

# Health and Wellbeing

## Year 8/9 Cycle B term 4- PHSE: Managing peer pressure in relation to illicit substances

### PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

### Key Vocabulary

|                     |   |
|---------------------|---|
| Peer Pressure:      | Influence from people of the same age group or social circle to engage in certain behaviours. |
| Illicit Substances: | Drugs or chemicals that are illegal to use, possess, or distribute.                           |
| Addiction:          | A condition where a person becomes physically or psychologically dependent on a substance.    |
| Self-Esteem:        | The sense of self-worth or personal value.  |
| Refusal Skills:     | Strategies to help someone resist peer pressure   |
| Peer Support:       | Encouraging friends and peers to make healthy decisions and stand up to negative influences.  |

## What I will know by the end of the unit:

### What peer pressure may look like and how to resist peer pressure in relation to illicit substances

#### Types of Peer Pressure:

**Direct Peer Pressure:** A friend or group openly encouraging or insisting that you do something (e.g., “You should try this drug; everyone’s doing it”).

**Indirect Peer Pressure:** Feeling compelled to follow a trend or behaviour because you see others doing it or because you want to fit in.

**Positive Peer Pressure:** Encouragement to engage in positive activities (e.g., studying together, playing sports).

**Negative Peer Pressure:** Encouragement to engage in risky or harmful behaviours, such as using illicit substances.

#### Why Do People Give in to Peer Pressure?

**Desire to Fit In:** Many young people feel the need to belong to a group, and may engage in risky behaviours to gain acceptance or avoid being ostracized.

**Curiosity:** Some may be curious about illicit substances, driven by the idea that trying them might be exciting or make them appear “cool.”

**Fear of Rejection:** Individuals may feel that refusing to go along with a group could lead to being excluded or judged.

**Low Self-Esteem:** Those with lower self-esteem might feel more vulnerable to peer influence and less confident in their ability to make independent decisions.

#### The Impact of Peer Pressure in Relation to Illicit Substances

**Social Consequences:** Giving in to peer pressure to use illicit substances can lead to social isolation, damaged friendships, and conflict with family.

**Academic and Career Impact:** Engaging in substance use can interfere with schoolwork, lower academic performance, and affect future opportunities.

**Physical and Mental Health:** The use of illicit substances can harm the body, impair judgment, and negatively impact mental health.

**Legal Trouble:** Being caught in possession or using illicit substances can lead to arrest, legal consequences, and a criminal record.

#### Effective Ways to Say "No":

Use a Firm and Clear Refusal: “No, I’m not interested, thanks.”

Offer an Alternative: Suggest something else to do: “I’m not doing that, but how about we go for a walk or watch a movie instead?”

Use Humour or Distraction: Sometimes light humour can ease tension and deflect pressure. “That’s not my thing, I’m good, but you do you!”

# Health and wellbeing

## Year 8/9 Cycle B term 4 - PHSE: Assessing the risks of drug and alcohol abuse and addiction

### PHSE Golden Concepts

Respect

Safety

Communication

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Relationships

### Key Vocabulary

|                  |   |
|------------------|---|
| Addiction:       | A condition where a person becomes physically or psychologically dependent on a substance or activity.            |
| Substance Abuse: | The harmful or hazardous use of drugs or alcohol, which can lead to addiction and health problems.                |
| Tolerance:       | When a person needs more of a substance to achieve the same effect, which often occurs with addiction.            |
| Withdrawal:      | The physical and mental symptoms experienced when a person stops using a substance they have become dependent on. |

### What I will know by the end of the unit:

**Risks of drug and alcohol abuse and how this can affect your life.**

#### What is Addiction?

**Definition of Addiction:** Addiction is a condition where a person becomes dependent on a substance (such as alcohol, nicotine, or illegal drugs) or a behaviour (e.g., gambling). The individual may feel unable to stop using the substance, despite the negative consequences it has on their life.

**Physical Dependence:** The body develops a tolerance to a substance, meaning the individual needs more of it to feel the same effects.

**Psychological Dependence:** The individual feels the need to continue using a substance to cope with stress, anxiety, or other emotional issues.

#### Signs of Addiction:

Using substances more frequently or in larger amounts.

Difficulty stopping or controlling use.

Neglecting responsibilities, such as school or family obligations.

Increased tolerance or need for more of the substance.

Withdrawal symptoms when not using the substance (e.g., anxiety, irritability, or tremors).

Lying about or hiding substance use.

#### Physical Health Risks:

**Liver Damage:** Long-term alcohol abuse can damage the liver and lead to conditions such as cirrhosis.

**Cardiovascular Disease:** Both alcohol and drugs like cocaine can affect the heart and lead to high blood pressure, heart attack, or stroke.

**Respiratory Issues:** Smoking tobacco or marijuana can damage the lungs, leading to chronic illnesses such as bronchitis or lung cancer.

**Overdose:** Taking large quantities of drugs or alcohol can lead to overdose, which can be fatal, especially with substances like heroin, ecstasy, or alcohol.

**Impaired Judgment:** Drug and alcohol use can affect coordination, reaction time, and decision-making, increasing the risk of accidents and injuries.

#### Mental Health Risks:

**Depression and Anxiety:** Prolonged substance abuse can contribute to or exacerbate mental health conditions, including depression, anxiety, and mood swings.

**Cognitive Impairment:** Long-term use of drugs and alcohol can impair memory, concentration, and decision-making ability.

**Psychosis:** Some drugs, like hallucinogens or certain prescription medications, can cause hallucinations, paranoia, and other symptoms of psychosis.

#### Social and Relationship Risks:

**Strained Relationships:** Substance abuse can negatively impact relationships with family, friends, and peers, causing conflicts, breakdowns in trust, and social isolation.

**Legal Consequences:** The illegal use of drugs or excessive drinking can lead to arrests, legal charges, or even imprisonment.

**Risky Behaviours:** Drug and alcohol abuse can lead to risky behaviours, such as unsafe sex, violence, or reckless driving.