

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?
<p>'Drugs' definition:</p> <p><i>'any substance that affects the structure or functioning of a living organism'</i></p>	<p>'medicine' definition:</p> <p><i>'a substance, especially in the form of a liquid or a pill, that is a treatment for illness or injury'</i></p>	<p>What is a unit?</p> <p>A unit is a simple way of expressing the quantity of pure alcohol in a drink.</p> <p>It takes 1 hour for a person's body to process 1 unit.</p>	<p>Common <u>misconceptions</u> about alcohol consumption:</p> <ul style="list-style-type: none"> You get more drunk if you mix your drinks You sleep deeply after drinking Drinking a glass of water before bed prevents a hangover 	<p>Pupil beliefs about why people of their own age drink alcohol (NHS):</p>	<p>UK alcohol statistics for 11–16-year old's:</p> <p>61% of 11–16-year-olds said they had never consumed alcohol.</p> <p>9% of 11–16-year-olds reported drinking alcohol in the last week; this means that 91% of this cohort did not.</p> <p>Boys most commonly reported having drunk beer in the last week; for girls, spirits were most popular.</p>
<ul style="list-style-type: none"> 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. 	<p>How do you get prescription medication?</p> <p>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.</p> <p>In this situation, they would write a prescription for a pharmacist to provide you with the medicine you require.</p> <p>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.</p>	<p>Units per drink:</p> <p>Recommended units per week:</p> <p>The NHS advises pregnant women not to drink.</p>	<p>Long term physical effects of alcohol:</p> <ul style="list-style-type: none"> Stroke Infertility High blood pressure Difficulty sleeping Increased risk of cancer Changes in weight or appearance Difficulty focusing Mental health conditions (e.g. anxiety/depression) <p>Short term physical effects of alcohol:</p> <ul style="list-style-type: none"> Drowsiness Slurred speech Lowered inhibitions Increased heart rate Lack of co-ordination Increased rate of urination (need the toilet more often) Risk taking behavior 		
<p>A safe amount of caffeine for adults to consume is 400 milligrams a day, but less for children and pregnant women.</p>	<p>Common prescription medications:</p> <p>EpiPen treats severe allergic reactions</p> <p>Ventolin inhaler used by people with asthma to help open airways</p> <p>Insulin injected to help manage blood sugar levels for diabetics</p>	<p>How to calculate a unit of alcohol?</p> $\text{number of units} = \frac{\text{strength (\%)} \times \text{volume (mL)}}{1000}$		<p>Where to get support with alcohol:</p> <p>drinkaware.co.uk</p> <p>0300 123 1110</p>	<p>It is illegal to buy alcohol if you are under 18, or to buy alcohol for someone who is under 18.</p> <p>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).</p>