

PSCS

Year
8

Personal, Social and Cultural Studies

Personal, Social, Health Education

Topic : Drugs and Alcohol

NAME

TUTOR GROUP

TEACHING GROUP



Learning Objectives

To develop knowledge about different types of drugs, both legal and illegal. To understand the impact that they can have on your brain and body. To develop skills to keep yourself safe in different situations.

Key Vocab

Depressant	A drug that slows the rate of bodily and brain functions.
Stimulant	A drug that speeds up bodily functions, such as heart rate.
Hallucinogen	A drug that alters a person's perception of their senses - what they see, hear, smell, taste and feel.
Opiate	A drug that is a painkiller, and blocks pain receptors in the brain.
Alcohol	Ethanol, the chemical name for alcohol is a depressant drug that is highly addictive.
Ecstasy/MDMA	A class-A drug that comes in pill or powder form. When it's a powder it's called by its chemical name, MDMA, but it's the same drug as ecstasy.
Cannabis	A Class-B drug that is taken by smoking, eaten or vaped. Cannabis changes how a person thinks and some people say it gives them a different perspective on things. It does affect a person's judgement.
Amphetamines	A Class-B drug, powerful stimulant that keeps people alert, usually sold as an off-white or pinkish powder – that sometimes look like small crystals
Nicotine	Tobacco is found in cigarettes which you smoke or in vapes. Of the over 4,000 chemicals that tobacco contains many have harsh effects on the human body. Smoking can increase your blood pressure and the heart rate, which can damage the heart and circulation and contribute to heart attacks, strokes and cause cancer.
Cocaine	A powerful stimulant that's snorted as a powder (coke) or smoked from small rocks (crack). Cocaine is risky for anyone with high blood pressure or a heart condition, but even healthy young people can have a fit or a heart attack after taking too much. It is a Class-A Drug

Key Vocab

Heroin	A Class-A Drug, Heroin is a powerful opiate that's usually sold as a white or brown powder. It is highly addictive. Users smoke, inject or snort the drug.
LSD	A chemical hallucinogen usually sold as small squares of paper, a liquid, or pellets (micro-dots). It is a Class-A drug. For most people, the world appears distorted when they take LSD. Colours, sounds, objects and even time can all seem very strange and disturbing.
Poppers	A liquid chemical sold in a small bottle, usually sniffed. Poppers are legal to sell, but only as products not for human consumption. For this reason they are often sold as a 'room odouriser' and 'leather cleaner'.
Xanax	A Class-C drug. Minor tranquillisers can induce periods of calmness, relaxation and sleep, and are used to treat anxiety and insomnia. Using tranquillisers can be risky, and especially dangerous if you mix them with other depressant drugs like heroin or alcohol.
Nos	A colourless gas that people inhale, usually via a balloon. It is very dangerous to inhale nitrous oxide directly from the canister, and doing it in an enclosed space is also very dangerous. If you take too much nitrous oxide you risk falling unconscious and/or suffocating from the lack of oxygen. People have died this way.

Class A Drug These include heroin, cocaine, ecstasy and LSD.
If found guilty by a court of law of possessing Class A drugs you could go to prison for up to seven years and fined.
If you sell Class A drugs you could receive a life imprisonment.

Class B Drug These include amphetamines, such as speed and barbiturates, and cannabis. People found guilty of possessing a Class B drug could go to jail for up to five years and be fined.
Those caught and found guilty of trafficking a Class B drug can be sent to prison for up to 14 years.
Some people think having cannabis is less serious than other drugs, but if you're caught with cannabis the police will always take action.

Class C Drug Drugs in this category include, tranquillisers, valium and anabolic steroids. It is illegal to have, give away or deal in Class C drugs.
Maximum penalties for possession are two years in jail plus an unlimited fine. Dealing or supplying could get you 14 years in jail plus an unlimited fine.

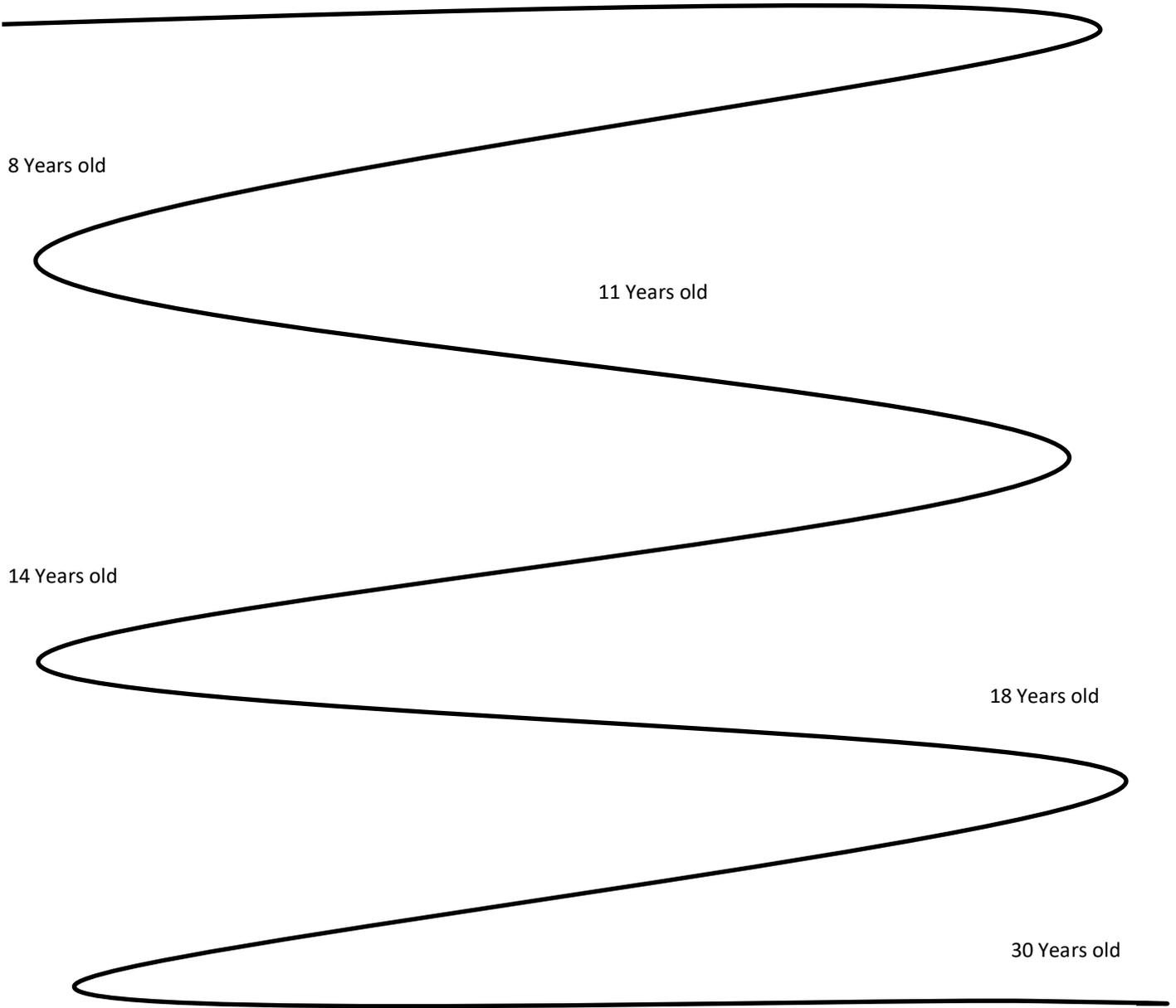
POM Prescription Only Medication - only a doctor or qualified health professional can prescribe these to a patient. Never take anyone else's POM.

This is the time of your life!

DATE

Draw your own timeline. Add details, some common to all and some unique to you. Try to think of ideas other people won't think of as well. What do you hope for your life?

My timeline:



WWW

EBI

How do you feel about today's learning?

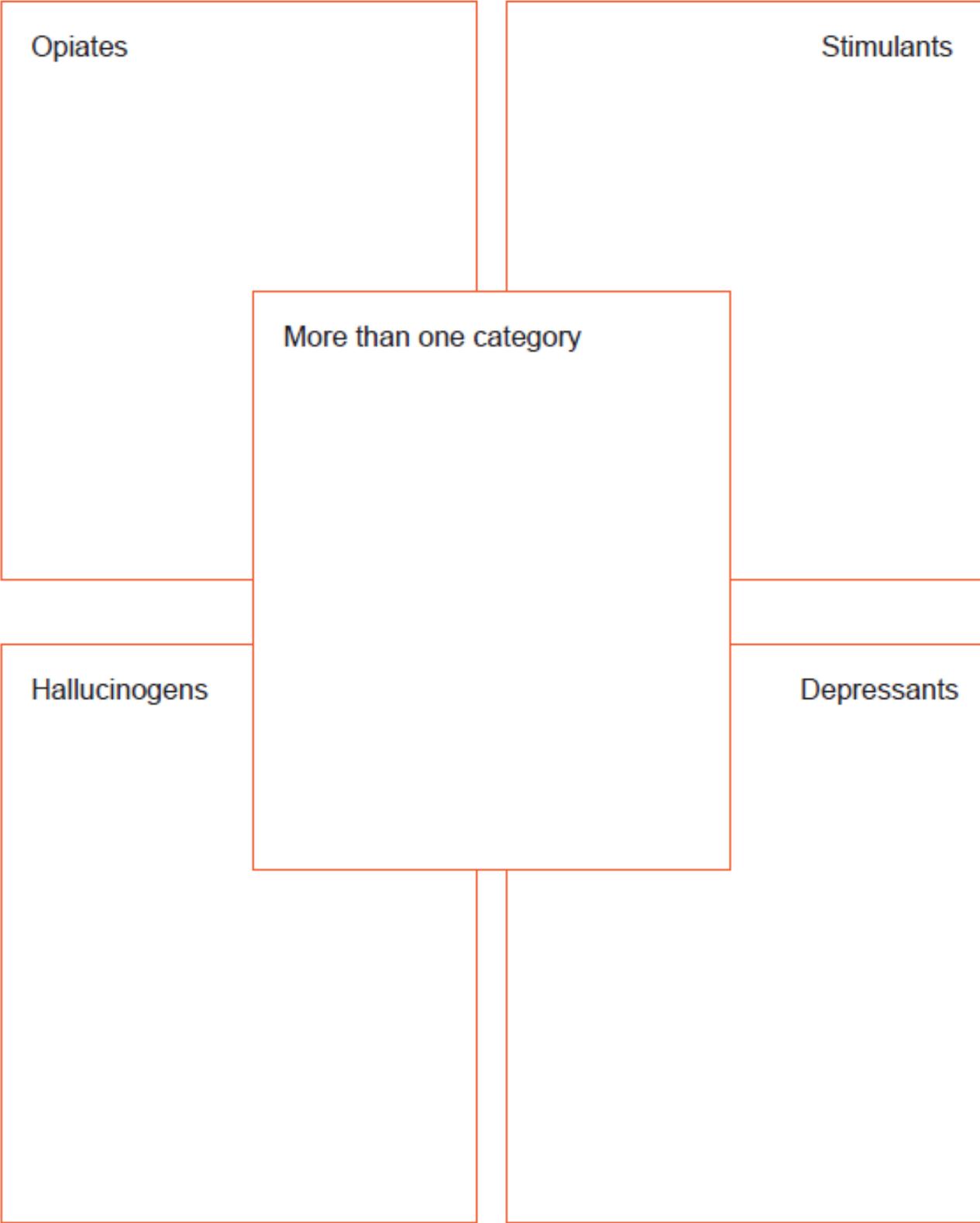


Star Tasks:



Categories of drugs

DATE



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How do you feel about today's learning?



Socially acceptable?

DATE

Learning Objectives: To consider what is or isn't ok when it comes to alcohol.

Is it ever ok to get really drunk? Explain here:

What situations do you think it would be dangerous to have ANY alcohol? Describe them here and explain:

WWW

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How do you feel about today's learning?



Star Tasks: Ask at home for a list of things you used to like the taste of when you were little but now don't and things you hated but now eat quite happily.



Types of drinkers

DATE

Learning Objectives:

To understand how attitudes to drinking are formed.



- * What do you think could be the circumstances?
- * What does this tell us about our attitudes to alcohol use?

Write your notes around the images.



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How do you feel about today's learning?



Alcohol and the Law

DATE

Being clear on the law around alcohol is important - for both parents and children. The law isn't simply about knowing right from wrong. It's a reminder of the potential consequence of drinking alcohol underage.

The UK Chief Medical Officer (CMO) recommends that **an alcohol-free childhood is the healthiest and best option.**

What does the law say?

Alcohol consumption in the UK is governed by strict laws. For more information, please refer to gov.uk.

It is against the law:

To sell alcohol to someone under 18 anywhere.

For an adult to buy or attempt to buy alcohol on behalf of someone under 18. (Retailers can reserve the right to refuse the sale of alcohol to an adult if they're accompanied by a child and think the alcohol is being bought for the child.)

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, except where the child is 16 or 17 years old and accompanied by an adult. In this case it is legal for them to drink, but not buy, beer, wine and cider with a table meal.

For an adult to buy alcohol for someone under 18 for consumption on licensed premises, except as above.

To give children alcohol if they are under five.

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.

For a child aged five to 16 to drink alcohol at home or on other private premises. This does not mean it is recommended. We strongly advise an alcohol-free childhood, as recommended by the Chief Medical Officers.

For more information visit our page on buying alcohol.

Consequences of breaking the law

If the police suspect someone under 18 has alcohol in a public place, they have the power to confiscate it. If young people get caught with alcohol three times they could face a social contract, a fine or arrest. Getting a criminal record could affect future job prospects and make it more difficult to travel to countries like the USA.

The police can also confiscate alcohol from someone, no matter what their age, if they believe it has been, or will be drunk by someone under 18 in a public place.

How much is too much for under 18s to drink?

The UK chief medical officers recommend that an alcohol-free childhood is the healthiest and best option.

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How do you feel about today's learning?



How Alcohol affects the Brain

DATE



Make notes about alcohol's effects on your brain.

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How do you feel about today's learning?

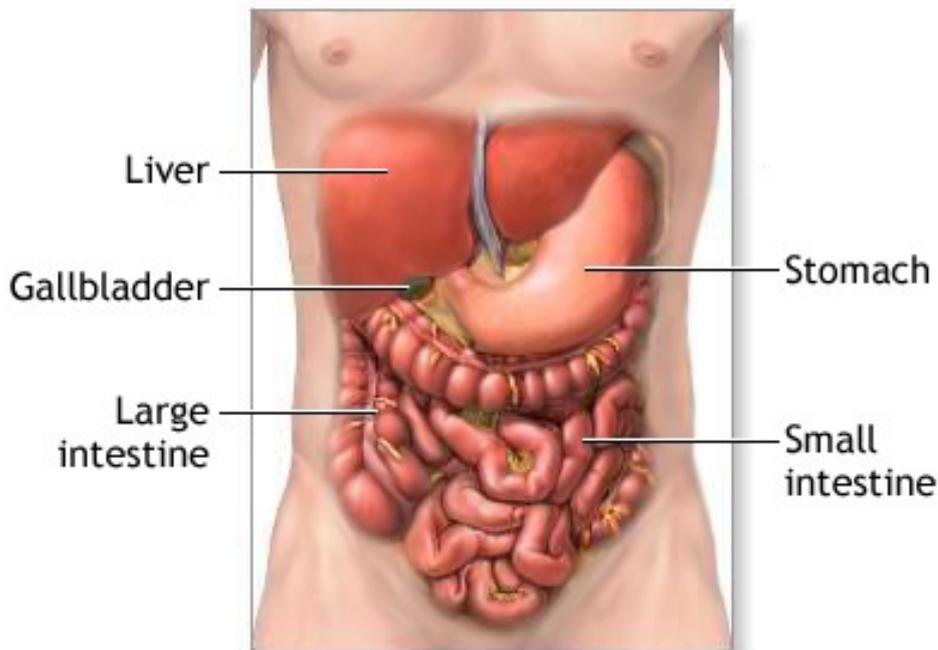


How healthy is your liver?

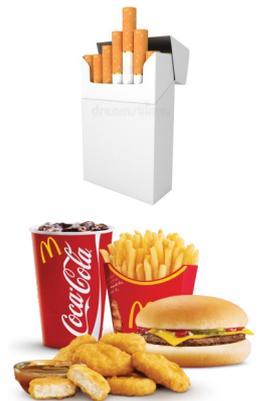
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Learning Objectives:

To consider how well you are taking care of your liver—a key organ in your body that carries out many functions.



ADAM.



Potential harm to the liver

- * The liver works relentlessly to keep our bodies healthy, but under continued pressure it will eventually stop functioning – like a balloon blown up to its bursting point.
- * You may not know your liver is damaged until it's too late.
- * Liver disease can kill you.
- * Your body can usually tell you if you have hurt yourself by feeling pain, but the liver has no nerve endings and has no way to produce pain, so no early warning signs.
- * Transplants are possible with a good success rate but there are not enough suitable livers available. For every one transplant, 10 people die waiting.

How do you feel about today's learning?



How healthy is your liver?

DATE

Learning Objectives:

To consider how well you are taking care of your liver—a key organ in your body for many functions.

Rate yourself between 1-10 (1 is not good, 10 is great)	
1	I eat a balanced diet with plenty of fruit and vegetables
2	I limit intake of fat especially saturated fats such as cheeses, butter, and oily fried food, chips
3	I drink plenty of water - about 2 litres per day
4	I limit sugar
5	I avoid drinking much/any alcohol
6	I avoid smoking
7	I wear/will wear protection when having sex
8	I am vaccinated against Hepatitis A and B
Up your game Three ways to protect or improve my liver health	
1.	
2.	
3.	

Activ
Go to

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How do you feel about today's learning?



Star Tasks:



Whose lifestyle?

DATE

Person 1

I am 15, in Year 11, and have loads of friends. We are all sports-mad. I am in the school First 11 football team. We play a match every Saturday and have practices after school 3 days a week. I live with my dad and he cooks us a proper healthy meal every evening and makes me sit down and eat it with him at the table. I'm not keen on vegetables but know they are good for me. I hang out with my mates most Saturday nights, mostly at Jim's house. We raid his dad's fridge sometimes for a couple of beers. I have just started to train for my first half-marathon and to use my dad's multi-gym to build my strength and muscle-mass. I am not going out with anybody at the moment but fancy someone in Year 10.

Person 2

I am 19 and a young, single parent. I stay at home to look after my son and am living on benefits. My little boy, Josh, is brilliant. He is 3 years old now and his favourite food is chicken nuggets and chips. He loves to go to McDonalds to play in the ball-pit and has a Happy Meal with lots of ketchup on his fries. We go there a few times a week and meet up with my friends. I usually have a Big Mac and chocolate milkshake. Mmm! Most evenings I watch TV and chat to my friends on Facebook. I can't afford to join a gym and don't like exercise, it is too much like hard work. When could I fit that in anyway, now I have Josh? Every now and then my mum babysits and I go out with my old school mates. We go into town and have a good binge, and I usually get off my face with vodka and Red Bull.

Person 3

I like to think I am quite fit for my age. I never go to the gym or do any team sport or exercise like that because I work too hard to fit it in. I work in an office so am sitting at my computer most of the time and I work long hours so that my boss notices me and gives me a promotion. I have a bad habit of drinking lots of coffee and often find myself going to the vending machine during the day to buy cans of Coke or energy drinks. I don't have much time for going out and socialising because at the weekends I visit my elderly mother and look after the animals at a local rescue centre. I grow my own vegetables and try to eat healthily, but my job is so stressful and I am so tired most evenings that I help myself get to sleep by drinking red wine (2 or 3 glasses a night).

Person 4

I think I have quite a healthy lifestyle. I walk to school every day, do 2 dance classes a week and want to start doing Street Dance. I am in Year 9 and am a bit bored with school except for PE and Dance (and Mr Bennett's Science lessons when we have a good laugh). I can't wait to start my GCSE courses next year. I am going to do PE so I can follow my dream to be a dance teacher.

I need to stay slim so I look good when I am dancing but I also like eating. To keep my weight down, I only eat fruit 2 days a week and I smoke because somebody told me that would work. I know it is risky but what else can I do to look good and dance well?

I don't drink alcohol as I am too young but some of my mates do.

Person 5

I have a really busy social life and love going out with my family and friends. I only drink alcohol very occasionally, like at a wedding or family celebration. Being out in the fresh air is my favourite thing but I don't do as much exercise as I used to. When I was younger, I played a lot of sport and went the gym. Now, I walk to work every day but not much else.

Person 6

I work hard and enjoy socialising with my friends. I go out every Friday and Saturday night. I really enjoy drinking alcohol and in a good night I can drink about 20 pints, especially at weekends. I also smoke approximately 10 cigarettes a day, but this is more when I go out. I really enjoy exercise, especially running, and like to have a beer when I get back from a run.

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EBI

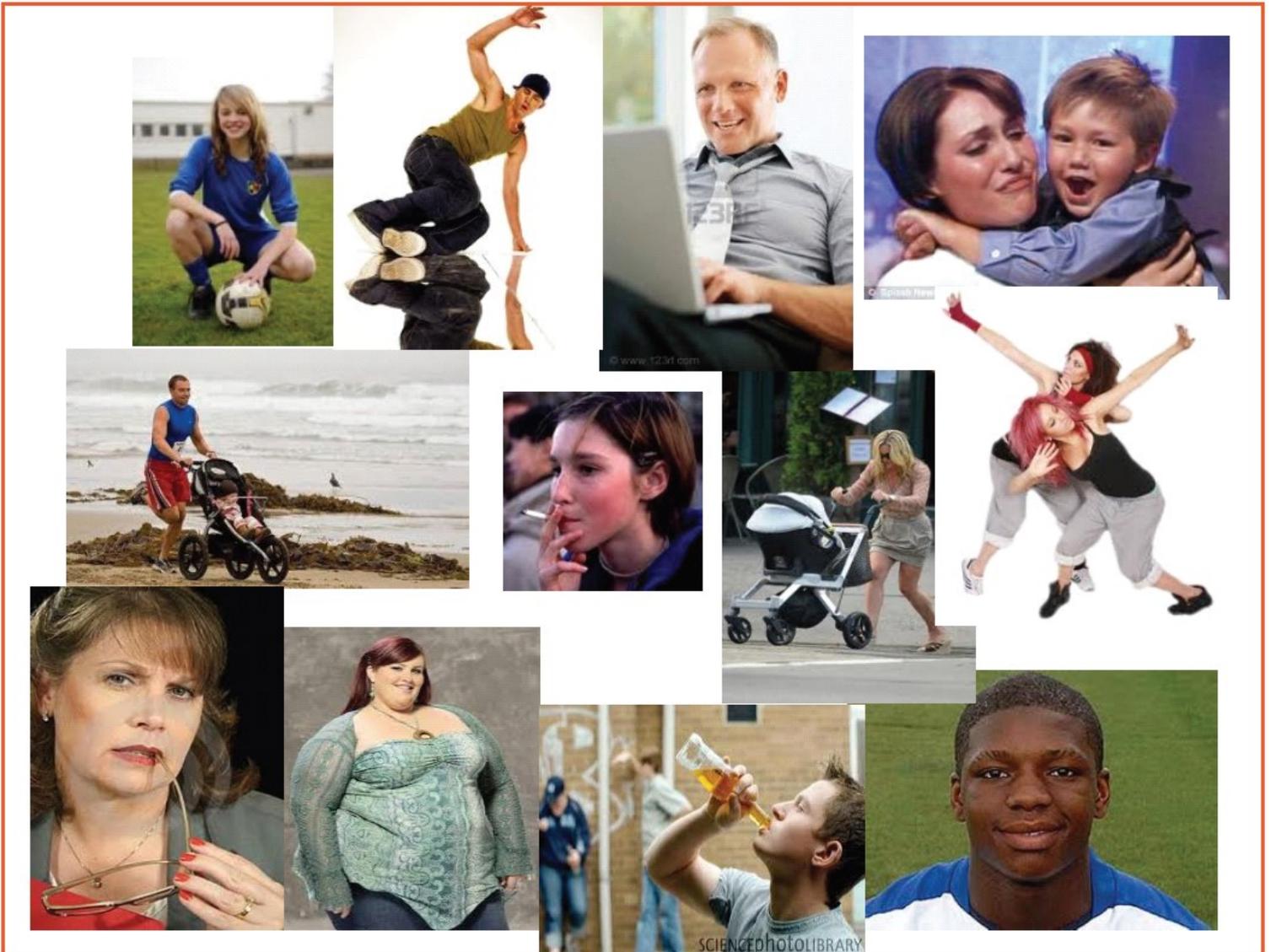
How do you feel about today's learning?



Match the lifestyle:

DATE

Learning Objectives: To review and reflect on your class debate



1. Match the pictures of people with the lifestyle they think each one has. Feedback as to what led you to those decisions. .

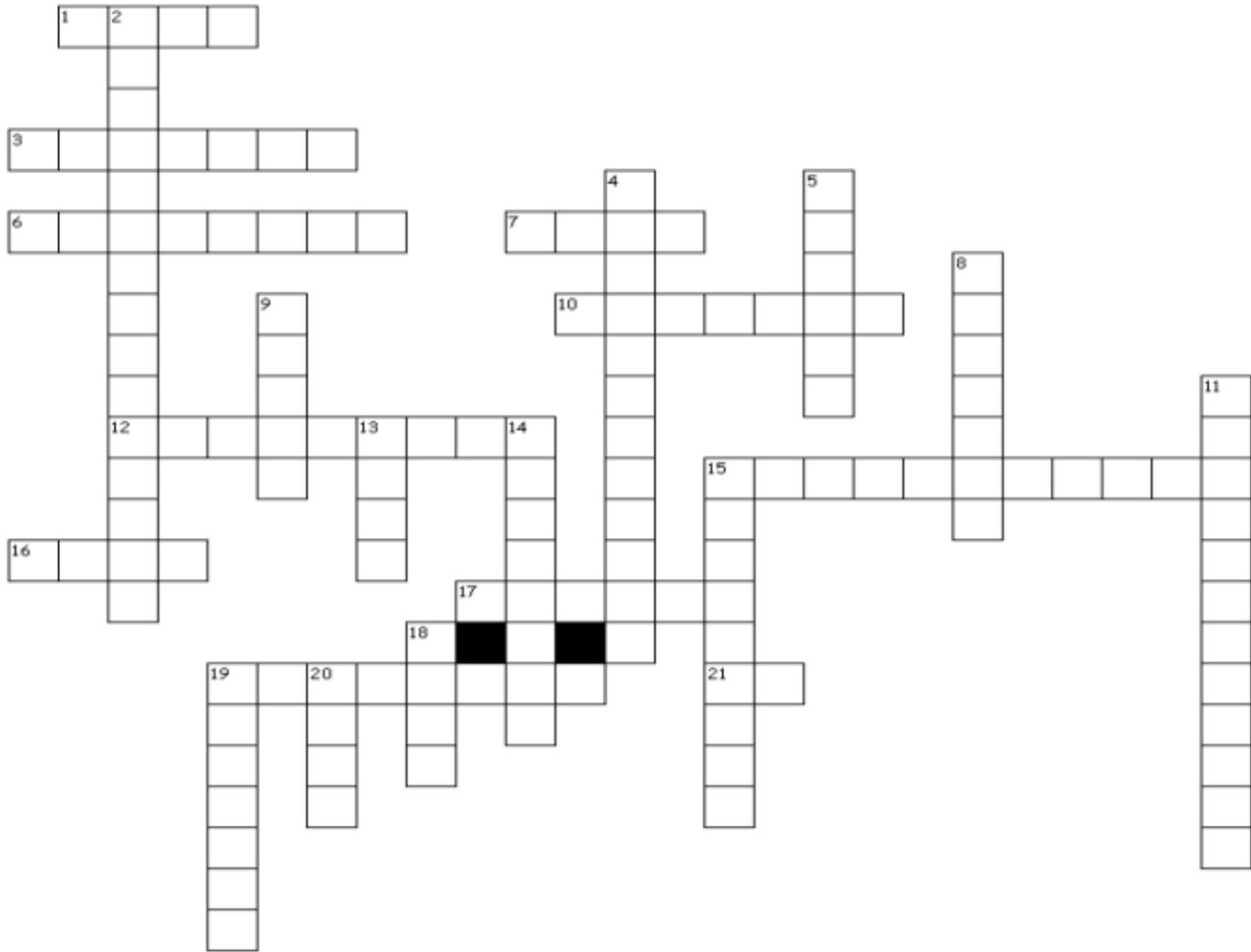
2. Rank order the people cards, in terms of which person is looking after their liver the best.

How do you feel about today's learning?



A little extra.....

Substance abuse Crossword



Down

2. This is the first stage of addiction
4. This type of drug can cause a person to see or hear things that are not real
5. Marijuana causes damage to your short-term ____
8. Every day 1,200 people die from diseases caused by this
9. All drugs cause damage to this organ
11. These drugs should only be used with your doctor's consent
13. True or False: Most teens do not smoke
14. This is the addictive drug found in tobacco products
15. Consuming alcohol to the point that a person passes out is called alcohol ____
18. This drug can be very damaging to the teeth
19. This drug is a stimulant and comes in the form of a white powder
20. There are ____ stages of addiction

Across

1. This is a slang word for marijuana
3. This drug is considered an athletic performance enhancer
6. This slang name for Ecstasy has the same name as a candy
7. Chewing tobacco can cause this type of cancer
10. Underage use of this drug leads to about 5,000 deaths in the United States each year
12. This occurs when a person cannot stop using a substance
15. Smoking is the #1 _____ cause of death in the U
16. A small glass of alcohol is called this
17. This is the #1 reason why teens misuse drugs
19. This is a mild stimulant drug found in coffee
21. One way to refuse to use drugs is to "Just say _"



BJC HealthCare

Where to get help if you are facing problems with Alcohol:

- AA (Alcoholics Anonymous)
- Alateen.
- Talk to Frank tel: 0300 1236600
- REACH 0800 0434656
- The Zone at Lunchtimes in the Admin corridor.
- School Nurse
- EDP Drug and alcohol services
- Kooth - www.kooth.com
- Your Pastoral Leader

Your
CHOICE

alcohol

Looks like: Beer, lager, alcopops, cider, wine, spirits and shots.

Highs: In small amounts alcohol can help you relax and feel more sociable. It can make your emotions more intense, which might be ok if you're in a good mood, but not so great if you're feeling low.

Lows: Too much alcohol and you'll start slurring your words and get clumsy or fall over. You might start crying or getting angry – or do something you regret. Mixing with other drugs can be dangerous, and drinking too much in one go can lead to alcohol poisoning which can make you unconscious



Space for your notes:

or even kill you. If you drink alcohol a lot, you can end up feeling depressed. A long-term drinking habit can cause liver, heart and stomach problems. You can also get addicted and become an alcoholic.

If you're under 18, it is illegal for someone to sell you alcohol. And illegal for someone else to buy it on your behalf.

FRANK
FACT