

# PCSHE Booklet

## Topic 1 – Drugs and Alcohol

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_

Year 8 Curriculum				
Topic 1: Drugs and Alcohol	Topic 2: Relationships and the Law	Topic 3: Mental Health	Topic 4: Equality and Discrimination	Topic 5: Safety
Alcohol and drug misuse and pressures relating to alcohol use	Positive, healthy relationships, Contraception, Consent and Sexting	Influences on mental health, coping with bereavement, and digital resilience	Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia, and visual differences.	Water Safety and Road Safety

### If you need any support...

#### Home/School Support:

1. Friend
2. Teacher
3. Tutor
4. Parent
5. Mr Ogden
6. Mrs Jones
7. Mrs Loveridge
8. Miss Phelps

#### Reputable Organisations:

1. Contact ChildLine:  
www.childline.org.uk  
Contact number: 0800 1111
2. Visit [www.nhs.uk](http://www.nhs.uk)
3. Visit [www.talktofrank.com](http://www.talktofrank.com)  
Live chat: 2pm-6pm, Phone  
0300 123 6600, Text: 8211

## PCSH Year 8 – Topic 1 – Drugs and Alcohol

### Section 1: Key Words

- **Addiction:** A physical or mental dependency on a substance (like nicotine or alcohol) where the person feels they cannot function without it.
- **Antibiotics:** A type of medicine used to treat infections caused by bacteria.
- **Cardiovascular:** Relating to the heart and blood vessels; smoking significantly increases the risk of cardiovascular disease.
- **Depressant:** A drug (like alcohol) that slows down the messages travelling between the brain and the body.
- **Gillick Competence:** A legal term used to decide whether a child (under 16) is able to consent to their own medical treatment without parental permission.
- **Hallucinogen:** A type of drug that changes a person's perception of reality, causing them to see or hear things that aren't there.
- **Immunisation/Vaccination:** The process of making a person immune to an infectious disease, typically by inoculation.
- **Nicotine:** The highly addictive stimulant chemical found in tobacco and most vapes.
- **Passive Smoking:** The inhalation of tobacco smoke (second-hand smoke) by persons other than the intended "active" smoker.
- **Prescription:** An instruction written by a medical practitioner that authorises a patient to be provided with a specific medicine.
- **Stimulant:** A substance (like cocaine or caffeine) that raises levels of physiological or nervous activity in the body.
- **Tobacco:** A preparation of the nicotine-rich leaves of an American plant, which are cured by a process of drying and fermentation for smoking or chewing.

### Section 2: Medicine and Drugs

- **Drug:** Any chemical that affects the way the body works.
- **Medicine:** A substance used to treat or prevent illness in a safe and controlled way. While all medicines are drugs, not all drugs are medicines.

#### Types of Medicine:

- **Over-the-Counter (OTC):** Can be bought without a prescription for minor ailments like headaches or colds.
- **Prescribed:** Must be provided by a health professional for more serious conditions (e.g., antibiotics, insulin).
- **Vaccinations (Immunisation):** A safe way to protect against harmful diseases (like polio or measles) by helping the immune system build resistance.

**Gillick Competence:** The legal age of medical consent is 16. Children under 16 can consent to their own treatment if they are deemed "Gillick competent," meaning they fully understand the treatment and its implications.

### Section 3: Smoking and Vaping

#### Tobacco Risks:

- **Mouth and Throat:** Can lead to tooth and gum disease.
- **Sensory:** Decreases the ability to taste or smell.
- **Physical Ability:** Makes it much harder to exercise or remain active.

**Nicotine:** An addictive stimulant found in tobacco and vapes that "hooks" users.

**Vaping vs. Smoking:** Smoking burns tobacco, while vaping heats a liquid. Vaping is not "healthy" and has negative side effects, though it is used by some adults to quit smoking.

#### Vaping Risks:

- **Nicotine Addiction:** Vapes often contain nicotine, an addictive stimulant that "hooks" users and makes it difficult to stop.
- **Toxic Chemicals:** The vapour and liquid contain various chemicals also found in cigarette smoke, exposing users to harmful toxins.
- **Unknown Long-Term Risks:** Because vaping is a relatively new practice, the long-term impacts on health are still unknown, making it potentially riskier than people realize.
- **Impact on Young People:** Evidence suggests that nicotine and other chemicals in vapes may be riskier for the developing bodies and brains of young people compared to adults.

**The Law:** It is illegal to sell cigarettes or vapes to anyone under 18 or to buy them for someone under 18.

# Knowledge Organiser

# Knowledge Organiser

## PSHE Year 8 – Topic 1 – Drugs and Alcohol

### Section 4: Alcohol: Risks and

#### Consequences

- **Prevalence:** Most young people (aged 11-15) do **not** drink alcohol regularly; 71% of 11-13 year olds have never even tried it.
- **Short-Term Risks:** Memory loss, hangovers, accidents/injuries, alcohol poisoning, and poor judgment.
- **Long-Term Risks:** Liver disease, cancer, heart disease, high blood pressure, and alcohol dependency.
- **Why Use is Declining:** Young people are adopting healthier lifestyles, using digital technology to socialise, and facing stricter "Challenge 25" ID policies

#### 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

### Section 5: Drugs and the Law

#### Categories of Illegal Drugs:

- **Stimulants:** (e.g., Cocaine) Make you feel energetic and alert; can cause paranoia.
  - **Depressants:** (e.g., Alcohol) Make you feel relaxed but slow down reactions.
  - **Painkillers:** (e.g., Heroin) Cause a "dreamy" state; highly addictive.
  - **Hallucinogens:** (e.g., LSD) Alter sense of reality and space/time.
- #### Consequences of Drug Convictions:
- **Travel:** Entry to countries like the USA may be refused.
  - **Career:** You must disclose criminal records to employers, which may prevent you from getting certain jobs.
  - **Personal:** Can lead to prison time, damaged reputations, and lost friendships.

#### If you need any support:

Please speak to:

- A friend
- A teacher
- Tutor
- Parent
- Mr. Ogden
- Miss Phelps
- Mrs Loveridge
- Mrs. Jones

#### Reputable Organisations:

- Childline: [www.childline.org.uk](http://www.childline.org.uk), contact number – 08001111; Visit [www.nhs.uk](http://www.nhs.uk);
- Visit: [www.talktofrank.com](http://www.talktofrank.com), Live Chat: 2pm-6pm, Phone: 0300 123 6600 Text: 8211

# Low Stake Quiz

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# Sliding Scale – Lesson 1

## Medicine and Drugs

### Sliding Scales

To recognise some of the roles that medicines play in our society and the importance of maintaining healthier lifestyles.



To know and understand some of the benefits of immunisation.



To identify benefits, effects and risks of drug use (including medicines) to health.



To recognise personal responsibility for decisions about using drugs and medicines



# Task: Match the ailment with the medicine/remedy.

## Ailments

1. Headache
2. Cold
3. Dry cough
4. Chesty cough
5. Diarrhoea
6. Grazed skin
7. Sore throat
8. Hay fever

## Medicine/remedy

- a. Hot lemon and honey drink
- b. Paracetamol
- c. Antiseptic lozenge
- d. Antihistamine
- e. Antiseptic cream
- f. Cough medicine
- g. Rehydration powders
- h. Steam inhalation

**Vaccinations:** a vaccination is a simple, safe, and effective way of protecting you against harmful diseases, before you come into contact with them. It uses your body's natural defences to build resistance to specific infections and makes your immune system stronger.

## Medicines and Health

Medicines play an important role in helping people stay healthy and recover from illnesses. Some medicines can be bought in shops or pharmacies, while others must be prescribed by a doctor or nurse. Understanding how to use them safely is a big part of looking after our health.

Medicines can treat many different illnesses and symptoms. For example, **painkillers** like paracetamol can reduce headaches or fever, and **antibiotics** can help fight infections caused by bacteria. Over-the-counter medicines (those you can buy without a prescription) are useful for minor problems like colds or sore throats. Prescribed medicines are often stronger and used for more serious conditions. Both types of medicine can help people feel better, recover faster, and live healthier lives.

Even though medicines are designed to help, they can sometimes cause **side effects** such as tiredness, nausea, or rashes. Taking too much of a medicine, or using it in the wrong way, can be harmful. Some people may become **dependent** on certain medicines if they take them too often. That's why it's always important to follow the advice of a doctor, pharmacist, or the instructions on the label.

**Vaccinations** (or **immunisations**) protect us from serious diseases like measles, flu, and polio. They work by helping the body's immune system recognise and fight infections. Vaccines don't just protect the person who gets them—they also help stop diseases spreading in the community. Thanks to vaccination programmes, many illnesses that used to cause serious harm are now very rare in the UK.





# Low Stake Quiz

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# Sliding Scale – Lesson 2

## Smoking and Vaping

### Sliding Scales

I understand how smoking/passive smoking affects the body.



I can consider the physical, mental and emotional 'cost' of smoking



To be able to explain the consequences of vaping.



**Task:** Complete the tobacco card sort to categorise the risks of tobacco into physical, mental/emotional and social/legal effects of using tobacco.

*Physical:*

*Mental/emotional:*

*Social/legal:*

Tooth and gum disease	Struggling to exercise or participate in physical activity	Police can confiscate tobacco products if someone is under 16	Wanting to smoke more frequently
Decreased ability to taste and smell	Harm to sperm, which may lead to infertility	Increased risk of fires	Cravings causing stress
Increased risk of different types of cancer	Lung and breathing problems e.g. bronchitis	Others can be affected by second-hand/passive smoke	Increased worry about how to give up smoking
Heart problems e.g. increased risk of heart attack in the future	Increased risk of experiencing stroke	Friends not wanting to spend time with someone who smokes	Increased worry about some of the physical and social risks
Smoking tobacco leads to clothes, hair and fingers smelling of cigarette smoke	High blood pressure	Spending money on costly cigarettes means less to spend on other things	Low confidence if struggling to quit smoking
Stale breath and stained teeth	Wrinkling of the skin	Some people find smoking unattractive in potential partners	Nicotine cravings can reduce concentration between cigarettes

**Task:** Watch the videos outlining the negative side-effects of vaping. Write these down in a mindmap in your booklet.



# Consequences of vaping

**Task:** Complete the four-square grid shown below. Sort each of the consequences by deciding which category each fact should come under.

**Environmental impact**

**Health impact**

**Legal impact**

**Other impact**

# Consequences

In the UK, two disposable vapes are thrown away every second. Over a year, this is enough lithium to make around 1,200 electric car batteries (lithium is needed for batteries, decreasing reliance on fossil fuels).

It is not illegal to smoke or vape underage, but anyone who sells cigarettes or vapes to under-18s, or buys them on behalf of anyone under 18, is breaking the law.

Vapes can help someone to quit smoking, by providing a replacement source of nicotine for those who want to quit smoking (although they are not recommended for non-smokers).

Vaping can be addictive, mostly due to the presence of nicotine and the ease with which it can be taken and become part of someone's daily routine.

Vaping still exposes users to some toxins. Nicotine is an addictive substance and evidence suggests it may be more risky for young people than for adults.

The long-term risks of vaping are unclear. While vaping is far less harmful than smoking (the risks from which are well-evidenced), it is not risk free.

The liquid and vapour in vapes contain some chemicals found in cigarette smoke (although at lower levels) that may be harmful.

The vaping industry continues to grow (with some vaping companies backed by the tobacco industry) and is solely focused on making a profit.

Organisations are free to make their own policies about where people can vape. This may mean that someone has to separate from their friends/family and go to a designated area where they are allowed to vape.

More than half of people who buy single-use vapes bin them and some of the biggest vaping brands do not take any specific steps to promote recycling.

Vapes are an age-restricted product because there is potential for users to become addicted to nicotine-containing vapes, and because the long-term effects of vaping on health are unknown.

In the UK, vapes require specialist recycling. If they aren't recycled, the lithium-ion batteries can start fires when crushed in a waste truck or at a waste-processing plant.

# Low Stake Quiz

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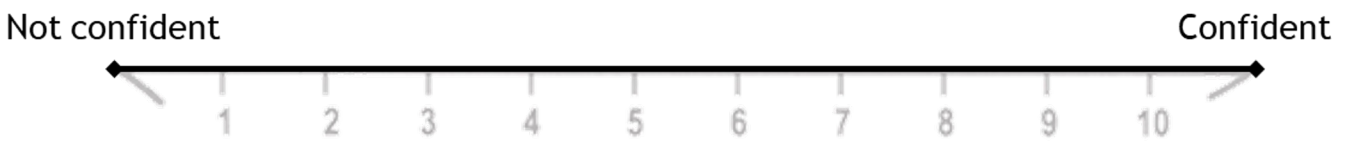
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# Sliding Scale – Lesson 3

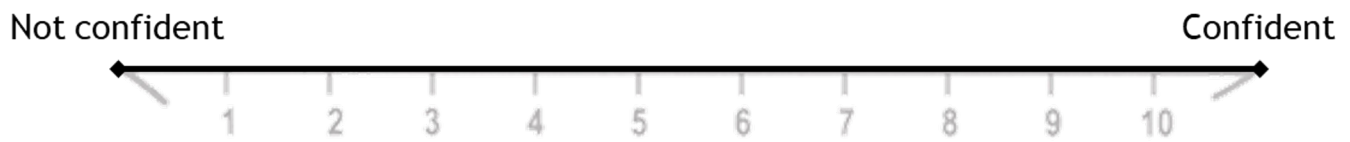
## Alcohol and Risk

### Sliding Scales

To explain why most people your age do not use alcohol and analyse the reasons why young people's alcohol use is declining.



To describe the effects of alcohol misuse.



To describe the strategies to manage influence on alcohol use.



To identify sources of support for alcohol misuse.





**Task 3:** Sort the risks of alcohol into short term and long term risks by completing the table in your booklet.

Short term risks	Long term risks

**Task 4:** Work in pairs to rank the different influences on young people's alcohol use from most significant to least significant. **There are no right or wrong answers.**





**Task 6:** Design a public information campaign to raise awareness about the statistics relating to young people's alcohol use. The aim is to get across the message that most young people do not misuse or currently use alcohol, so young people should not feel pressurised to drink alcohol to be cool or fit in.

# Low Stake Quiz

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# Sliding Scale – Lesson 4

## Drugs and the Law

### Sliding Scales

To be able to describe the names, appearance and effects of a range of illegal drugs.



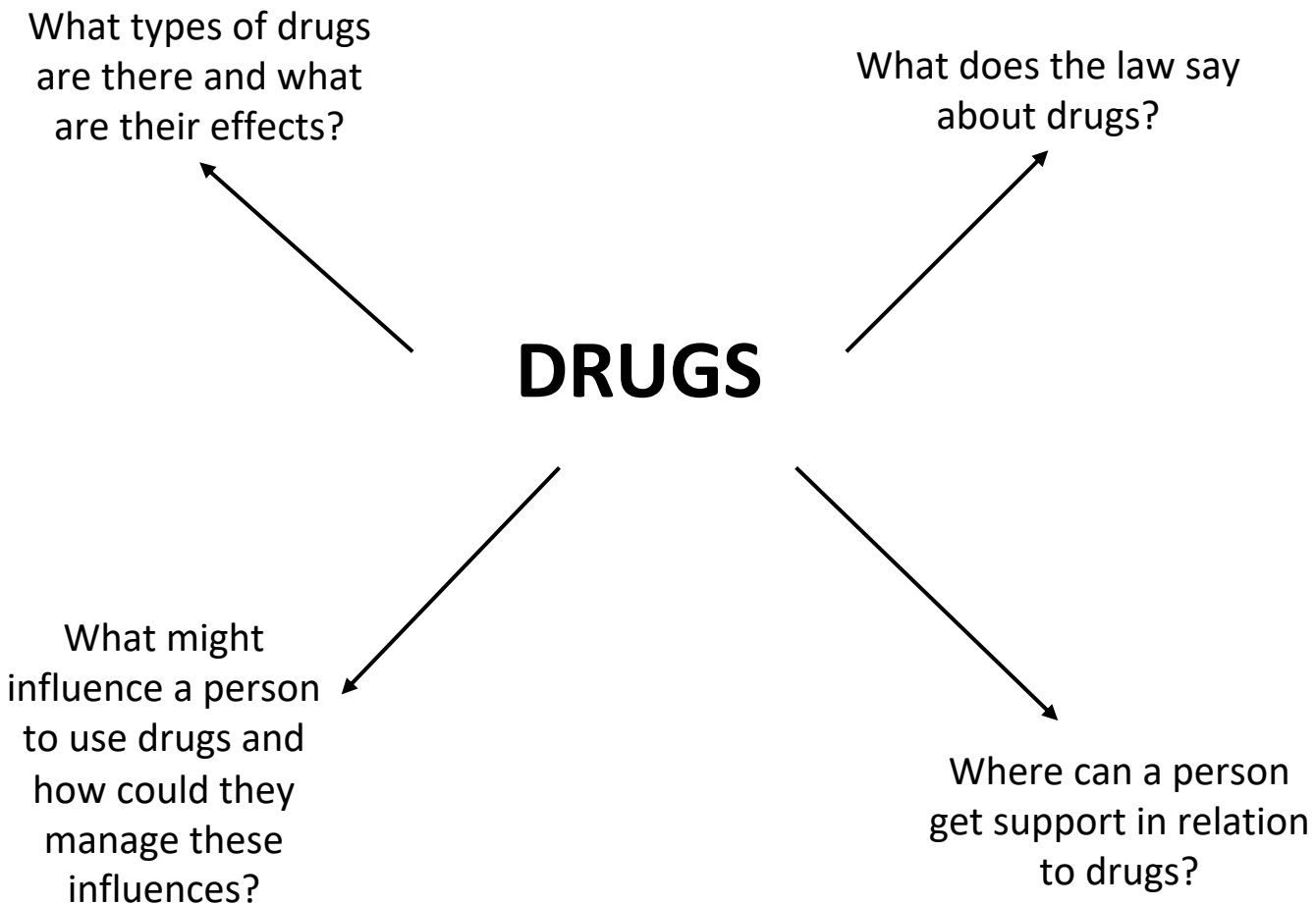
To be able to analyse the attitudes and beliefs about the prevalence of drug use amongst young people



To be able to assess the reasons why young people might choose to use or not use drugs.



**Task:** Complete the mindmap individually to show what you already understand.



**Task:** Complete the quiz by guessing what the correct statistic is.

1. What percentage of 11 to 15-year-olds are 'regular smokers' (regular smokers means smoking at least one cigarette a week)?
2. What percentage of 11 to 15-year-olds have never had an alcoholic drink?
3. What percentage of 11 to 15-year-olds have tried cannabis?
4. What percentage of 11 to 15-year-olds have tried nitrous oxide (balloons)?
5. What percentage of 16 to 24-year-olds have used an illegal drug in the last year?

**Task:** Complete the table showing all of the reasons people might give for and against using drugs.

Reasons for drug use	Reasons against drug use

**Task: Match two effects to each drug type by numbering them. One example has been done for you.**

Drug Type		Effects of drugs
1. <b>Depressants</b> e.g. Alcohol or solvents		<ul style="list-style-type: none"> <li>Altered perception or hallucinations</li> <li>Anxiety and panic, impaired decision making, 'bad trips'</li> </ul>
2. <b>Stimulants</b> e.g. Amphetamine, MDMA or Cocaine		<ul style="list-style-type: none"> <li>Initial pleasure or confidence before risk of losing consciousness at higher doses</li> <li>Lowers cognitive abilities, slows reactions and risks blackouts</li> </ul>
3. <b>Hallucinogens</b> e.g. Magic mushrooms or LSD		<ul style="list-style-type: none"> <li>Increased energy, pleasure, dilated pupils and increased confidence</li> <li>People can experience a clenched jaw and/or racing heart which increases the risk of heart attack</li> </ul>
4. <b>Dissociatives</b> e.g. Ketamine or Nitrous oxide	4	<ul style="list-style-type: none"> <li>Disconnected from body, floaty, relaxed or numb</li> <li>Unable to move or protect self, unpleasant feeling of being detached from body</li> </ul>
5. <b>Opioids</b> e.g. Heroin		<ul style="list-style-type: none"> <li>Over repeated doses, increased muscle mass and quicker recovery from exercise</li> <li>Linked to paranoia and aggressive behaviour</li> </ul>
6. <b>Steroids</b> e.g. Anabolic steroids		<ul style="list-style-type: none"> <li>Feeling 'chilled out' or giggly</li> <li>Linked to paranoia, mood swings and loss of memory</li> </ul>
7. <b>Cannabinoids</b> e.g. Cannabis		<ul style="list-style-type: none"> <li>Pleasure, a sense of wellbeing, pain-relief and/or feeling invincible</li> <li>Sleepiness and loss of consciousness, risk of injury while less able to feel pain</li> </ul>
8. <b>Empathogens</b> e.g. MDMA .		<ul style="list-style-type: none"> <li>Wanting to make new friends, wanting to move and dance, feeling sexually aroused or 'loved up'</li> <li>Afterwards people can experience lower mood, anxiety, isolation or a sense of emptiness</li> </ul>

**Task:** Read through the different statements. Decide on the class of drug and the type of offense shown (possession or intent to supply/supply and put the number in the right box.

	Possession	Intent to Supply/Supply (for which the penalties are the same)
Class A		
Class B		
Class C		
Psychoactive Substance		

1. Smoking some cannabis in the park (also known as weed, skunk, marijuana, green, hash, pot, puff, ganja, grass)
2. Selling anabolic steroids to a stranger (also known as roids, juice)
3. Having a small amount of cocaine in a plastic bag (also known as coke, Charlie, white, snow)
4. Picking up some magic mushrooms to drop off at a friend's house later. (also known as shrooms, mushies, magics, liberty caps)
5. Keeping a few ecstasy pills in a school locker (also known as pills, MDMA, E, Mandy, Molly, Superman)
6. Giving a friend some LSD for a bit of extra cash before a night out (also known as acid, Lucy, trips, tab)
7. Sharing some nitrous oxide balloons with friends at a house party (also known as laughing gas, nos, noz, balloons)
8. Giving some ketamine to a friend at a party. (also known as Special K, K, ket)

**Legal penalty decoder**

Possession or intent to supply any of the substances below can result in an unlimited fine and/or a prison sentence. Maximum sentences are listed below.

	Possession	Intent to supply/Supply
<b>Class A</b>	Seven years	Life sentence
<b>Class B</b>	Five years	Life sentence
<b>Class C</b>	Two years (not including anabolic steroids)	Fourteen years
<b>Psychoactive substance</b>		Seven years

**Task:** Working in pairs, look at the two images. Discuss the following questions:

1. What risks are present?
2. Who is most at risk in the picture?
3. Without intervention from the police officer, what might happen next?



**Task:** Write down any consequences of having a criminal record for drug offences on each of these aspects of a person's life.

**Personal**

**Friends and Family**

**Career**

**Travel**



