PSHE Medicines

Learning Objective: To understand the role of medicines in promoting, improving and sustaining health.

Think about some of the drugs from last week, here are a few to remind you.

Cough syrup, paracetamol, antihistamine, ecstasy, cocaine, antibiotics, steroids, cigarettes, alcohol.

Can you complete this sentence. Do it three times with different drugs in each one.

Someone might take \_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_.

What is this and what is it used for? Do you know anyone that uses one?

An asthma inhaler contains a medicine that helps anyone with asthma. This is a type of medicine that might be needed all the time for some people. There are lots of medicines that people have to have regularly to keep them healthy. Would you know what to do or say if you found someone having an asthma attack? Would you know what was happening?

An injection is another form of medicine. Can you think of reasons why people have injections? All the adult population are currently being vaccinated (having and injection) to keep them safe from Covid. When else do people have injections?

Brainstorm how might you feel having an injection; what words describe how you might feel?

Sometimes injections are used for other reasons such as recreational drugs. The syringes are not always disposed of safely like they are in a doctor’s surgery. What should you do if you see a syringe somewhere? Discuss this with an adult at home.

Another form of medicine is steroids. Steroids can be used to treat eczema or asthma. These will be prescribed by a octor.

Steroids can be used by athletes to ‘bulk up’ their bodies to make them stronger or faster.

Do you agree that drugs/medicines should be used to improve performance? Do you think this is fair to other athletes? Most athletes take regular drug tests to see if they have used steroids?

Can you find an example of when an athlete has been found to have used steroids and what happened to them. Write down what you have found out.