

PCSHE – Year 8 Term 1 – Drugs and Alcohol

KPI 1 – Key terms

- **Nicotine:** A toxic colorless or yellowish oily liquid which is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of autonomic nerve and skeletal muscle cells.
- **Vaping:** The action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device.
- **Smoking:** The action or habit of inhaling and exhaling the smoke of tobacco or a drug. Usually through Cigarettes or Cigars.
- **E-Cigarette:** E-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Which is then inhaled.
- **Alcohol:** The alcohol in all alcoholic drinks is the same – called ethanol. It is a colourless, odourless and inflammable fluid.
- **Inhibition:** a feeling that makes someone self-conscious and unable to act in a relaxed and natural way.
- **Licensed premises:** a place that can sell alcohol.
- **Discretion:** decision
- **Private Premises:** Privately owned land.
- **Alcoholism:** addiction to the consumption (drinking) an alcoholic drink
- **Alcoholics:** Someone who is addicted to alcohol.
- **Intoxicated:** affected by alcohol or drugs to the point where a person is potentially not able to control their body/
- **Confiscate:** to take away.
- **Underage:** Under the age of 16 in the UK.
- **Enclosed:** surrounded or closed off on all sides.
- **Prohibit:** to not allow.
- **Aerosol:** a substance that is under pressure and released as a fine spray.
- **Bystanders:** a person who is present at an event or incident but does not take part.
- **Sedative:** something taken for its calming and sleep creating effect.
- **Stimulant:** a substance that creates increased amounts of nervous activity in the body.

KPI2 – How does alcohol effects you?

Based on a standard (175ml) 13% volume glass of white wine or 4% strength pint of lager,

- **1 glass of white wine or a pint of lager (just over 2 units):** You're talkative and feel relaxed; Your self-confidence increases; Driving ability is already impaired, which is why it's best to drink no alcohol if you're driving.
- **2 glasses of white wine or 2 pints of lager (just over 4 units):** Your blood flow increases; You feel less inhibited, and your attention span is shorter; You start dehydrating, one of the causes of a hangover.
- **3 glasses of white wine or 3 pints of lager (just under 7 units):** Your reaction time is slower; Your liver has to work harder; while your judgement may decrease.
- **4 glasses of white wine or 4 pints of lager (just over 9 units):** You're easily confused; You're noticeably emotional; and you may become less capable

KPI3 - Alcohol and the Law

It is against the law

- To sell alcohol to someone under 18 anywhere.
- For an adult to buy or attempt to buy alcohol on behalf of someone under 18.
- For someone under 18 to buy alcohol, attempt to buy alcohol or to be sold alcohol.
- For someone under 18 to drink alcohol in licensed premises,
- For an adult to buy alcohol for someone under 18 for consumption on licensed premises,
- To give children alcohol if they are under five.

It is not illegal:

- For someone over 18 to buy a child over 16 beer, wine or cider if they are eating a table meal together in licensed premises at the discretion of the manager.
- For a child aged five to 17 to drink alcohol at home or on other private premises

KPI4 – Signs of Alcohol Addiction:

It can be tricky to spot the signs of alcoholism as alcoholics can be secretive about it and can become angry if confronted. Some signs and symptoms can include:

- A lack of interest in previously normal activities
- Appearing intoxicated more regularly
- Needing to drink more in order to achieve the same effects
- Appearing tired, unwell or irritable
- An inability to say no to alcohol
- Anxiety, depression or other mental health problems
- Becoming secretive or dishonest

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KPI 5: Smoking and the Law

- You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes.

It's illegal:

- For shops to sell you cigarettes if you are underage
- For an adult to buy you cigarettes if you are under 18
- To smoke in all public enclosed or substantially enclosed area and workplaces
- To smoke in a car with a child

KPI6 - Vaping and the Law

- You must be 18 or over to purchase e-cigarettes or e-liquids in the UK. It also became illegal for an adult to buy e-cigarettes for someone under the age of 18.
- Although there is no legal restriction on where you can vape in the UK there are local laws in force that prohibit the practice. The choice of whether to allow vaping is that of the property owner.
- Vaping generally is not allowed on the underground, planes, buses or trains and train stations in the United Kingdom.
- Vaping while you drive may not seem like such a big deal, but it could land you with up to nine penalty points and a fine of £2,500.

KPI7: Effects of Nicotine

- **Nicotine is both a sedative and a stimulant.**
- When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline.

Nicotine can affect various systems throughout the body and may cause:

- dizziness and light-headedness.
- sleep disturbances.
- changes in blood flow.
- headaches.
- increased risk of blood clotting.
- increased blood pressure.
- changes in heart rhythm and rate.
- shortness of breath.

KPI8: How do E-cigarettes work?

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol. The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air. E-cigarette aerosol is NOT harmless "water vapor." The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

If you need any support:

Please speak to:

- A friend
- A teacher
- Tutor
- Parent
- Mr Ogden
- Mr Hayward
- Mrs Loveridge
- Mrs Jones

Reputable Organisations:

- ChildLine: www.childline.org.uk, contact number – 08001111; Visit www.nhs.uk;
- Visit: www.talktofrank.com, Live Chat: 2pm-6pm, Phone: 0300 123 6600 Text: 8211