

Year 8 - Alcohol, Drugs and Tobacco - Staff overview and planning tool

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Discuss factual information about legal and illegal substances, including alcohol, volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis
- Understand the short and long term consequences of substance use and misuse in terms of both physical and mental health
- Recognise that these affects can be felt by the individual but also by families and communities
- Recognise the dangers of second hand smoking
- Access local health care services and other support services if concerned about themselves or others

By the end of this module, pupils **SHOULD** be able to...

- Discuss the benefits of not drinking alcohol
- Understand the difference between illegal drugs and prescribed ones
- Understand the risks and consequences of “experimental” and “occasional” substance use

By the end of this module, pupils **COULD** be able to...

- Define the terms “dependence” and “addition” and discuss them in a sensitive way

William Ellis School Aims:

- To educate on health risks associated with drugs, alcohol and tobacco
- To have open, honest and non-judgemental discussion about under age and illegal use of any of the three
- In particular to discuss vaping as part of discussion on smoking

Statutory Requirements—What pupils should know:

- the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood
- the facts about legal and illegal drugs and their associated health risks, including the link to serious mental health conditions
- the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so

Key Words:

Second-hand smoking - tobacco smoke that is exhaled by a smoker or is given off by burning tobacco (as of a cigarette) and is inhaled by persons nearby (called also passive smoking)

Unit of alcohol - one unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour

Moderation - the quality of doing something within reasonable limits

Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been reached.

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If you have found this topic has resonated with you or you would like to learn more see below...

Where can I get support?

If you are worried about yourself or a friend please speak to an adult that you trust. In school this could be a form tutor or any other grown up that you feel comfortable with.

You can also arrange an appointment with your GP to discuss use and misuse of alcohol, drugs or tobacco.

For more information on alcohol visit: <https://www.drinkaware.co.uk/>

For honest information about drugs visit: <https://www.talktofrank.com/>

For more information on quitting smoking visit: <https://teen.smokefree.gov/>