



Topic: Growing & Changing / Keeping Safe

Year: 7

NC Strand: Health & Wellbeing

What should I already know?

- Strategies for disputes
- What to do if a friendship is making them feel unsafe, including online
- About opportunities to connect with others, including friends online
- About what it means to 'know someone online' and how this differs to knowing someone face to face
- About why someone may behave differently online, including pretending to be someone they are not
- How to manage the risks of communicating online with others not known face to face
- Risks and effects of legal drugs (cigarettes, e-cigarettes/vaping, alcohol, medicines)
- Impact on health
- Laws around use of legal drugs
- About why people choose to use or not use substances

What will I know by the end of the unit?

- About substance use and misuse, including laws relating to this
- About the effects of alcohol, tobacco, nicotine and e-cigarettes
- About attitudes and social norms regarding substances
- About dependence, including the over-consumption of caffeine-based energy drinks
- How to safely use over the counter and prescription medications
- How to manage peer influence in relation to substance abuse
- Strategies to manage personal safety in situations, including online
- Assessing and reducing the risk in relation to health, wellbeing and personal safety

Vocabulary

Caffeine	A chemical found especially in tea and coffee plants and is a stimulant of the central nervous system
Substances	Drugs, alcohol, tobacco and nicotine
Medicines	A drug for the treatment of an illness
Dependence	Relying on someone or something for support. An addiction to drink or drugs
Tobacco	Nicotine-rich leaves of a plant, which are dried for smoking or chewing
Nicotine	A toxic colourless or yellowish oily liquid which is found in tobacco. Acts as a stimulant
Alcohol	A liquid which is found in wine, beer, spirits and other drinks
Suspicious	Showing a cautious distrust of someone or something
Coercive	Using force or threats in order to get someone to do something
Manipulation	Making someone do something in a clever or skilful way

Drugs and Alcohol

<p>Stimulant A drug which causes a person to feel like have more energy or more awake</p>	Drug	A	H	S	D	<p><u>Mental and Emotional Withdrawal Symptoms</u></p> <ul style="list-style-type: none"> • Anxiety: Anxiety, panic attacks, restlessness, irritability • Depression: Social isolation, lack of enjoyment, fatigue, poor appetite • Sleep: Insomnia, difficulty falling asleep or staying asleep • Cognitive: Poor concentration, poor memory
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<p>Depressant A drug which causes a person to feel calmer or lethargic</p>	Caffeine			✓		<p><u>Physical Withdrawal Symptoms</u></p> <ul style="list-style-type: none"> • Head: Headaches, dizziness • Chest: Chest tightness, difficult breathing • Heart: Racing heart, skipped beats, palpitations • GI: Nausea, vomiting, diarrhoea, tremors, shakes, muscle aches • Skin: Sweating, tingling
<p>Hallucinogen A drug which causes a person to experience sensations that are not really there. This could be visual, auditory or physical</p>	Cannabis		✓		✓	<p><u>Dangerous Withdrawal Symptoms</u></p> <ul style="list-style-type: none"> • Grand mal seizures • Heart attacks • Strokes • Hallucinations • Delirium tremens (DIs)
<p>Withdrawal A predictable group of signs and symptoms that result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug</p>	Tobacco				✓	<p><u>Who can you turn to for help and support?</u></p> <p>Parents and family members School staff and Safeguarding team</p> <p>Your GP or Practise Nurse</p> <p>NSPCC Helpline: 0808 800 5000 www.nspcc.org.uk</p> <p>ChildLine Helpline: 0800 1111 https://www.childline.org.uk</p> <p>NHS Live Well website www.NHS.uk/livewell</p> <p>The Mix Helpline: 0808 808 4994</p> <p>Talk to Frank Helpline: 0300 123 6600 www.talktofrank.com</p> <p>Action on Addiction Helpline: 0300 330 0659 www.actionaddiction.org.uk</p> <p>DrugFAM Helpline: 0300 888 3853 www.drugfam.co.uk</p>
<p>Addiction The feeling of needing a drug in order to get through the day</p>	Alcohol				✓	
<p>Analgesic A drug which reduces the feeling of pain</p>	Steroids	✓				
<p><u>Prescription Medications</u></p> <p>The law surrounding the selling of or sharing of prescription medications is ambiguous and is often linked to the type of drug/medicine that is being sold.</p> <p>If the medicine is on the controlled substance list (e.g. morphine, amphetamines and benzodiazepines) then the person supplying can be subject to the punishments which are for that class of drugs.</p> <p>It is extremely dangerous to share prescription drugs because of the possible side effects and impacts of other medications that are being taken.</p>						



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Alcohol

<p>Alcohol While some drinks have more alcohol than others, the type of alcohol in all alcoholic drinks is the same - it's a type of alcohol called ethanol. Alcohol is a colourless, odourless and inflammable fluid.</p>	<p>ABV Alcohol by volume is a standard measure of how much alcohol (ethanol) is contained in a given volume of an alcoholic beverage (%)</p>	<p>Unit of Alcohol Units are a simple way of expressing the quantity of pure alcohol in a drink. One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.</p>	<p>Binge Drinking Consuming large quantities of alcohol in a short space of time. This is 8 units in a single session for men and 6 units in a single session for women.</p>	<p><u>How alcohol affects you drink by drink</u> Based on a standard (175ml) 13% volume glass of white wine or 4% strength pint of lager</p> <p>1 glass of white wine or a pint of lager (just over 2 units)</p> <ul style="list-style-type: none"> You're talkative and feel relaxed Your self-confidence increases Driving ability is already impaired, which is why it's best not to drink any alcohol when driving <p>2 glasses of white wine or pints of lager (just over 4 units)</p> <ul style="list-style-type: none"> Your blood flow increases You feel less inhibited and your attention span is shorter You start dehydrating, one of the causes of a hangover <p>3 glasses of white wine or pints of lager (just under 7 units)</p> <ul style="list-style-type: none"> Your reaction time is slower Your liver has to work harder Your judgement may decrease <p>4 glasses of white wine or pints of lager (just over 9 units)</p> <ul style="list-style-type: none"> You're easily confused You're noticeably emotional You may become less capable
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1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
				Government advises alcohol consumption should not regularly exceed: Men 3-4 units daily Women 2-3 units daily	

How to calculate units of alcohol
 $\text{Strength (ABV)} \times \text{volume (ml)} \div 1000 = \text{units}$
Alcohol and the Law

It is against the law

- To sell alcohol to someone under 18 anywhere
- For an adult to buy alcohol on behalf of someone under 18
- For someone under 18 to buy alcohol, attempt to buy alcohol or to be sold alcohol
- For someone under 18 to drink alcohol in licensed premises
- To give children alcohol if they are under 5

It is not illegal

- For someone over 18 to buy a child over 16 beer, wine or cider if they are eating a table meal together in licensed premises at the discretion of the manager
- For a child aged 5 to 17 to drink alcohol at home or on other private premises

Who can you turn to for help and support?

Parents or trusted family members
 School Safeguarding team or a member of staff
 Your GP or Practise Nurse
 Drink Aware:



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0300 123 1110 (weekly 9am - 8pm, weekend 11am - 4pm)

AI-Anon Family Group:

0800 0086 811 from 10am - 10pm, 365 days a year

<https://www.ai-anon.org.uk>

AddAction

<http://www.addaction.org.uk>

Smoking and Vaping

Nicotine	Vaping	Smoking	e-cigarette
<p>A toxic colourless or yellowish oily liquid which is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of automatic nerve and skeletal muscle cells.</p>	<p>The action or practise of inhaling and exhaling the vapour produced by an electronic cigarette or similar device</p>	<p>The action or habit of inhaling and exhaling the smoke of tobacco or a drug. Usually through cigarettes or cigars.</p>	<p>e-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Which is then inhaled.</p>

<p><u>Effects of nicotine</u></p> <p>Nicotine is both a sedative and a stimulant</p> <p>When a body is exposed to nicotine, the individual experiences a 'kick'. This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline.</p> <p>This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain.</p>	<p><u>How do e-cigarettes work</u></p> <p>e-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings and other chemicals that help to make the aerosol.</p> <p>The liquid used in e-cigarettes often contains nicotine and flavourings. This liquid is sometimes called 'e-juice', 'vape juice' or 'vape liquid'.</p> <p>Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air. E-cigarette aerosol is NOT harmless 'water vapour'. The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:</p> <ul style="list-style-type: none"> • Nicotine • Ultrafine particles that can be inhaled deep into the lungs • Flavouring such as diacetyl, a chemical linked to a serious lung disease <ul style="list-style-type: none"> • Volatile organic compounds • Cancer-causing chemicals • Heavy metals such as nickel, tin and lead <p>It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.</p>
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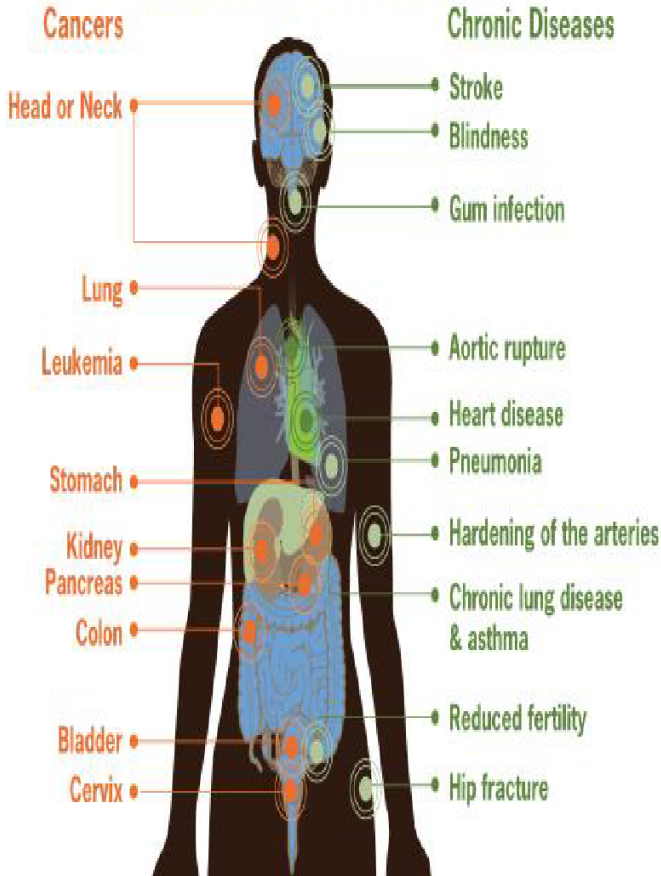
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Year: 7

NC Strand: Health & Wellbeing

Risks from Smoking

Smoking can damage every part of the body



Side effects of vaping

Mouth and airways

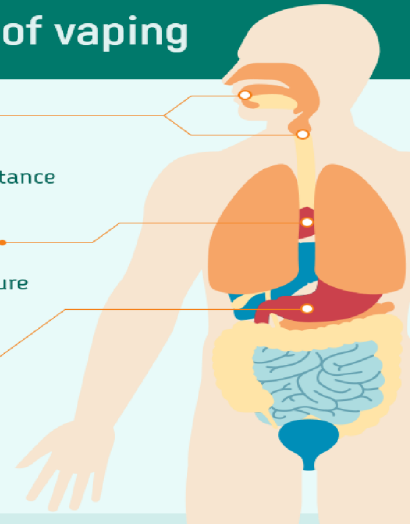
- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

- Vomiting
- Nausea



Lesson Overview

Lesson 1: to learn about substance use and the risks and effects of caffeine consumption

Lesson 2: to understand and manage influences relating to tobacco and nicotine product use

Lesson 3: to learn about the risks and consequences of alcohol use

Lesson 4: how and why to follow the 'RUN HIDE TELL' safety procedure in the event of a gun or knife attack

Lesson 5: to learn about the risks associated with coercive or unsafe friendships