

YEAR 4 PSHE - DRUGS



KNOWLEDGE ORGANISER

Overview and Recap

At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.



You should already know that:

- Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.
- We need to look after our bodies. It is important that we have a balanced diet and that we regularly exercise. We should take care with medicines (and all drugs) as they can be harmful.
- We should know the effects of smoking on the body and know the dangers that smoking and alcohol pose to our health and us as a person.
- We should understand that drugs are substances which change the way the body and mind work.

Differences in the effects of Alcohol

Alcohol can affect each person differently, it depends on:

- **How often people drink**- every unit of alcohol takes 1 hour for the liver to process after you have stopped drinking.
- **How much people drink** - Binge drinking is classed as more than 6 units of alcohol at one time.
- **The size and weight of a person**- the smaller the person the quicker the absorption of Alcohol into the system.
- **How much food a person has eaten**- eating before drinking can slow down the speed at which Alcohol is absorbed into the system but it does not stop it being absorbed.



Alcohol and Cigarettes – The Facts

-Drinking alcohol can also be damaging to the human body. For example, it can cause great damage to the liver. In the short term, too much alcohol can affect people's balance, speech, and thinking, and can make people feel very sick.
 -In the UK, it is illegal to buy alcohol or cigarettes if you are under the age of 18. It is illegal to smoke in public places such as offices and shops.

Key Vocabulary

Alcohol beer wine legal police drug influence choice immune system pub limit unit affect

Effects of Alcohol

Short term effects on the body

- Being sick
- Blurred vision
- Tiredness
- Weight gain
- Interrupted sleep
- Memory loss
- Headaches
- Unhealthy skin
- Forgetting things



Behavioral effects

- Feeling relaxed
- Being aggressive
- Feeling more confident
- Being irrational
- Doing things or taking risks that you might not normally do



Long term effects on the body

- Cancer of the mouth and throat
- Breast cancer in women
- High blood pressure, increased risk of heart disease and stroke
- Liver damage
- Depression, memory loss
- Stomach damage
- Alcohol poisoning
- Poor immune system



Alcohol and the law

- You have to be 18 to buy alcohol in the UK
- Under the supervision of a responsible adult, children aged over 5 can be given alcohol at home.
- People can be arrested for being drunk in public.
- If you have a blood/alcohol concentration level of over 80mg/100ml, it is ILLEGAL to drive.
- Children under 14 cannot go into a pub unless they are in the restaurant or garden and are supervised by an adult.
- The police can confiscate alcohol

Explained: low risk drinking guidelines

To keep health risks from alcohol to a low level, men and women should not regularly drink more than 14 units a week, spreading them evenly over three or more days.

What do 14 units look like?

6 pints of beer a week



or

6 medium glasses of wine a week



drinkaware

18's.