



**What should I already know?**

- Risks and effects of legal drugs (cigarettes, e-cigarettes/vaping, alcohol, medicines)
- The impact on health
- Laws around use of legal drugs
- About why people choose to use or not use substances
- About the mixed messages in the media about substances
- How to seek help and support organisations
- Strategies for managing personal safety in the local environment
- Predict, assess and manage risk in different situations
- Online safety including sharing images, mobile phone safety

**What will I know by the end of the unit?**

- Identify and explain ways to reduce risks to my personal safety.
- To know the physical and psychological short-term risks associated with alcohol consumption.
- Identify the short- and long-term risks associated with smoking and vaping.
- Evaluate myths, misconceptions, social norms and cultural values relating to smoking and vaping.
- Develop strategies to manage peer pressure.
- To learn about substance use and the risks and effects of caffeine consumption.
- To understand and manage influences relating to tobacco and nicotine product use.
- To learn about the risks and consequences of alcohol use
- Explain the benefits of physical activity and exercise for physical and mental health and wellbeing
- Recognise and manage what influences choices about physical activity

**Vocabulary**

<b>Peer Pressure</b>	Being influenced by people of the same or similar age
<b>Illegal drug</b>	Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk.
<b>Possession</b>	A person can be charged with possession if they have an illegal drug, even if it's not theirs.
<b>Supply</b>	A person can be charged with supply if they sell, share or give away illegal drugs.
<b>Dependency</b>	When a person relies upon a substance to feel or function as normal.
<b>Cannabis</b>	An illegal drug that can be smoked, eaten or vaped that makes people feel 'chilled out' or giggly. Can be different strengths. Against the law to possess, grow or sell.
<b>Nicotine or tobacco</b>	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.



**Electronic cigarettes/vaping effects**

IMMEDIATE	LONG TERM
<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Mouth and airway irritation</li> <li>• Persistent coughing</li> <li>• Poison from e-cigarette liquid (if swallowed)</li> <li>• Chest pain</li> <li>• Nausea</li> <li>• Vomiting</li> <li>• E-cigarette overheating or exploding</li> </ul>	<ul style="list-style-type: none"> <li>• Dependence</li> <li>• Harm to the developing adolescent brain</li> <li>• Respiratory (breathing) problems</li> <li>• Permanent lung damage due to e-cigarette or vaping products</li> <li>• Death due to lung damage</li> <li>• Can be a tool to help quitting for people dependent on cigarettes (although the evidence for this is weak)</li> </ul>

**Caffeine side effects**

**Caffeine Side Effects**

- Insomnia
- Anxiety
- Depression
- Increased Blood Clotting
- Dependence
- Muscle Pain
- Upset Stomach
- Headaches

**Negative effects of peer pressure**

**5 NEGATIVE EFFECTS OF PEER PRESSURE**

- WRONG INFLUENCE
- INVOLVE IN SELF HARM
- DIP IN ACADEMICS
- CAN ADAPT DANGEROUS HABITS
- DISTANCED FROM FAMILY

**Illegal drug effects**

IMMEDIATE	LONG TERM
<ul style="list-style-type: none"> <li>• Feeling of euphoria (a 'high')</li> <li>• Aggressive behaviour</li> <li>• Anxiety and panic attacks</li> <li>• Dizziness and headaches</li> <li>• Confusion</li> <li>• A 'comedown'</li> <li>• Insomnia</li> <li>• Hallucinations (seeing or hearing things that aren't really there)</li> <li>• Serotonin syndrome</li> <li>• Paranoia and psychosis</li> <li>• Seizures</li> <li>• Enlarged pupils</li> <li>• Increased heart rate and body temperature</li> <li>• Nausea</li> <li>• Vomiting</li> <li>• Twitches and tremors</li> </ul>	<ul style="list-style-type: none"> <li>• Dependence</li> <li>• Memory loss</li> <li>• Paranoia (feeling extremely suspicious and frightened)</li> <li>• Psychosis</li> </ul>