

Unit 4 PSHE Year 7

Lesson 1: The effects of alcohol on the body

Task 1: Why do people drink alcohol? List your reasons.

Task 2: Watch the video and name three ways alcohol affects the body.

[How Does Alcohol Affect the Body? | Science for Kids | Fun Experiments | Operation Ouch - YouTube](#)

- 1.
- 2.
- 3.

Task 3: Match the affect to the correct body part.

Brain	Head
Skin	Eyes
Heart	Tummy and Gut
Liver	Private parts
Waist	Armpits

Too much alcohol can lead to a headache/hangover

Makes the heart beat faster and causes panic attacks

Alcohol is broken down here, but it can only cope with 1 drink an hour.

Too much alcohol can make people get upset, anxious or angry

Too much can make you hot and sweaty or even red in the face

It can give you bloodshot eyes and you can't see properly

Alcohol is full of calories

Alcohol can make you take more risks. People might have unprotected sex

Too much alcohol can make you sweat

Too much alcohol can make you feel sick. You may even choke on your own vomit.

Task 4: True or False

1. Alcohol speeds up your body's responses.
2. Alcohol is a relaxant and can lead to you losing your inhibitions.
3. Alcohol improves your vision.
4. Excessive alcohol can lead to liver disease.
5. A 16- or 17-year-old can buy (or be bought) beer or cider so long as it's bought to eat with a meal.
6. There are no consequences to selling alcohol to someone under 18-year-old.

Lesson 2: E cigarettes/Vaping

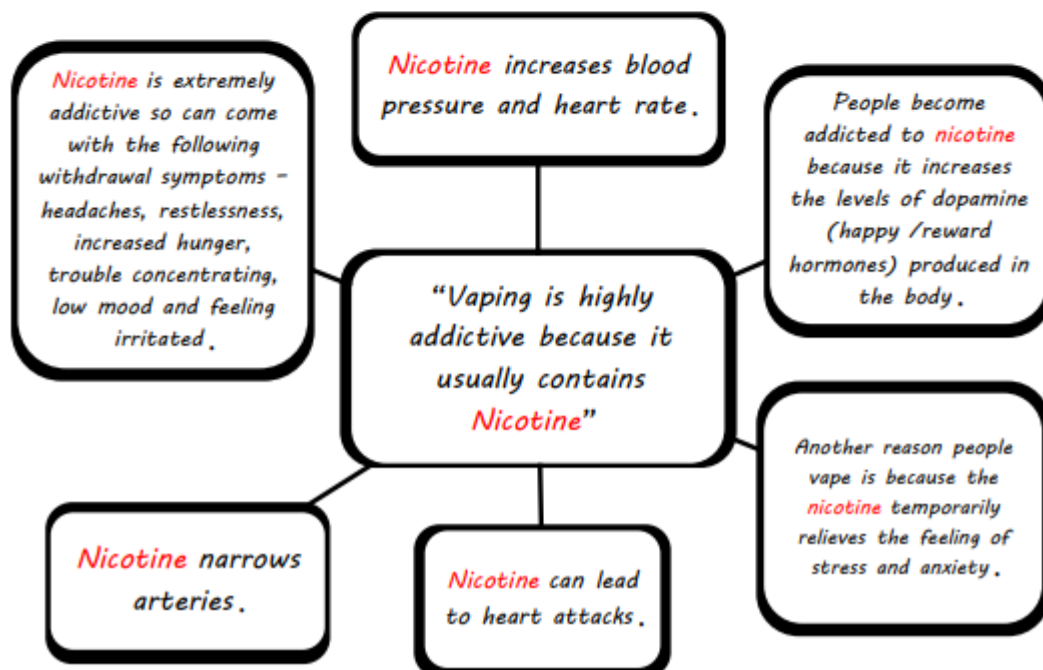
Read though worksheet and answer the questions.

Design a poster advertising the risks of vaping.

Vaping and the Risks

'Vaping' is the term used for inhaling vapour through an E-Cigarette or other electronic vaping devices. The device operates by heating a pod of liquid that turns into vapour. This liquid usually comes in appealing flavours such as chocolate, strawberry and spearmint to name a few. In the UK, you must be 18 years old to legally buy vape products.

Many people are switching from smoking traditional cigarettes to e-cigarettes, as they believe it's a healthier alternative. This can be a huge misconception, because most vape products contain nicotine which is a highly addictive substance. It is beneficial for vaping companies to use addictive substances in their products to help them increase their sales and profits.



Some people argue that there are vape products available with no nicotine content, this is true, however, these are also unsafe. These products still have chemicals in them which can irritate the lungs. An FDA analysis on two leading vape brands discovered harmful chemicals in the liquid pods. One of the chemicals that was discovered was diethylene which is a chemical that is used in anti-freeze!

Vaping is becoming increasingly popular among teenagers, and it's hardly surprising with the glamorous advertisements that show youthful models, positively promoting these products. The advertisements are often brightly coloured and are accompanied with social media hashtags to encourage young people to join the 'trend'.

Another challenge for young people is that vaping has become a craze, and there may be some peer pressure to 'fit in'. It is important that you are around friends that you feel comfortable saying 'no' to, or if you are feeling uncomfortable that you are able to leave the situation and speak with a trusted adult.



Vaping and the Risks Vaping and the Risks

1. What is vaping?
2. How old do you have to be to legally buy vape products in the UK?
3. Most vaping products contain nicotine, is this chemical addictive?
4. List 3 different ways that nicotine can be harmful to the body.
5. What other harmful chemical did the FDA find in some vape products?

6. How does advertising promote vaping to young people?
7. What is 'peer pressure'?
8. What can you do if you are feeling peer pressured into vaping

Lesson 3: Smoking

The Dangers of Smoking

Millions of people in the United Kingdom are smokers. However, cigarettes are dangerous to health and are also very expensive. This is why lots of people often try to give up smoking.

How Much Does Smoking Cost?

A person that smokes 20 cigarettes each day will spend nearly £50 every week on cigarettes. This adds up to £2000 a year.

How else could this money be spent?

Holidays, treats, days out or other exciting ways! Smoking also costs the country a lot of money in medical care to treat the people that become ill from smoking.

How Is Smoking Dangerous for Health?

The chemicals in cigarettes can cause all types of health problems. It can cause coughs, breathing problems and much more serious illnesses, such as cancer.

How Does Nicotine Affect the Body?

Nicotine is addictive. This is why people find it hard to stop smoking. Nicotine affects the brain. When smoking, brain cells send messages to other areas of the body to make a person more relaxed. When this relaxed feeling wears off, smokers feel like they need another cigarette.



Did You Know?

These are just some of the chemicals in cigarettes:

- nicotine
- tar
- carbon monoxide
- formaldehyde (used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (used in rat poison)
- ammonia (used for cleaning windows and toilet bowls)
- polonium (a radioactive element)

How Else Can the Body Be Affected?

The tar in cigarettes can stain teeth and fingers yellow.

The heart has to work harder to pump more oxygen round the body because of dangerous carbon monoxide.

The Dangers of Smoking

How Can Someone Stop Smoking?

It is difficult to stop smoking but there are lots of places to get help.

The NHS offers lots of help and support.

People sometimes use nicotine patches so that they can slowly get used to there being less nicotine in their system.

Within 1 – 9 months of stopping smoking, the lungs start to get better.

Statistics

- 1 in 5 adults in the UK are smokers.
- 20% of men smoke compared to 17% of women.
- There are around 9.6 million adult smokers in the UK.
- Smoking rates have halved since 1974.



Questions:

1. How many adult smokers are there in the UK?
2. More women than men smoke in the UK. True or False? Explain how you know.
3. How much does smoking cost an individual smoker?
4. In what ways could people spend this money differently? Can you think of any ways this money could be better spent?
5. Why do you think less people smoke now than in 1974?
6. How can people stop smoking?
7. Name two dangerous chemicals found in cigarettes. Explain why they are so dangerous.