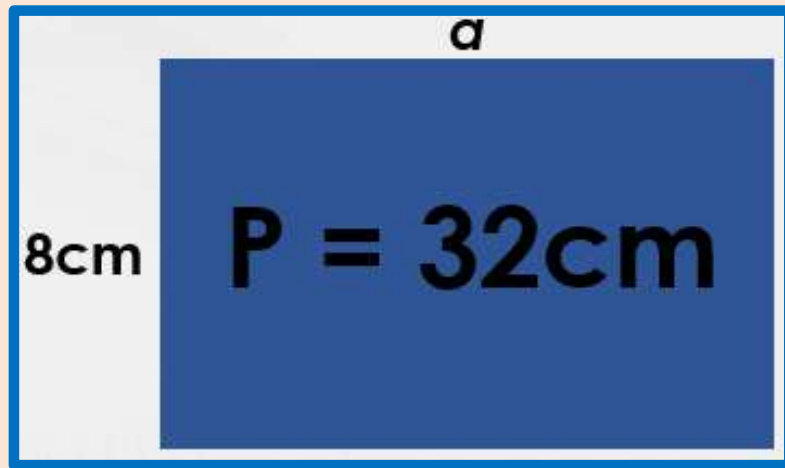


Find the value of the missing length.

01.10.25

TBAT: find missing lengths and angles.

Find the value of the missing lengths.

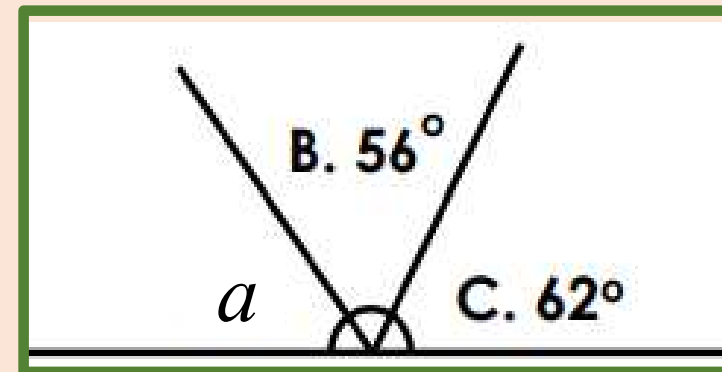
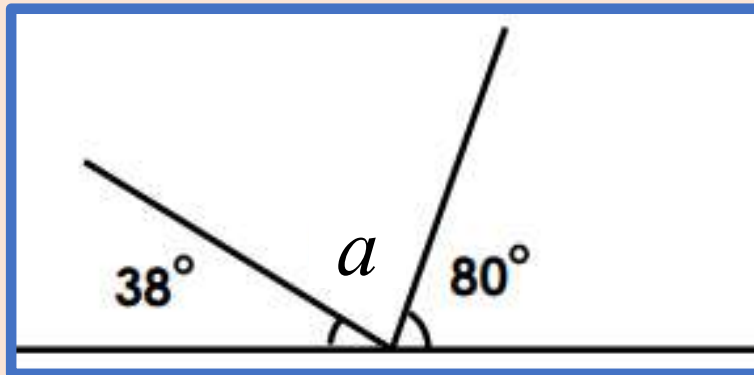
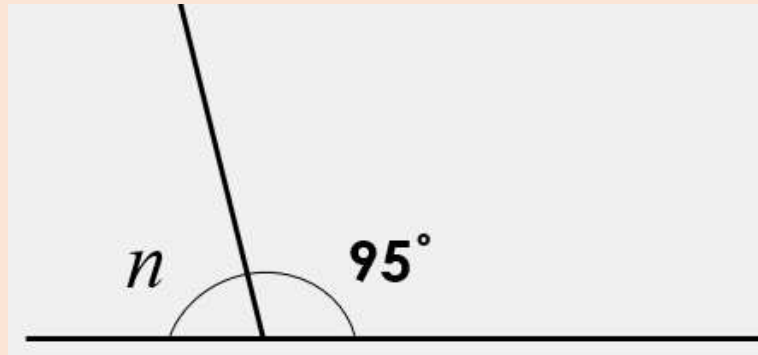


How many different pairs of numbers can you think of to satisfy these missing lengths?

01.10.25

TBAT: find missing lengths and angles.

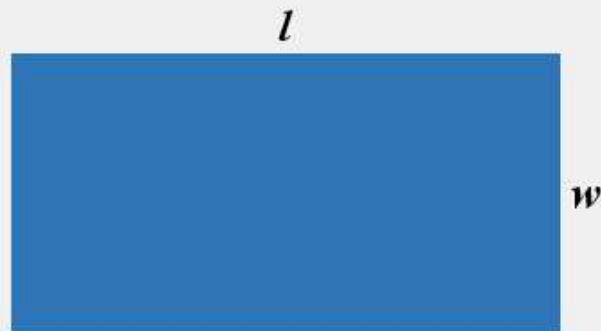
Find the missing angle.



01.10.25

TBAT: find missing lengths and angles.

If the formula for finding the perimeter of a rectangle is $p = 2l + 2w$, calculate the perimeter of the following rectangles.



length (l)	width (w)	perimeter (p)
15cm	8cm	
22cm	19cm	
12.5cm	10cm	

Write the formula for finding the area of a rectangle.

01.10.25

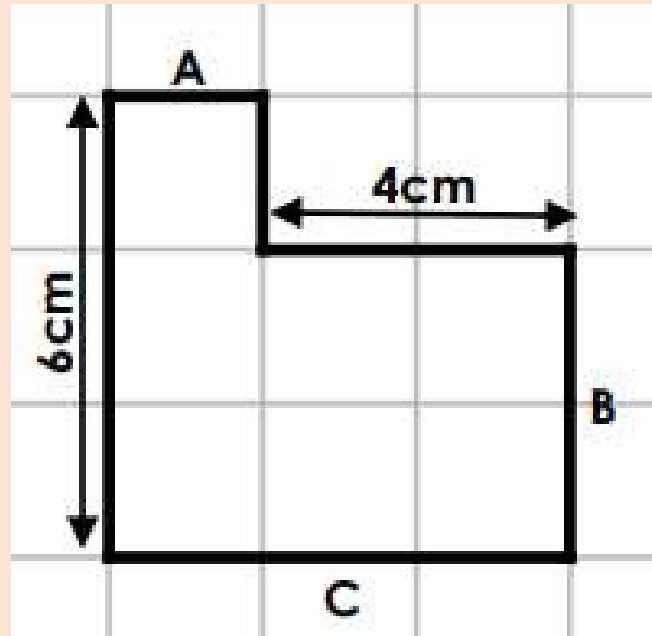
TBAT: find missing lengths and angles.

Calculate the length
of sides:

A -

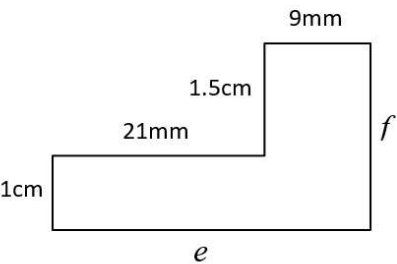
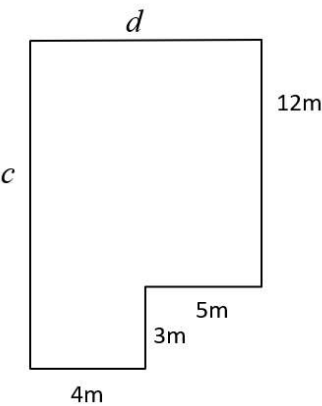
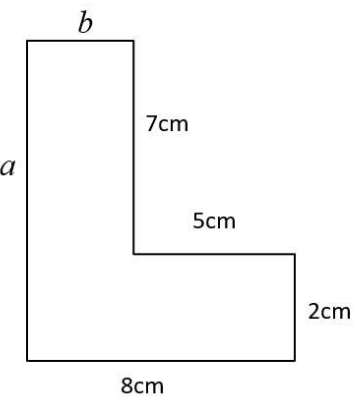
B -

C -

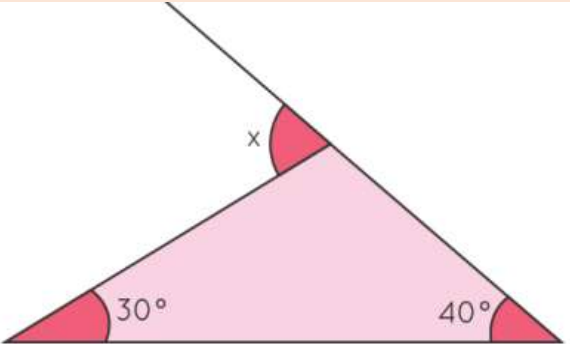
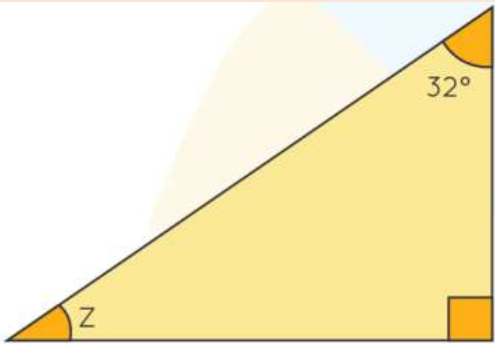


01.10.25

TBAT: find missing lengths and angles.

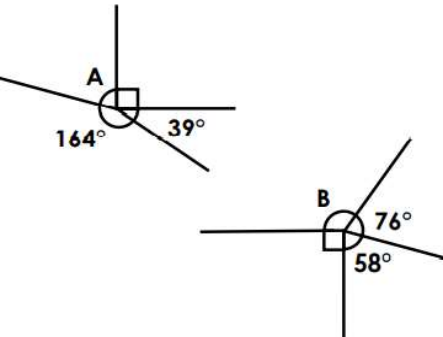


A =
B =
C =
D =
E =
F =
X =
Z =



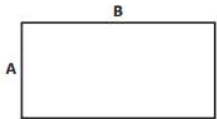
Challenge

Calculate the missing angles.



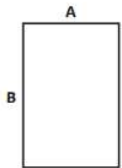
Mastery with Greater Depth

Work out the missing lengths of these rectangles.



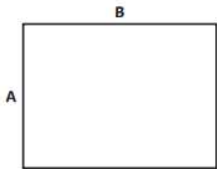
- The perimeter is 12cm.
- A is 2cm shorter than B.

Length A =
Length B =



- The perimeter is 10m.
- B is longer than A.

Length A =
Length B =



- The perimeter is 14cm.
- One of the sides is a square number.

Length A =
Length B =

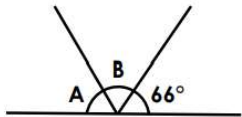
Mastery Challenge

Dean has been calculating angles.

He says,



I know that angles A and B are the same so they must each measure 90°.



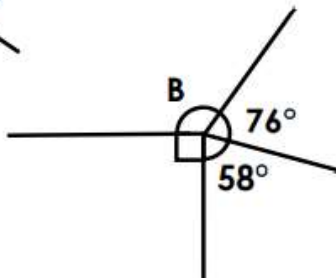
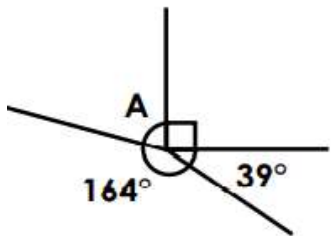
Explain his mistake.

01.10.25

TBAT: find missing lengths and angles.

Challenge

Calculate the missing angles.



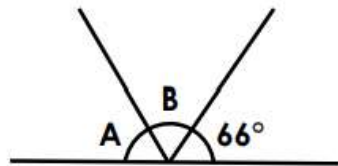
Mastery Challenge

Dean has been calculating angles.

He says,



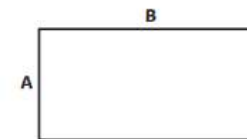
I know that angles A and B are the same so they must each measure 90° .



Explain his mistake.

Mastery with Greater Depth

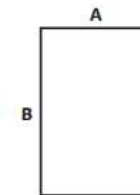
Work out the missing lengths of these rectangles.



- The perimeter is 12cm.
- A is 2cm shorter than B.

Length A =

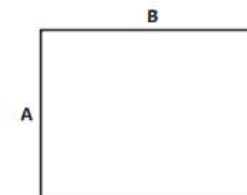
Length B =



- The perimeter is 10m.
- B is longer than A.

Length A =

Length B =



- The perimeter is 14cm.
- One of the sides is a square number.

Length A =

Length B =

Wednesday 1st October

TBAT: identify the features and plan a diary entry.

3 in 3

1. A diary entry should be written in the:

Past tense

Future tense

Present tense

2. Which of these is least likely to be a feature of a diary entry?

First person

Chronological order

Subheadings

3. (Find all answers that are correct) A diary entry needs to:

include opinions as well as facts

be written in formal English

written in paragraphs

use time conjunctions

Challenge - Explain what is meant by using first person pronouns.

Wednesday 1st October

TBAT: identify the features and plan a diary entry.

Let's recap – features of a diary entry.

B – Identify three features of a diary entry.

G – What is the purpose of a diary entry?



Diary Entry Features

Challenge – Why would the phrase, 'I kinda think he is beginning to like me.' be appropriate for a diary entry?

Wednesday 1st October

TBAT: identify the features and plan a diary entry.

Using your senses, think about the different vocabulary you can hear and see.



(242) 🌴 [Tropical Beach
Ambience on a Island in
Thailand with Ocean Sounds
For Relaxation & Holiday
Feeling - YouTube](#)

Wednesday 1st October

TBAT: identify the features and plan a diary entry.

We are going to write a diary based on Michael's first few days on the island.

Using numbers 1-5, can you put these events into **chronological order**?



Michael explored the island looking for food but only found cracked-open and empty coconuts.	
Eddie's football fell overboard, and Michael watched it bob away into the darkness.	
Michael had Stella in his arms. The boat veered violently, and they fell into the cold sea	
Michael used a piece of glass to set a pile of wood on fire so he could signal passing ships.	
Michael awoke to find Stella drinking water beside a tin of fish.	

Challenge – What happened after Michael started his first fire on the island?

Wednesday 1st October

TBAT: identify the features and plan a diary entry.

*With a partner,
identify the
features in the
diary entry.*

*Highlight any
vocabulary you
want to use in
your own diary
entry.*

Dear Diary,

What a week I've had! It all began as we set sail on our adventurous journey around the world with my parents and my faithful dog, Stella.

The sea stretched endlessly around us. I felt the thrill of adventure in the air but suddenly, a fierce storm hit us and the waves roared like giants. Our boat, the Peggy Sue, was tossed and turned and I was swept overboard!

The following morning, I found myself alone on a deserted island. It was a wild, untamed place, with towering cliffs and dense forests. Stella was with me but I missed my parents terribly. How was I going to survive? Trying to fight my rising panic, I set off leaping along the edge of the forest like a monkey. I did see fruit of sorts, what looked to me like fruit, anyway. There were coconuts on there too but no matter how hard I tried the trees were impossible to climb. I was exhausted.

As the sun set over the island, I couldn't help but think about my family. I hope that someday, somehow, we'll find a way to reunite. Until then, I'll continue to try my best to survive. Though tonight, I will be going to sleep hungry.

I do hope tomorrow will be better.

Michael

Wednesday 1st October
TBAT: identify the features and plan a diary entry.

Planning

Introduction – Short introduction to introduce the situation. Include feelings.	
Paragraph 1 – Michael and Stella falling off the boat. Remember to describe what you can hear, see, smell, feel and touch.	
Paragraph 2 – Waking up on an island. Remember to describe what you can hear, see, smell, feel and touch.	
Paragraph 3 – Searching for food but unable to find any. Remember to describe what you can hear, see, smell, feel and touch.	
Conclusion – Going to bed hungry and missing Mum and Dad. Final aspirations, hopes and dreams for the future. How are you feeling now?	



Mastery

How many examples of emotive language can you think of for Michael's experience on the boat in comparison to the island?

Challenge

Diary writing can be used to include personal emotions and feelings. Give 3 ways in which Michael's emotions have changed throughout the period of this diary entry.

Wednesday 1st October

KQ – Why is Puja important in daily life for Hindus?

Quick Quiz

1 What is the Hindu place of worship called? (Tick 1 correct answer)

- ☐ church
- ☐ synagogue
- ☐ mandir

2 Which symbol is used to represent creation for Hindus? (Tick 1 correct answer)

- ☐ aum
- ☐ cross
- ☐ dove
- ☐ fish

3 Hindus believe in one ultimate reality called ... (Tick 1 correct answer)

- ☐ Allah
- ☐ Murti
- ☐ Brahman

4 How does the story of Svetakatu help Hindus understand Brahman? (Tick 1 correct answer)

- ☐ by teaching Hindus how to behave
- ☐ by showing that Brahman is everywhere, even when they cannot see it
- ☐ by explaining how salty water came into existence
- ☐ by teaching the importance of deities

5 The three most important forms of Brahman are Brahma, Vishnu and Shiva. Together they are known as the ... (Tick 1 correct answer)

- ☐ trimurti
- ☐ murti
- ☐ twomutri
- ☐ fourmurti

Challenge

What does the term omnipresent mean in the context of Hindu Dharma? (Tick 1 correct answer)

- ☐ Brahman can be in more than one place at the same time.
- ☐ Brahman is present everywhere in the universe.
- ☐ Brahman is more powerful than any deity.
- ☐ Brahman is only present during worship.

Keywords

puja	rituals of worship performed by Hindus
symbolic	used to describe an action or object with a deeper meaning
deity	a god or goddess
murti	a physical representation of a deity, usually a statue

How do Hindus worship?



Check

Why is **puja** performed by some Hindus?

a

it is compulsory

b

to show love and devotion to God

c

to ask for good luck



How do Hindus worship?



Puja can be performed at home or at a mandir.



This is the outside of Dhanu's mandir.



This is the inside, where **puja** is performed.

Dhanu explains why she performs **puja** at home.



I prefer doing **puja** at home with my family because it's a daily routine that brings blessings into our home. It helps keep us devoted to God and our traditions as a family.

This is Het, he also performs **puja**.
He likes to perform **puja** at the mandir.



I like going to the mandir
because it's where I feel the
most connected to God.

I also enjoy seeing the big **murtis**
and being part of the
ceremonies, where I show my
love for God.





True or false?

Puja can only take place at a mandir.

T True

F False ✓

Why?

Puja can take place at home or at the mandir. Many Hindus have an area in their homes where **puja** takes place.

When Dhanu and Het perform **puja**, they follow a series of important steps.

These steps are carried out whether they are praying at home, or in the mandir.

These are:

1. preparation
2. offerings
3. prayers and meditations

How do Hindus worship?



1) Preparation



Before **puja** can begin, devotees clean and tidy the space where they will worship.

They also collect the items they need for worship. This includes flowers, food and water.

Preparation shows readiness and respect for the act of worship.

2) Offerings

During **puja**, Hindus offer items to the **deity** such as food, flowers and incense.

They are often placed on a special plate or in front of the **murti** of the **deity**.

This act of giving is a big part of the worship as it shows gratitude and devotion.

How do Hindus worship?



Check

What things are done during preparation?
Select two answers.

a

tidying the space where **puja** will take place



b

lighting the incense

c

wearing new clothes

d

gathering food, water and flowers



3) The final key part is prayer and meditation.



Devotees recite specific prayers, verses or sayings.

These may vary depending on the occasion or the **deity**.

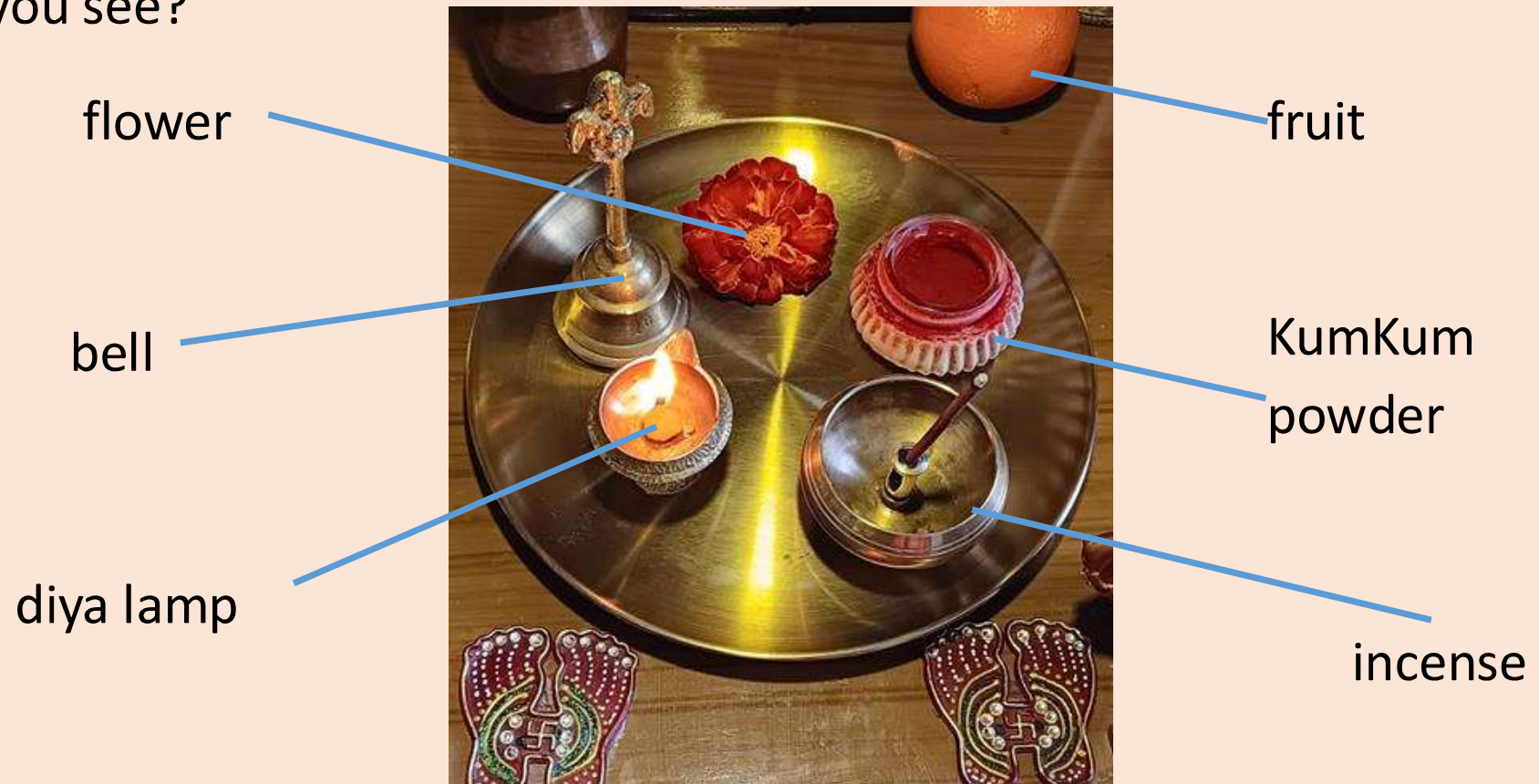
While reciting prayers, devotees also take time to meditate.

This helps them to concentrate their thoughts on the **deity**.

What symbols are used in puja?

This is the tray that Dhanu uses during **puja**.

What can you see?



What symbols are used in puja?



Symbolic objects and actions are used during **puja**.

Puja activates all of the five senses to help Hindus to connect with the divine.

What symbols are used in puja?



Explanation



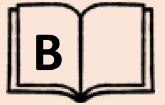
What sense might
flowers connect to?

Why might a Hindu offer
flowers in **puja**?

What symbols are used in puja?



Explanation



Listen to the sound of the bell.



Why might a Hindu ring a bell during **puja**?

What symbols are used in puja?



Lighting a diya lamp is an important part of **puja**.

What might light symbolise?

What symbols are used in puja?



Explanation



KumKum powder may be applied between the eyebrows of the devotee.

What might be the symbolism of applying KumKum powder?

What symbols are used in puja?



Explanation



What sense might
incense connect to?

Why might Hindus offer
incense in **puja**?

What symbols are used in puja?



Food and fruit are often made as offerings.

Why might Hindus offer food in **puja**?

True or false?

The food offered to the **deity** during **puja** is called prasad before it is placed in front of the **murti**.

T True

F False ✓

Why?

The food is only called prasad after it has been offered to the **deity**. Once it is offered, the food is blessed by the **deity** and becomes prasad.

Summary

Puja: different Hindu expressions

- Hindu worship is called **puja**.
- It can be at home, or in a mandir.
- **Symbolic** objects and actions are used during **puja**.
- They can often be connected to the five senses, making the spiritual experience more meaningful.

Wednesday 1st October

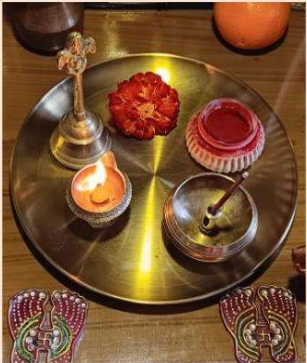
KQ – Why is Puja important in daily life for Hindus?

Your task

1) Order these statements describing the stages of **puja**.

- a) Offerings to the **deity**, such as food, flowers and incense.
- b) Preparation of the worship space, including cleaning and gathering necessary items.
- c) Devotees recite prayers and meditate to focus their thoughts on God.

Here are Dhanu's **puja** items.



Select two items that you think are the most important for worship.

Write a reason for each item you picked, explaining why you think it is significant for **puja**.

Example answer



Challenge – Choose an item used in worship. Predict how these items might be used differently in a **home puja** and in a **temple puja**.

Wednesday 1st October

KQ – How are nutrients and water transported within humans?

Quick Quiz

- 1. The function of the _____ is to pump blood around the body.
- 2. The average heart is the size of a clenched human _____.
- 3. The tubes carrying blood around the body are called blood _____.
- 4. Veins are blood vessels that return blood low in _____ back to the heart.
- 5. Blood that is low in oxygen is called _____ blood.

Match the parts of the human body to the statement.

a	heart
b	arteries
c	veins

	is made of different chambers with a muscle wall
	carry deoxygenated blood back to the heart
	carry oxygenated blood from the heart around the body

Keywords

nutrients

Nutrients are important substances that living things use to stay alive and healthy.

digest

When we digest food it is broken down so that nutrients can be used by the body.

intestine

The intestine is a long tube that is split into the small and large intestine, through which food travels from the stomach and out of the body while it is being digested.

bloodstream

Bloodstream is the flow or movement of blood throughout the body.

model

A model is used to describe something that can't be experienced directly.

The food we eat contains many different **nutrients**.

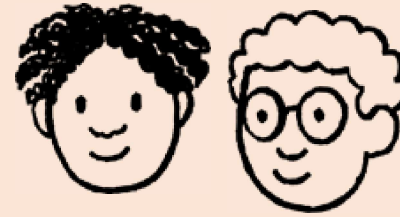
Nutrients have different purposes and come from different foods.

Do you know the names of any nutrients and which foods they come from?



eating food

Jacob and Alex find out about **nutrients** and the job they do in the human body.



Jacob

Alex

Vitamins are nutrients in food. Some vitamins help to fight infections and others help you to grow and develop.



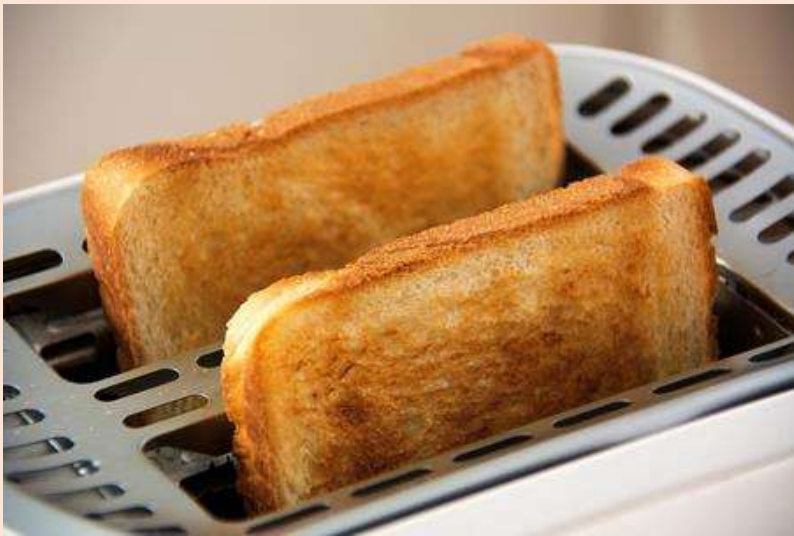
orange juice

Fibre is an important nutrient that can help food move through your digestive system.



wheat and bread

toast



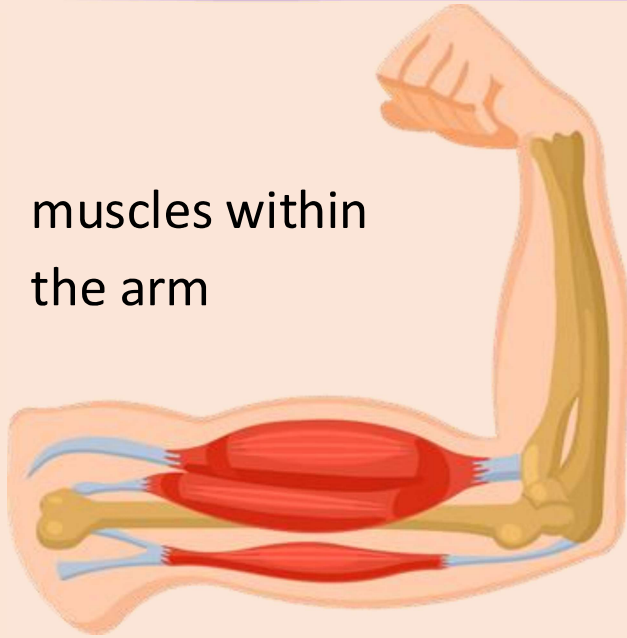
Carbohydrates are **nutrients** in foods such as bread and pasta, that provide energy.

eggs



Proteins are nutrients in food such as eggs, that help the body grow and repair.

muscles within
the arm



Minerals are **nutrients** in food that help to strengthen bones and organs.

pizza



Fats are nutrients that provide energy for the body and help to absorb vitamins.

water



Water is an essential nutrient for hydration.



True or false?

Nutrients have different purposes and come from different foods.

T True ✓

F False

Justify your answer

a

All nutrients support the same functions in our body, so we only need to eat one type of food.

b

Different nutrients support different functions in our body, so we need a balanced diet.

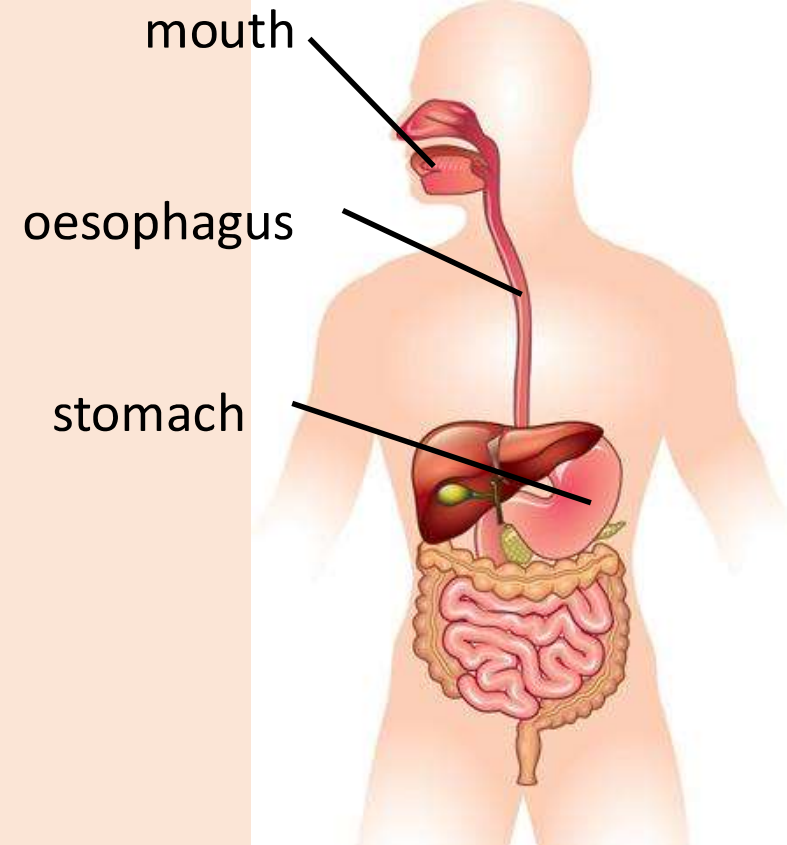


Food is broken down into smaller pieces in the mouth. It then moves down the oesophagus into the stomach.

So, **nutrients** from food do not pass into blood from the stomach. It must happen somewhere else in the body.
Do you know?



Alex



human digestive system

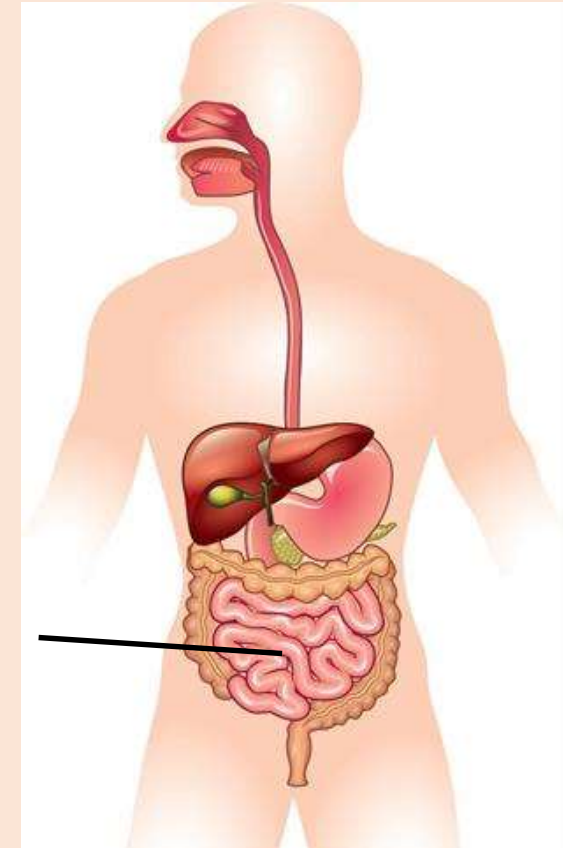
During digestion, the small **intestine** absorbs the **nutrients** from food and passes them into the **bloodstream**.



Jacob

Our bodies break down nutrients from food to help us to stay alive. I know that this happens in the small intestine.

small intestine



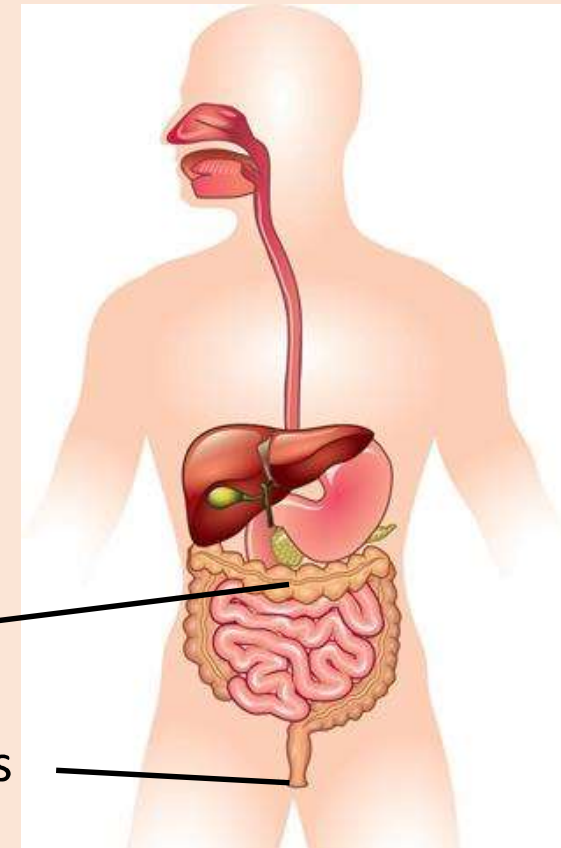
human digestive system

The digestive system does not end once **nutrients** from food have entered the bloodstream.

The large **intestine** absorbs water from undigested food, which helps to form solid waste for the body to get rid of as faeces through the anus.

large intestine

anus



human digestive system



blood in the bloodstream travelling
through the body

Our blood absorbs water and **nutrients** from food. This travels, along with oxygen, to different parts of the body through blood vessels.

Our muscles use the nutrients and oxygen all the time, even more so when we are active.

Transporting nutrients and water



Check

Water and nutrients from food are transported in your ...

a

blood.



b

waste.

c

hair.



How are water and nutrients transported in blood around the human body?

a

in microscopic boats or rafts

b

through blood vessels



c

through valves

d

soaked up in mini sponges

Summary

How nutrients and water are transported within humans

Nutrients have different purposes and come from different foods.

A healthy diet is essential for maintaining the nutrients our body needs to function properly.

During digestion, your small intestine absorbs the nutrients from your food and passes them into the bloodstream.

Water and nutrients from food are transported in blood around the body to where they are needed.

Models can be used to help us to learn about how science works.







Wednesday 1st October

KQ – How are nutrients and water transported within humans?

Research different nutrients and complete the table to better understand the job they do and where we get them from.

Nutrient	Which foods do we find them in?	What role does it have in the body?
carbohydrates	Bread, pasta ...	
proteins		
vitamins		
fats		Provides energy for the body.
fibre	Nuts, seeds, grain ...	
water		
minerals		Strengthens bones and organs.

Design a model using all or some of these resources to represent the digestive system at work.



bowl jug tights banana plate masher

Challenge
Explain **why balance** is important and what might happen if we had **too much or too little** of each.

Mastery
Compare and contrast two different nutrients (e.g. protein vs carbohydrate). How are they different?

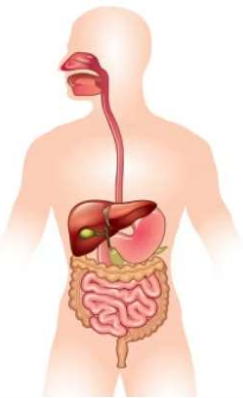
Wednesday 1st October

KQ – How are nutrients and water transported within humans?

Exit Quiz

1. What are nutrients? Tick 2 correct answers
- Parts of food that help us to breathe.
 - Important substances that living things use to stay alive and healthy.
 - Components in food that are used by the body to function properly.
 - Natural things we find in our body used by the brain.
2. The part of the digestive system that helps to transfer nutrients into the bloodstream is _____.
3. Water and nutrients from food are transported in _____ around the body to where they are needed.

Place this process in order starting with 'Food enters the mouth and travels down the oesophagus.' Use numbers to show the correct order



	Food is broken down further in the stomach and passed to the small intestine.
	The blood travels through blood vessels so the body can use nutrients from food.
	Food enters the mouth and travels down the oesophagus.
	The small intestine transfers nutrients from food to the bloodstream.

Challenge

Match these nutrients to the foods we find them in. Write the correct letter in each box

a	fats		cereal, bread, beans, lentils, fruit, and vegetables
b	carbohydrates		cereals, bread, pasta, rice, and potatoes
c	proteins		dairy, fruit, and vegetables
d	fibre		fish, meat, and eggs
e	vitamins		butter, oil, and nuts

Task B Transporting nutrients and water



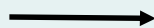
Feedback

Create a model to demonstrate how the small and large intestine allows nutrients and water to be absorbed and pass into the bloodstream.

- I used a food masher to break the food up, adding some water to help transport it.
- I poured the contents into tights, which represent the small and large intestine.
- I squeezed the tights over a plate to show how water and nutrients pass through the intestine into the bloodstream.



breaking up
food



intestines



water and
nutrients in the
body

Wednesday 1st October

KQ: What are legal and illegal drugs?

What is a **drug**?

Definition of a drug

The United Nations Office on Drugs and Crime defines a **drug** as:

*'A **substance** people take to change the way they feel, think or behave.'*

The term 'drugs' can refer to all drugs:

- All **illegal** drugs
- All **legal** drugs, including alcohol, tobacco and volatile substance (those giving off a gas which can be inhaled)
- All over-the-counter and prescription medicines

Baseline assessment activity

‘Drug’

Drug & alcohol education: Managing risk: legal and illegal drugs Learning Objectives

By the end of this lesson, you will be able to:

Key vocabulary:

Drug, substance, effects,
risks, law, legal, illegal,
habit, advice, support



- **Explain** that there are **risks** associated with using any type of **drug** and identify some of the risks and **effects** of **drug** use
- **Recognise** that **drugs** have **laws** related to them and that some **drugs** are **illegal** to own, use or give to others
- **Analyse** the level of **risk** in different situations, identifying that **drugs** can affect people in different ways
- **Explain** that for some people **drug** use can become an unhealthy **habit** that can be difficult to break but there is **support** available to help people; where to report any concerns they have

Fact check activity

Using the fact sheets,
check your answers.

Class discussion:

What did you find out?

Do different drugs have similar risks?

Were you surprised by any of the risks of drugs you found out about?

Resource 3: Pupil fact sheets

E-cigarettes (Vapes)

Using an e-cigarette is known as vaping. An e-cigarette is a device that allows someone to inhale vapour (rather than smoke). They work by heating a liquid that contains chemicals and some (but not all) contain nicotine. There are different types: some look like cigarettes, a small tube or pen and others are small pots of liquid.

Effects <ul style="list-style-type: none"> E-cigarettes often contain nicotine which raises blood pressure and increases heart rate 	Risks <ul style="list-style-type: none"> E-cigarettes are not risk free, and more research is needed to understand any risks 	Laws <ul style="list-style-type: none"> Someone must be aged 18 years and over to buy e-cigarettes
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Resource 3: Pupil fact sheets

MDMA (Ecstasy)

An illegal drug that usually comes in pills or tablets, a powder or white / grey crystals. It is swallowed, dabbed onto gums or sometimes snorted through the nose.

Effects <ul style="list-style-type: none"> Can make people feel happy and chatty, energised and alert Can make people feel confident and sociable Feelings and surroundings, or music, or colours 	Laws <ul style="list-style-type: none"> MDMA is illegal to have, give away or sell (class A) Possessing MDMA can mean up to 7 years in prison, an unlimited fine or both, and a criminal record* Supplying (selling or giving away) MDMA, even to friends, can mean life in prison, an unlimited fine or both, and a criminal record*
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Resource 3: Pupil fact sheets

Tobacco (cigarettes, shisha)

Tobacco is a plant. The leaves are dried and shredded and sold as factory-made cigarettes, rolled tobacco (roll-ups) or shisha which is smoked through a water pipe (hookah). The drug in tobacco is nicotine, but cigarettes also contain other chemicals that harm the body.

Risks <ul style="list-style-type: none"> Sickness and dizziness (particularly for first time smokers) Breath, hair and clothes smell Nicotine in tobacco is addictive Increased anxiety, tension, irritability and possibly depression over time Tar in tobacco smoke can lead to stained teeth and nails Stops oxygen getting to the skin which can lead to a dull complexion and premature ageing (wrinkles) Tobacco smoke contains harmful chemicals which damage most of the body's organs and can lead to long term or life threatening disease (such as lung disease, heart disease, diabetes and different types of cancer) 	<ul style="list-style-type: none"> Second-hand smoke means other people are also at risk of these diseases (particularly children as they have less developed lungs, airways and immune systems). Causes weak and brittle bones (arthritis) Reduces fertility (ability to make a baby) in both men and women If a pregnant woman smokes it can harm the unborn baby If Shisha is smoked, more smoke is inhaled (so, smoking shisha for 20 minutes is equivalent to smoking approximately 25 cigarettes) Risk of accidental fire
Effects <ul style="list-style-type: none"> Contains nicotine which raises heart rate and blood pressure Many smokers believe that smoking helps them relax but nicotine interferes with the chemicals in the brain meaning when they haven't smoked for a while they have a craving to do so. They may feel irritable and anxious until they can smoke. These feelings are temporarily relieved when they smoke again 	Laws <ul style="list-style-type: none"> It is illegal to smoke in all public enclosed areas and workplaces (including restaurants, bars and pubs or vehicles used for work purposes) Smoking in a car with someone under the age of 18 is against the law* It is illegal for shops to sell cigarettes to anyone under the age of 18 It is illegal for an adult to buy cigarettes for someone under the age of 18 <p><small>*Not currently illegal in Northern Ireland</small></p>

References: www.tobaccofree.org.uk www.rnfrs.uk/smokefree www.rnfrs.uk/live-well
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Risks

- Sickness and dizziness (particularly for first time smokers)
- Breath, hair and clothes smell
- Nicotine in tobacco is addictive
- Increased anxiety, tension, irritability and possibly depression over time
- Tar in tobacco smoke can lead to stained teeth and nails
- Stops oxygen getting to the skin which can lead to a dull complexion and premature ageing (wrinkles)
- Tobacco smoke contains harmful chemicals which damage most of the body's organs and can lead to long term or life threatening disease (such as lung disease, heart disease, diabetes and different types of cancer)
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- If Shisha is smoked, more smoke is inhaled (so, smoking shisha for 20-minutes is equivalent to smoking approximately 25 cigarettes)
- Risk of accidental fire

Effects

- Contains nicotine which raises heart rate and blood pressure
- Many smokers believe that smoking helps them relax but nicotine interferes with the chemicals in the brain meaning when they haven't smoked for a while they have a craving to do so. They may feel irritable and anxious until they can smoke. These feelings are temporarily relieved when they smoke again

Laws

- It is illegal to smoke in all public enclosed areas and workplaces (including restaurants, bars and pubs or vehicles used for work purposes)
- Smoking in a car with someone under the age of 18 is against the law*
- It is illegal for shops to sell cigarettes to anyone under the age of 18
- It is illegal for an adult to buy cigarettes for someone under the age of 18

**Not currently illegal in Northern Ireland*

E-cigarettes (Vapes)

Using an e-cigarette is known as vaping. An e-cigarette is a device that allows someone to inhale vapour (rather than smoke). They work by heating a liquid that contains chemicals and some (but not all) contain nicotine. There are different types: some look like cigarettes, a small tube or pen and others are small pots of liquid.

Effects

- E-cigarettes often contain nicotine which raises blood pressure and increases heart rate
- When nicotine enters the body it can make people feel relaxed and calm, or increase alertness depending upon how the person is feeling beforehand
- Cravings for nicotine can make someone feel anxious or irritable
- When combined with face-to-face support from a smoking cessation or medical professional, e-cigarettes or vaping can help people to quit smoking – by helping people to manage and reduce the amount of nicotine they are taking in.
- There is currently no evidence that vaping causes harm to others (like second-hand smoke from cigarettes).

Risks

- E-cigarettes are not risk free, and more research is needed to understand any potential long-term harms, but use carries less risk than smoking cigarettes
- Although e-cigarettes don't contain tobacco or produce carbon monoxide (two of the most damaging elements in tobacco smoke) the liquid and vapour do contain potentially harmful chemicals (although in much lower levels than cigarettes).
- E-cigarettes contain nicotine which is addictive and causes a craving for the user to smoke more
- E-cigarettes must be used with care (such as using the correct charger) to ensure they do not pose an increased risk of causing fire

Laws

- Someone must be aged 18 years and over to buy e-cigarettes
- It's illegal for an adult to buy e-cigarettes for someone under the age of age 18
- Vaping is not allowed on buses, planes, trains or at train stations
- It is up to the owner of other public places to decide if vaping is allowed (for example in bars, restaurants or cafes)

MDMA (Ecstasy)

An illegal drug that usually comes in pills or tablets, a powder or white / grey crystals. It is swallowed, dabbed onto gums or sometimes snorted through the nose.

Effects

- Can make people feel happy and chatty, energised and alert
- Can make people feel confident and sociable
- Feelings and surroundings, or music, or colours can become more intense
- Raises body temperature
- Increases heart rate
- Some people feel tingles or tightening of muscles

Laws

- MDMA is illegal to have, give away or sell (class A)
- Possessing MDMA can mean up to 7 years in prison, an unlimited fine or both, and a criminal record*
- Supplying (selling or giving away) MDMA, even to friends, can mean life in prison, an unlimited fine or both
- Driving after using MDMA is illegal and can lead to a fine, driving ban or prison

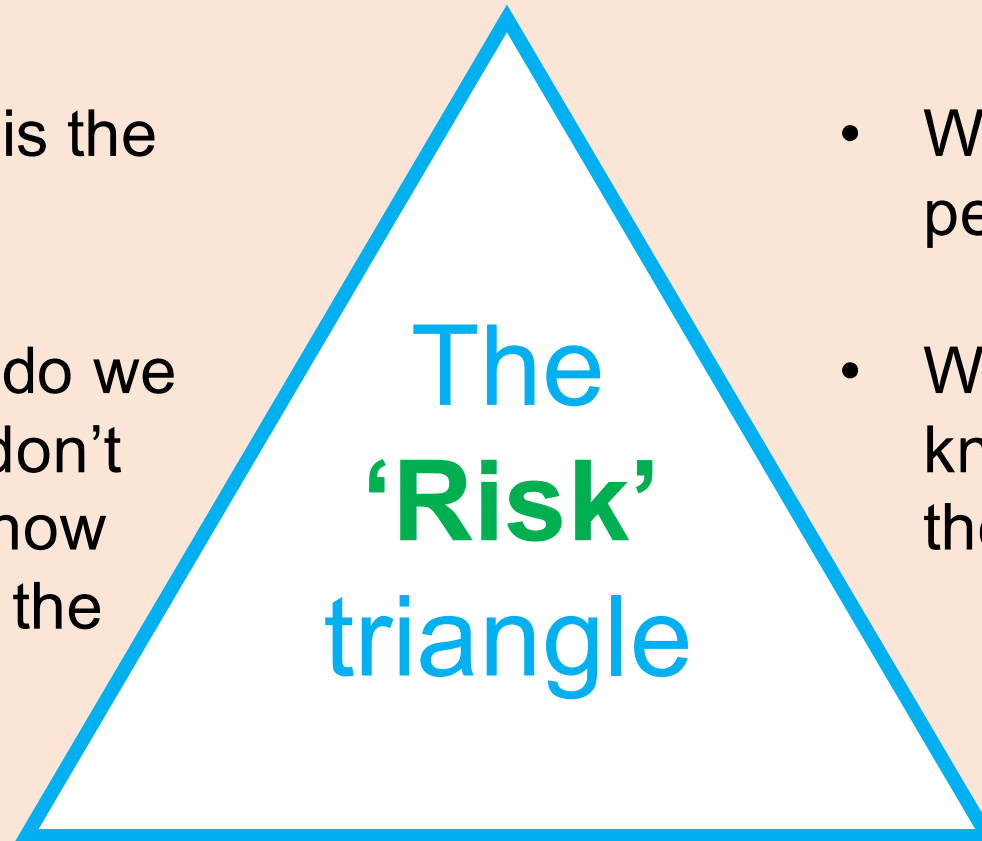
**Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).*

Risks

- Difficult to know what is in the drug – it may be 'mixed' with other dangerous drugs or chemicals
- Difficult to know how strong the drug is or how much the drug will affect someone
- Sickness
- Can cause anxiety, confusion, panic or paranoia
- Body dangerously overheats or dehydrates – can be fatal
- This can also lead to accidents where people try to cool down or drink too much water to rehydrate
- Liver, kidney and heart problems (people with asthma, epilepsy or heart conditions can have a dangerous reaction)
- People can become dependent or want to take more to get more of a 'buzz'
- Long term use, when used in higher amounts can cause memory problems or depression
- Increased chance of colds and sore throats
- Injury or accidents – dangerous to drive or operate machinery after using MDMA

Drugs risk scenarios

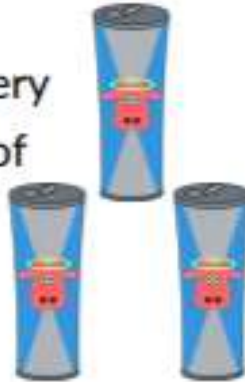
- What is the **drug**?
- What do we (and don't we) know about the **drug**?



- Who is the person?
 - What do we know about them?
- What is the situation they are in?

Drugs risk scenarios

Mo, 14, skips breakfast every day and drinks three cans of energy drinks on the way to school instead.



Jim, 51, drinks four pints of beer most days of the week.



Indie, 15, is having meal with their family to celebrate Gran's birthday. Indie's mum says that Indie can have a small glass of wine.



Your task:

Working in pairs, read the scenarios to complete the risk triangle sheet.

Drug & alcohol education: Managing risk: legal and illegal drugs Learning Objectives

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If you want to talk to someone about today's lesson:

- Your teacher
- Your parent/carer
- One of your other trusted adults



Post a question in the box on the way out if you have further questions or would like further support

Want to know more...?
Need some support...?

If you would like further information and **advice** about **drugs**, alcohol and smoking visit:



If you need urgent help if someone is seriously ill, scared or unsafe:



End point assessment

Return to the baseline assessment activity you completed at the start of this lesson.

Add or amend the information, using a different coloured pen, to reflect on what you have learnt in the lesson about what the **risks** and effects of different **drugs**.

‘Drug’