Y8: Drink & Drugs



Knowledge Organiser

What does Caffeine do to my body?

How are medicines different?

What are units?

What are the physical effects of drinking alcohol?

What are the social effects of drinking alcohol?

How can I manage influence & pressure around alcohol?

'Drugs' definition:

'any substance that affects the structure or functioning of a living organism'

'medicine' definition:

'a substance, especially in the form of a liquid or a pill, that is a treatment for illness or injury'

What is a unit?

A units is a simple way of expressing the quantity of pure alcohol in a drink.

It takes 1 hour for a person's body to process 1 unit.

Common misconceptions about alcohol consumption:

- · You get more drunk if you mix your drinks
- You sleep deeply after drinking
- Drinking a glass of water before bed prevents a hangover

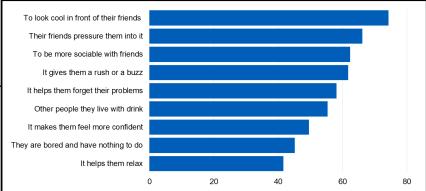
Long term physical effects of alcohol:

Increased risk of cancer

Difficulty focusing

anxiety/depression)

Pupil beliefs about why people of their own age drink alcohol (NHS):



Caffeine is found in drinks such as coffee, tea, energy drinks and fizzy drinks.

- Caffeine gives energy via the blocking of receptors in the brain for a chemical called **adenosine**. This chemical turns down the central nervous system so you can fall asleep.
- The effects of caffeine kick in within 10-15 minutes.
- These effects could be having an improved memory and boosting mood.
- However, negative side effects include headaches, upset stomach and anxiety. It can also interfere with sleep even 6 hours after drinking.

A safe amount of caffeine

400 milligrams a day, but

for adults to consume is

less for children and

pregnant women.

How do you get prescription medication?

If you visit a **doctor** or other medical professional about a health condition, they may decide that you would benefit from using a specific medicine.

In this situation, they would write a prescription for a pharmacist to provide you with the medicine you require.

To collect this medicine, you go to a local **pharmacy**. Most adults in England have to pay prescription charges. The current prescription charge is £9.65 per item.

Units per drink:



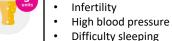
Men:

14 units

per week















glass of wine

Women:

14 units

per

week

Short term physical effects of alcohol:

Mental health conditions (e.g.

Changes in weight or appearance

Drowsiness

Stoke

- Slurred speech
- Lowered inhibitions
- Increased heart rate
- Lack of co-ordination
- Increased rate of urination (need the toilet more often)
- Risk taking behavior

It is not only those who drink the alcohol who are affected by drinking. The effects of drinking can also be felt by:

- The individual
- Friends
- Family
- NHS professionals/emergency services
- Hospitality staff

UK alcohol statistics for 11-16year old's:

61% of 11–16-year-olds said they had never consumed alcohol.

9% of 11-16-year-olds reported drinking alcohol in the last week; this means that 91% of this cohort did not.

Boys most commonly reported having drunk beer in the last week; for girls, spirits were most popular.

Common prescription medications:

EpiPen treats severe allergic reactions

Ventolin inhaler used by people with asthma to help open airways

Insulin injected to help manage blood sugar levels for diabetics

How to calculate a unit of alcohol?

The NHS advises pregnant women not to drink

Recommended units per week:

strength (%) x volume (mL) number of units = 1000

Where to get support with alcohol:

drinkaware

drinkaware.co.uk

0300 123 1110

It is illegal to buy alcohol if you are under 18, or to buy alcohol for someone who is under 18.

16 or 17-year-olds are allowed to drink beer, wine or cider with food if with an adult (but they may not buy the alcohol themselves).