



PSHE Knowledge Organiser

Year Group: 8

Topic: Drugs and Alcohol

Half Term: Autumn One

Further sources of information and advice.

Rise Above
<https://riseabove.org.uk/tag/drinking-smoking-drugs/>

Rise above is a government backed website which has a wealth of resources and information about smoking, alcohol and drugs and staying safe.

NHS Smoke Free:
<https://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines>

This website is to provide help and support for stopping smoking. People are much more likely to successfully quit smoking with support than going it alone.

Talk to Frank:
<https://www.talktofrank.com/drug/alcohol>

This website provide an overview of the effects and risks of each drugs, along with information about the legal status of them.

NHS Live Well:
<https://www.nhs.uk/live-well/alcohol-support/>

This website provides you with information and advice on having a healthy lifestyle. There is also a section on support with alcohol addiction and dependency.

<https://www.nhs.uk/live-well/quit-smoking/quit-smoking-under-18s-guide/>

This website is specifically designed to support under 18s to successfully quit smoking.

A drug is a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body. Some drugs are medicinal and can be prescribed by a doctor, such as antibiotics. Even drugs prescribed by a doctor can be dangerous if misused – you should never take medicines which are prescribed for someone else, and you should always use the correct dosage. Some drugs, such as caffeine, can be found in products which we may consume regularly. Illegal drugs can be extremely dangerous. They are broken in to three classes, Class A, Class B and Class C, with Class A being considered the most dangerous.



Despite them being dangerous, some people still choose to misuse drugs and alcohol. Reasons for this include addiction and peer pressure. Addiction is where you don't have control over taking something to the point where it could be harmful to you. Peer pressure is when you feel pressured in to doing something which you may not want to do in order to fit in or to impress people. Some substances, such as alcohol, are considered safe to use in some circumstances. As an adult, it is considered safe to consume 1-2 units of alcohol per day, however as it affects your judgment, you should not drive if you have consumed alcohol. You should never accept a lift from someone you suspect of having consumed drugs or alcohol.



Unlike alcohol, there are no circumstances where smoking cigarettes can be low risk. Cigarettes carry very significant health risks, regardless of age. Because of the impact cigarettes have on your circulation, smoking cigarettes put you at greater risk of suffering from a heart attack or stroke. Cigarettes are responsible for 84% of deaths from lung cancer and for 93% of throat cancer cases. In addition to serious health complications, cigarettes also cause bad breath, yellowing of fingernails and discoloured teeth. For help to quit smoking, visit the table opposite and speak to your GP.



As well as serious health conditions, and even death, misusing drugs and alcohol can have other serious consequences. Being caught in possession of illegal drugs can result in up to 14 years in prison and an unlimited fine. Having a criminal record would affect the careers you were able to pursue, and affect your ability to travel to other countries such as the USA. The consumption of alcohol and the use of many drugs, can affect a person's judgment and their awareness of your surroundings. This means that a person under the influence of alcohol or drugs may be unable to consent to engage in sexual activity.

