

SUBSTANCES

PSHE Year 7 Summer 1

KNOWLEDGE ORGANISER

Overview:

- Social norms regarding drugs, alcohol and tobacco
- Myths and misconceptions
- Influence and risks relating to substance use.

How are substances harmful?

Tobacco

Nicotine is an addictive stimulant found in tobacco and other products such as e-cigarettes/vapes and nicotine replacement products such as patches and gum.

Tobacco is a plant grown for its leaves and is used in cigarettes, pipes, cigars, chewing tobacco and shisha. When tobacco is manufactured for cigarettes, other substances are added to enhance the addictive properties of nicotine.

While nicotine gets people 'hooked' on cigarettes, it's the thousands of other chemicals in tobacco smoke, including tar and carbon monoxide, that cause almost all of the harm from smoking.



- It is against the law to buy alcohol under 18 years old.
- 16 or 17 year olds accompanied by an adult can drink, but not buy, beer, wine or cider with a meal.
- Under 18s can be stopped, fined or arrested by police if caught drinking alcohol in public.

Caffeine

Facts



Caffeine is a **stimulant** often found in drinks such as tea, coffee, cola, energy drinks, sports drinks and some medicines. **Energy drinks often contain high levels of caffeine and sugar**, and may also contain other stimulants. They contain a higher amount of caffeine than many other beverages as they are aimed at boosting energy (**caffeine causes a feeling of alertness**). However, this is normally very short-lived and a person often finds they feel **the need for further caffeine to address the energy 'slump' they experience afterwards**.

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Alcohol

Short-term effects could include: dehydration, lack of inhibitions and feeling sociable – leading to 'out of character' behaviours, feeling sick, drowsy, vomiting, headache, diarrhoea, dizziness and lack of coordination and making poor decisions.

Long-term effects can take many years to develop such as high blood pressure, stroke, liver disease, anxiety and depression, fertility issues, cancers, alcohol dependency, relationship changes and feelings of regret, and serious injuries. There are also sugar-related concerns including obesity, dental health issues and acne.

Peer pressure - when people feel pressurised by their peers to do something that they might not want to do.

Peer influence - does not just refer to a peer pressurising someone to do something, but also includes internal pressures to fit in or do what the person thinks is expected in a situation.