



### 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:

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