

# Year 7-8 Drug education knowledge organiser

## Subject-specific vocabulary

<b>Substance</b>	This generic term includes alcohol and other drugs that may be legal or illegal.
<b>Controlled substance</b>	Drugs for which the manufacture, possession or use is regulated by the government.
<b>Medicines</b>	A drug or remedy that may be prescribed by a health professional or purchased over-the-counter.
<b>Side effects</b>	An effect of a drug (including medicines) that is additional to its intended effect.
<b>Dependency</b>	A state in which a person relies upon a substance to feel or function as normal, this can be physical and/or psychological.
<b>Cessation</b>	The process of reducing and stopping the use of a substance. This may be done independently or with the support of others.

## Substance-specific information

<b>Caffeine</b>	<ul style="list-style-type: none"> <li>• a stimulant drug often found in drinks such as tea, coffee, soft drinks and energy drinks</li> <li>• it is advised that children should only consume caffeine in moderation</li> <li>• caffeine is not necessary for a healthy, balanced diet</li> <li>• daily intake up to 3mg/kg of body weight does not raise safety concerns</li> </ul>
<b>Alcohol</b>	<ul style="list-style-type: none"> <li>• found in drinks such as beer, wine and spirits</li> <li>• amounts of alcohol are measured in units</li> <li>• an alcohol-free childhood is the healthiest option</li> <li>• risks include accidents or judgement errors; cancers; high blood pressure; harms to relationships</li> <li>• the law states that alcohol cannot be sold to under-18s</li> </ul>
<b>Nicotine and tobacco</b>	<ul style="list-style-type: none"> <li>• nicotine is an addictive substance found in tobacco and other products such as vapes (e-cigarettes)</li> <li>• tobacco is used in cigarettes, pipes, cigars, chewing tobacco and shisha</li> <li>• risks include cancers; heart attack; stroke; reduced fertility</li> <li>• the law states that nicotine and tobacco products cannot be sold to under-18s</li> </ul>

## Influences on decision-making

<b>Examples of influences</b>	<ul style="list-style-type: none"> <li>• own perceptions, attitudes and beliefs</li> <li>• curiosity or thrill-seeking</li> <li>• whether actions fit with one's own values or goals</li> <li>• the attitudes and actions of friends, role models and celebrities</li> <li>• family or community religious/cultural beliefs and expectations</li> <li>• social and cultural norms</li> </ul>
<b>Strategies for managing peer influence</b>	<ul style="list-style-type: none"> <li>• assertive refusal with or without providing a further reason</li> <li>• using humour to deflect from the situation</li> <li>• removing oneself from the situation</li> <li>• using an excuse to avoid using a substance</li> <li>• telling a 'white lie'</li> <li>• discussing intentions with a trusted friend so they can support in pressurised situations</li> <li>• planning with family members to help by coming to pick them up if away from home</li> <li>• organising alcohol-free social events</li> <li>• blocking and reporting unwanted approaches on social media</li> <li>• unfollowing and reporting accounts with unwanted content on social media</li> </ul>

## External support services

<b>FRANK</b>	<a href="http://talktofrank.com">talktofrank.com</a> 03001236600 Information, help and advice about drugs including information on local support services
<b>Better Health – Quit Smoking</b>	<a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a> NHS smoking cessation support service
<b>Nacoo</b>	<a href="http://nacoo.org.uk">nacoo.org.uk</a> 08003583456 Information and support for anyone affected by a parent's drinking
<b>Childline</b>	<a href="http://childline.org.uk">childline.org.uk</a> 0800 1111 Confidential support service <b>CALLS DO NOT APPEAR ON PHONE BILL</b>