

# Are drugs beneficial to our health?



What I should already know: I should already know that I can keep healthy by exercising and eating healthy food. I understand how peers can put pressure on me to do something I may feel uncomfortable with and have some strategies with how to deal with this. I understand the difference between fact and opinion and that the media can be biased.

## Enquiry Questions:

What are the effects and associated risks and consequences of alcohol?

What are the effects and associated risks and consequences of nicotine and tobacco?

How are legal and illegal drugs used and misused, who uses them and why and what are the possible alternatives?

What is the law relating to the use and misuse of legal and illegal drugs?

How can we identify a range of risky situations related to drugs, and how can we be assertive in decision making around these drug related situations?

What influences can peers have and how does this affect decision making and behaviour?

Can we distinguish between fact and opinion in relation to drugs and to know where to check information and advice?

## Key Vocabulary

Alcohol - a chemical substance found in drinks such as beer, wine, and liquor that has addictive properties.

Assertive - behaving confidently and able to say in a direct way what you want or believe

Bloodstream - The flow or movement of blood throughout the body. Blood carries oxygen, nutrients, and other important substances from the heart, through the blood vessels, to the rest of the body's cells, tissues, and organs.

Caffeine - A substance found in the leaves and beans of the coffee tree, in tea, yerba mate, guarana berries, and in small amounts in cocoa.

Cannabis - a psychoactive drug from the cannabis plant.

Depression - a common but serious mood disorder.

Drug - a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.

Effect - a change which is a result or consequence of an action or other cause.

Illegal - against the law

Influence - to cause someone to change a behavior, belief, or opinion, or to cause something to be changed

Legal - permitted by law

Media - the means of communication, as radio and television, newspapers, magazines, and the internet, that reach or influence people

Mental Health - a person's emotional, psychological, and social well-being.

Misuse - use (something) in the wrong way or for the wrong purpose.

Moderation - not to excess (not too much)

Nicotine - An addictive, poisonous chemical found in tobacco

Peer Pressure - the strong influence of a group, especially of children, on members of that group to behave as everyone else does.

Psychoactive - A drug or other substance that affects how the brain works and causes changes in mood, awareness, thoughts, feelings, or behavior.

Risk - a situation involving exposure to danger.

Tobacco - A plant with leaves that have high levels of the addictive chemical nicotine.

## Pupils will:

- understand the possible physical and psychological effects of some drugs
- recognise some reasons why people use and misuse drugs and be able to suggest some alternatives
- understand some of the laws relating to drugs
- have begun to recognise influence and pressure and have related this to peers and the media
- be able to identify risk and risk management strategies, know where they can get support and be able to identify some sources of reliable and accurate information