

## Drugs, alcohol and tobacco education

Drugs alcohol and tobacco education is taught as part of the PSHE education curriculum. It is important for us to teach children about these harmful substances as well as teaching about peer pressure and saying no. Below are a range of resources to help you teach about these topics in school.

- [Policy](#)
- [Drugs curriculum](#)
- [Alcohol curriculum](#)
- [Tobacco curriculum](#)
- [Vaping](#)

### Policy

- [Drugs education policy template](#) (word) - support to update and review your drugs education policy
- [Mentor, reviewing your drug and alcohol policy](#) (word) a toolkit for schools - support with the process of reviewing their drug and alcohol policy, with practical advice on consulting with teachers, pupils, parents and others in the community.
- [Stop smoking policy](#) (word) - can be used with your drugs policy to help stop pupils smoking.

### Drugs curriculum

- [Drug Wise primary school resource website](#) - Focuses on drug, alcohol and tobacco education in primary schools. It aims to develop primary school pupils' knowledge, understanding, skills and attitudes to make healthy choices and develop healthy behaviours in their lives — now and in the future
- [talktofrank.com](#) FRANK is a national drug education. It is intended to reduce the use of both legal and illegal drugs by providing information on drugs and alcohol.

### Alcohol curriculum

- [Drinkaware for education website](#)- resources for key stages 2 and 3 - free downloadable resources are designed for 9-11 and 11-14 year olds and are flexible, allowing teachers to mix and match activities to suit their needs
- [Mentor website](#) Mentor runs programmes to protect children from alcohol and drugs; works directly with young people, families, schools, grassroots projects, national partners, and government
- [wreckedwd.co.uk](#) NHS-sponsored Wrecked and Wasted website aimed at teens/young people to be a guide post for information on drugs and alcohol
- [Talk about alcohol](#): Talk about alcohol via games, challenges
- [Alcohol Education Trust](#): Games and quizzes to increase knowledge and awareness of alcohol consumption.

### Tobacco curriculum

- [Young people and tobacco leaflet](#) - A leaflet developed by Public Health to raise young people's awareness of the dangers of smoking
- [Ash website](#) - resources and information to help teach about the dangers of smoking
- [Fresh website](#) - resources to help teach about the effects of smoking. They also have great ideas for making the theme cross curricular
- [One you ealing](#) - resources, help and advice about smoking
- [Breathe 2025](#) - resources and information about smoking

### Vaping

- [Vaping facts \(A4 poster\)](#)
- [Children vaping \(A4 NHS poster\)](#)
- [Young people and vapes presentation \(NHS\)](#)

### Tips to stop vaping

#### Gradual reduction

- Nicotine strength reduction: Option to reduce nicotine strength gradually (20mg–18mg–12mg–6mg–3mg–0mg).
  - Pace: slower reduction is recommended for those in early stages or at risk of relapse, progressive goals for others.
- Time between vaping: Extend time between vaping sessions (e.g., 20 mins to 40 mins).
- Set vaping rules: Limit where and when you vape (e.g., only outside, not at home or in the car).

#### Options for Disposable Vape Users

- Switch to Tank System: Consider switching to a tank system for gradual nicotine reduction.
- Non-Nicotine Strategies: Use strategies like location and time restrictions.
- Alternate Nicotine Levels: Alternate between nicotine and zero nicotine disposables

#### Nicotine Replacement Products

- Nicorette QuickMist Mouthspray has been granted approval from the Medicines and Healthcare products Regulatory Agency (MHRA) for a new indication to relieve and/or prevent craving and nicotine withdrawal symptoms in nicotine dependence, including those arising from nicotine vaping. Nicorette QuickMist 1mg/spray mouthspray: [www.medicines.org.uk/emc/product/5956/smpc](http://www.medicines.org.uk/emc/product/5956/smpc)
- Nicorette QuickMist Cool Berry 1mg/spray mouthspray [www.medicines.org.uk/emc/product/9312/smpc](http://www.medicines.org.uk/emc/product/9312/smpc)
- You can also use their 6 weeks stop vaping plan [Free Quitting Smoking or Vaping Support Plan | NICORETTE®](#)

### Contacts

If you require any advice or support with drugs, alcohol and tobacco education in schools, contact Faye Jones.

**Related services**

[Health improvement 2024/25](#)

[SAFE \(supportive action for families in Ealing\) 2024/25](#)

[Ealing safeguarding children partnership \(ESCP\) 2024/25](#)

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- [Neutral](#)
- [No](#)

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