

Key Vocabulary:

- **Substance** – A generic term that includes alcohol and other drugs that may be legal or illegal.
- **Controlled substance** - Drugs for which the manufacture, possession or use is regulated by the government.
- **Medicines** - A drug or remedy that may be prescribed by a health professional or purchased over-the counter.
- **Side effects** - An effect of a drug (including medicines) that is additional to its intended effect.
- **Dependency** - A state in which a person relies upon a substance to feel or function as normal, this can be physical and/or psychological.
- **Cessation** - The process of reducing and stopping the use of a substance. This may be done independently or with the support of others.

Substance-specific Information:

Caffeine

- a stimulant drug often found in drinks such as tea, coffee, soft drinks and energy drinks
- it is advised that children should only consume caffeine in moderation
- caffeine is not necessary for a healthy, balanced diet
- daily intake up to 3mg/kg of body weight does not raise safety concerns

Alcohol

- found in drinks such as beer, wine and spirits
- amounts of alcohol are measured in units
- an alcohol-free childhood is the healthiest option
- risks include accidents or judgement errors; cancers; high blood pressure; harms to relationships
- the law states that alcohol cannot be sold to under-18s

Nicotine & Tobacco

- nicotine is an addictive substance found in tobacco and other products such as vapes (e-cigarettes)
- tobacco is used in cigarettes, pipes, cigars, chewing tobacco and shisha
- risks include cancers; heart attack; stroke; reduced fertility
- the law states that nicotine and tobacco products cannot be sold to under-18s

External support services

FRANK talktofrank.com 03001236600
Information, help and advice about drugs including information on local support services

Better Health – Quit Smoking <https://www.nhs.uk/better-health/quit-smoking/>
NHS smoking cessation support service

Nacoo nacoo.org.uk 08003583456
Information and support for anyone affected by a parent's drinking

Childline childline.org.uk 0800 1111
Confidential support service
CALLS DO NOT APPEAR ON PHONE BILL



Influences on decision-making

Examples of influences

- own perceptions, attitudes and beliefs
- curiosity or thrill-seeking
- whether actions fit with one's own values or goals
- the attitudes and actions of friends, role models and celebrities
- family or community religious/cultural beliefs and expectations
- social and cultural norms