



Key Facts

- There are associated risks with legal and illegal harmful substances, such as smoking, alcohol use and drug-taking
- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

By the end of this topic, I should:

- identify what is a risky choice
- identify the risks associated with alcohol (+ drugs - extension)
- describe how alcohol can affect your immediate and future health
- develop and recognise skills and strategies to keep safe

Ask me a question!

- What affects can alcohol have on your body?
- If you or anyone you know is struggling with a mental health issue, what could you do?
- Extension lesson question - what affects can drugs have on your body?

I will learn the following new words/phrases:

| | |
|------------------------------------|---|
| Alcohol | <i>A chemical called ethanol that is found in alcoholic drinks.</i> |
| Ethanol | <i>A chemical compound that is a type of alcohol.</i> |
| Fermentation | <i>A chemical change that happens in vegetable and animal substances.</i> |
| Unit | <i>A way to tell how strong your drink is.</i> |
| Legal age limit | <i>An age under or over which something can or cannot be done.</i> |
| Alcohol poisoning | <i>When a person drinks a toxic amount of alcohol.</i> |
| Extension Lesson Vocabulary | |
| Cannabis | <i>A drug that comes from a plant.</i> |
| Illegal drugs | <i>Drugs which a person is not allowed to own or use.</i> |
| Mental illness | <i>Health conditions involving changes in thinking, emotion or behaviour.</i> |
| Criminal offence | <i>The act of breaking a law or rule or doing something wrong.</i> |
| Substances | <i>The material, or matter, of which something is made.</i> |