

## **Your access to PSHE Association materials and intellectual property rights**

PSHE education is the school curriculum subject designed to keep children and young people safe, healthy and prepared for life, and work, in modern Britain. The best PSHE education is a partnership between parents/carers and schools – and this includes transparency regarding curriculum content and materials.

We are therefore delighted to provide parent/carer copies of all PSHE Association member materials that cover RSE (Relationships and Sex Education).

This is an example of such a resource. It has been shared with you as a parent/carer by the school or individual who is a PSHE Association member.

We are happy to grant access on this basis of giving you full, personal access to the resource contents, but appreciate your adherence to the following requirements regarding intellectual property rights given the resource is otherwise only accessible to schools and individuals that subscribe to PSHE Association membership.

### **Intellectual property rights**

We are the owner or the licensee of all intellectual property rights in the materials. These works are protected by copyright laws and treaties around the world. All such rights are reserved.

You may print off one copy, and may download extracts, of any page(s) for your personal use as a parent/carer of a pupil at your child's school.

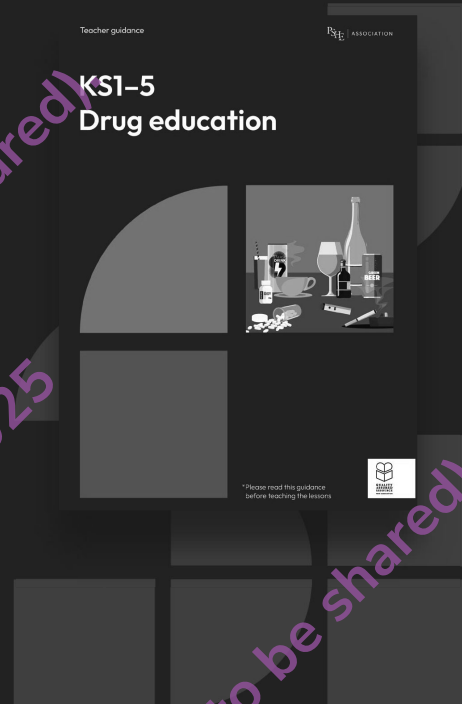
You must not modify the paper or digital copies of any materials you have printed off or downloaded in any way, and you must not use any illustrations, photographs, video or audio sequences or any graphics separately from any accompanying text.

Our status (and that of any identified contributors) as the authors of the materials must always be acknowledged. You must not use any part of the materials for commercial purposes without obtaining a licence to do so from us or our licensors.

You are not permitted to copy, share – electronically (including social media) or otherwise – any part of our materials in breach of these terms of use. Your right to use such materials will cease immediately upon such a breach and you must, at our option, return or destroy any copies of the materials you have made.

# Drug education

Medicines and household products  
Year 3-4: Lesson 1



Teacher slide | \*Ensure you have read the teacher guidance before teaching the lesson

© PSHE Association 2025

## Using this PowerPoint

The slides in this presentation are divided into two sections.

- i. Teacher slides (purple)** – provide key information regarding lesson preparation.
- ii. Pupil slides** – provide a visual focus point for pupils during the lesson and delivery notes for teachers about the activities. Click 'notes' to view these.

Ensure that you select 'Use Presenter View' under the 'Slide Show' tab – this will allow you to preview the teaching notes on your monitor while the main presentation is displayed on a screen/smartboard.

Teacher slide

© PSHE Association 2025

# Support and challenge

The lesson includes suggestions for challenge and support activities, to help you differentiate appropriately for your class.

**Support activities** are adapted to be more accessible for those who need it.

**Challenge activities** deepen and extend learning for those who need more challenge or who finish the activity quickly.

Look for these icons on the pupil slides. See delivery notes for details of the activities.

Support



Challenge



# Context

This is the first of two drug education lessons, for year 3–4.

This lesson focuses on the reasons why we use household products and medicines and the importance of using them safely. Pupils explore a range of medicine labels and instructions, and assess how to minimise risk and help prevent accidents.

# Developing subject knowledge

Key information on content related to these lessons can be found in the Year 3–4 Knowledge Organiser.

Advice on safe practice, dispelling common misconceptions, visitors to the classroom and other important information can be found in *Teacher Guidance: Drug and alcohol education*.

Data sources to inform your planning can be found within our document that outlines the approach of these lessons *Evidence Review: Effective drug and alcohol education*, along with advice regarding how to talk to young people about addiction, dependency and problematic substance use.

## Learning objective

To learn about the safe use of medicines and household products.

## Learning outcomes

- explain the importance of taking medicines correctly and using household products safely
- identify risk in relation to the use of medicines and household products, and suggest what action to take to help prevent or minimise harm
- recognise sources of information and whom to ask for help with medicine safety

## Climate for learning

Make sure you have read the accompanying teacher guidance notes before teaching this lesson. These include relevant subject knowledge for this topic, guidance on creating a safe learning environment, and curriculum links.

## Further guidance

Members of the PSHE Association can access our website for further guidance [www.pshe-association.org.uk/](http://www.pshe-association.org.uk/)

## Duration

This has been designed to be taught as a **60 minute** PSHE education lesson.

## Resources required

- Box or envelope for questions
- Empty medicines packaging (boxes and clean, washed bottles) and instruction leaflets from over the counter and prescribed medicines such as paracetamol, travel sickness tablets or cold and flu tablets, cough medicine, eye/ear drops, skin creams. *Ensure that personal information on printed labels from prescribed medicine is deleted.*
- Resource 1: *Benefits and risks* [one per pupil, or pupils can create this grid in their books or on a piece of paper]
- Resource 2: *A day in the life* [one per class]
- Resource 3: *Medicine safety scenarios* [one scenario per small group of three or pair]

Teacher slide

© PSHE Association 2025

## Lesson summary

Activity	Description	Timing
Baseline assessment activity	<b>To be completed before the lesson.</b> Establish ground rules. Pupils write down the benefits and risks of using different household products and medicines and suggest how risk of harm can be reduced.	15 mins
Introduction	Remind pupils of ground rules and introduce the learning objective and outcomes. Pupils note how a family use medicines and household products safely and how they help.	10 mins
A day in the life	Pupils discuss the importance of following instructions for using medicines before exploring medicine labels and instructions.	10 mins
Freeze frame	Pupils use scenarios to create freeze frames about risks involving medicines, household products and safety.	10 mins
Roleplay	Pupils role play how the characters in the scenario can best manage the risk.	15 mins
Signposting support	Pupils are reminded that adults should administer medicines to children. Highlight who can help with medicines and what to do in an emergency.	5 mins
Reflection and endpoint assessment	Pupils return to their list from the baseline assessment and add to or amend their ideas to demonstrate their learning. Pupils then share one thing this lesson has made them think about medicine safety	10 mins

Teacher slide

© PSHE Association 2025

# Medicines and household products



## What's our starting point?

Use the *benefits and risks list* sheet to answer these questions about household products and medicines:



How do these help us?

Are there any risks from using these products? What are the risks?

What will help reduce the risks?

## Ground rules

Blank area for writing ground rules.

© PSHE Association 2025

### Learning objective

To learn about medicines, and the people who help someone to stay healthy.

### Learning outcomes

- explain the importance of taking medicines correctly and using household products safely
- identify risk in relation to the use of medicines and household products, and suggest what action to take to help prevent or minimise harm
- recognise sources of information and whom to ask for help with medicine safety

© PSHE Association 2025

# Introduction

Listen to 'A day in the life' about the Grech family.

- What different items are used by the family?
- How are they used safely?



© PSHE Association 2025

# A day in the life

Think back to 'A day in the life' when Aunt Lusia had a headache. Before taking the tablets, she read the instructions on the medicine packet.

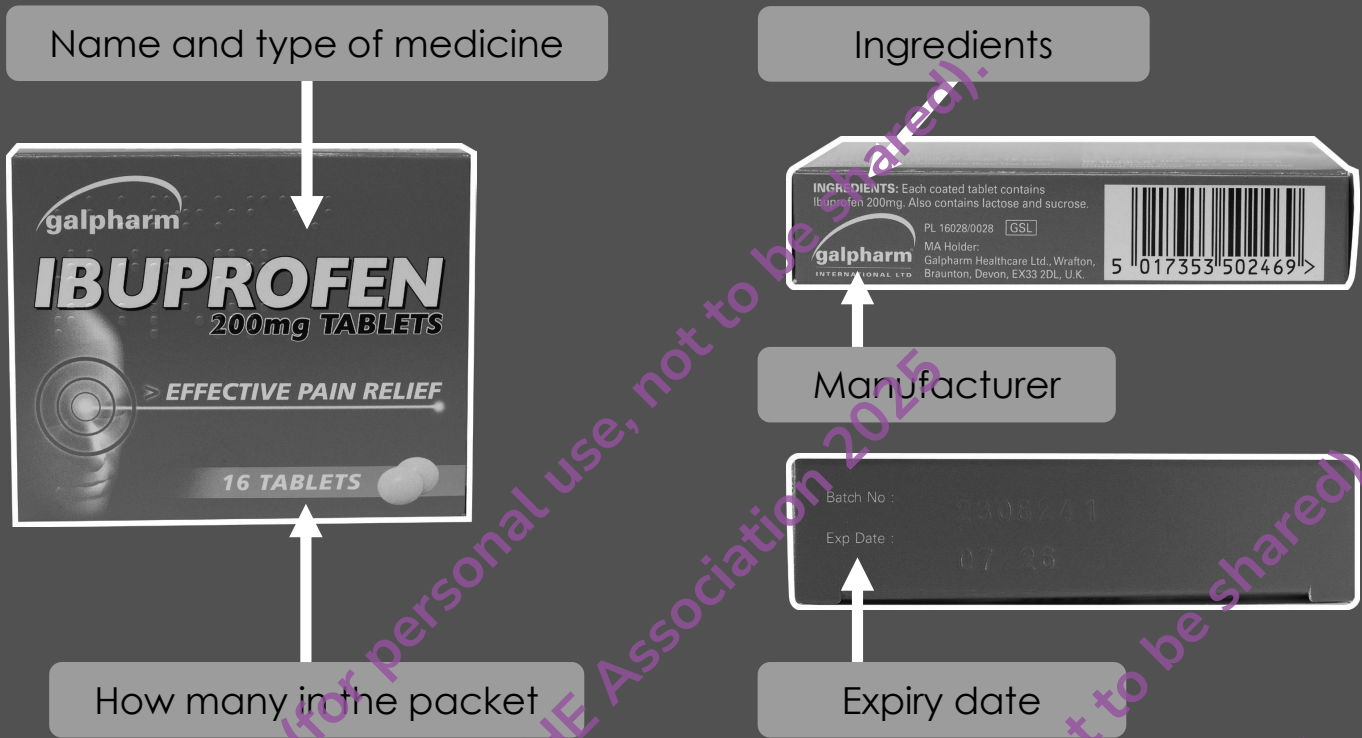
- Why was it important for her to do this?
- Now, look at the empty medicine packaging with your partner. Find all the information someone would need before taking the medicine.



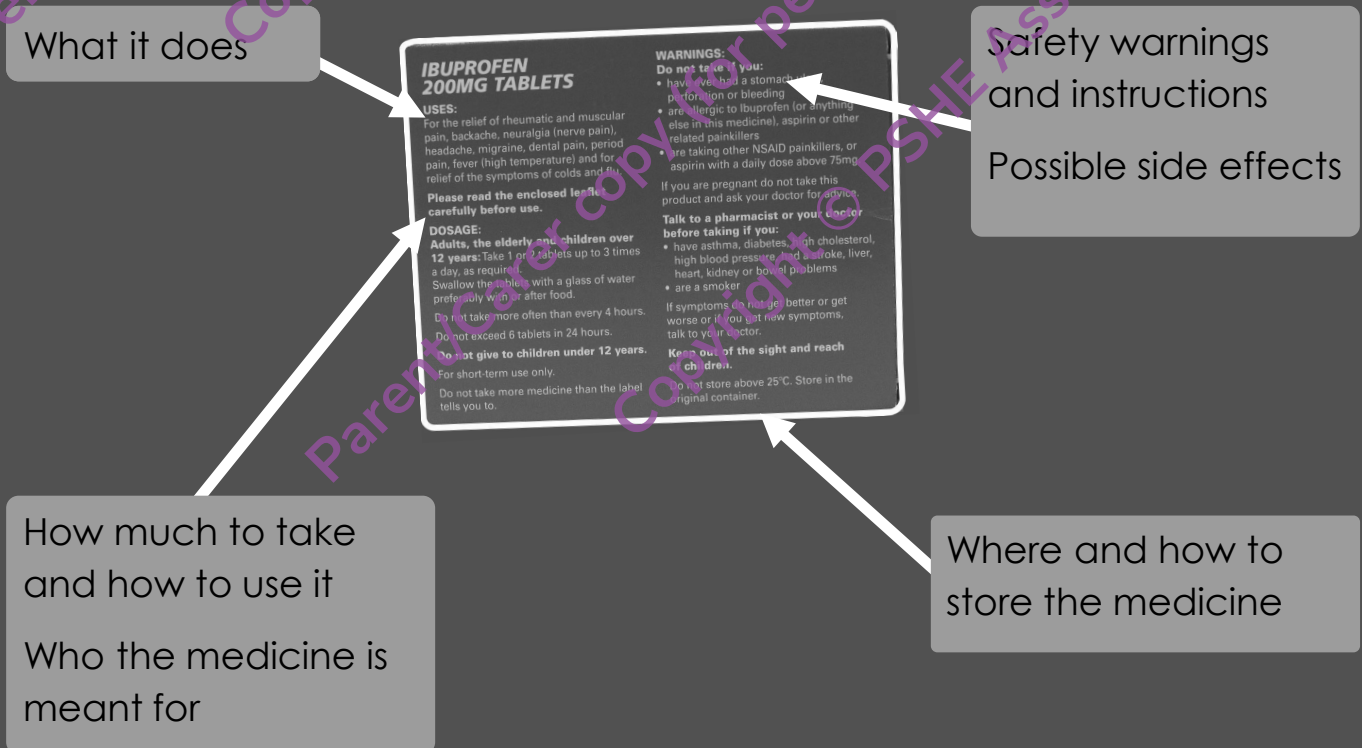
© PSHE Association 2025



# A day in the life



# A day in the life



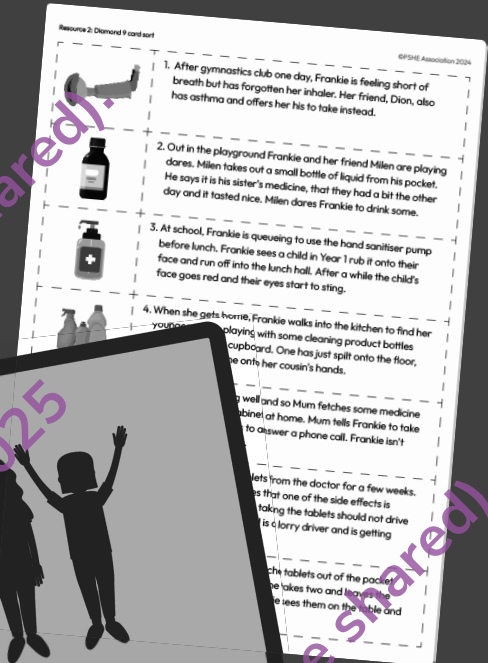
# Freeze frame

In your pair or group, read the *medicine safety scenario*.

Choose a role with your partner/group and create a freeze frame of the scenario.

Once you're 'out of role', talk about the risk in the scenario:

- What is the risk?
- What might happen?



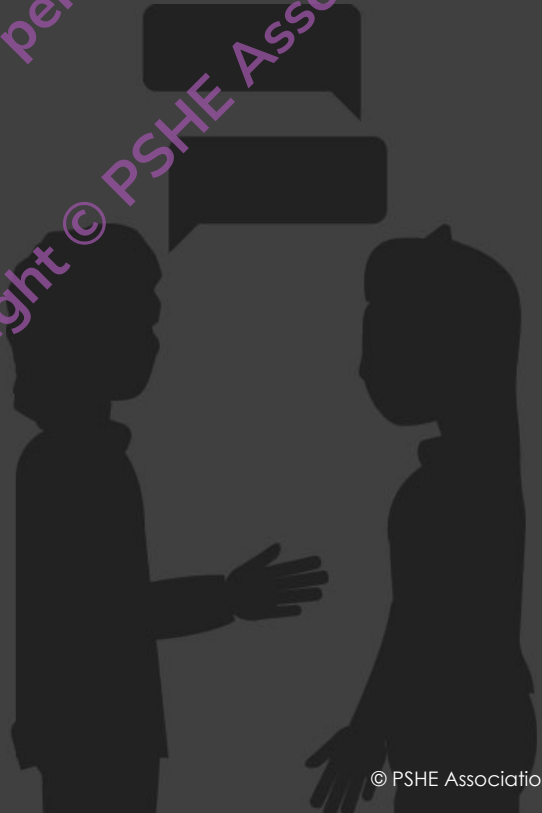
© PSHE Association 2025

# Roleplay

Think about your scenario with your group.

- What should the characters do now to prevent any further risk?
- Who could help?  
Where could the person get more support or advice?

Stepping back 'into role', role play what the characters should do to reduce any further risk and identify who could help.



© PSHE Association 2025

## Who can help?

Remember that medicines are helpful for health but only if they are used correctly. Trusted adults should give medicine to children.

If you are unsure about using a medicine, ask a trusted adult.

I need your help with something . . .

Something's worrying me, can I talk to you?

I have something that's been bothering me . . .

© PSHE Association 2025

## What have we learnt?

Go back to the questions from your **benefits and risks list**.

- Is there anything you would like to change?
- Is there anything you would like to add?

Use a different colour pen or pencil.



# What have we learnt?

Share one thing this lesson has made you think about medicine safety. It could be:

Something new  
you have learnt

Something you  
think is important  
to remember in  
the future



© PSHE Association 2025

## Safety leaflet

Make a leaflet designed for the Grech family about safety with medicines and household products.



© PSHE Association 2025