



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](https://www.childline.org.uk) 0800 1111
Confidential support service

CALLS DO NOT APPEAR ON PHONE BILL.