

Meden School Curriculum Planning							
Subject	PD	Year Group		Sequence No.	4	Topic	Being safe

Retrieval	Core Knowledge
What do teachers need retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?
<p>Links to year 8 topic 1 – the dangers of smoking and alcohol.</p> <p>What are the dangers of smoking?</p> <p>What are the dangers of drinking alcohol?</p>	<p><u>What problems can be caused by binge drinking?</u></p> <p>Binge drinking really means drinking enough on a single occasion to get drunk (The technical definition of binge drinking is drinking 6+ units (women) or 8+ units (men) in a single session). Drunkenness can lead to risky behaviour and an increased risk of injury.</p> <p>The UK Chief Medical Officers (CMOs) advise that to keep the risk from alcohol low, adults should not regularly drink more than 14 units of alcohol per week.</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=Hh-cgSjvN6Y • One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult liver can break down in an hour, although this will vary from person to person. If a wine label says ‘12% ABV’ or ‘alcohol by volume 12%’, it means 12% of the volume of that drink is pure alcohol. • To work out how many units there are in any drink, multiply the total volume of a drink (in ml) by its ABV (measured as a percentage) and divide the result by 1,000.

Alcohol unit reference

One unit of alcohol



Drinks more than a single unit



True or false task. The following are the correct answers:

- In England, among people aged 15 to 49 years, alcohol is the leading cause of ill-health, disability, and death.
- Alcohol misuse across the UK is a significant public health problem with major health, social and economic consequences, estimated at between £21 and £52 billion a year.
- Each year there are over 1 million admissions to hospital for alcohol-related conditions
- Europe has the highest per capita (per person) consumption of alcohol of all regions globally.

Do the following actions increase or decrease risk in relation to personal safety and wellbeing?

1. Drinking a glass of water between alcoholic drinks. Decrease — drinking water or a non-alcoholic drink between alcoholic drinks can help a person to pace themselves, so they do not consume alcohol as quickly. Alcohol is a diuretic so drinking water can reduce some of the unpleasant effects such as

headaches and fatigue. However, blood alcohol content is what determines how drunk someone is, so water won't make them less drunk if they still drink lots of alcohol, nor will it protect their organs — in particular the liver.

2. Mixing alcohol and other drugs. Increase — when alcohol and other drugs are mixed, their effects are exaggerated, which can result in effects ranging from nausea to heart failure. Alcohol is a depressant, so when combined with a stimulant the two will compete with each other. The depressant drug tries to slow the brain/central nervous system down, while the stimulant tries to speed it up, putting the brain/central nervous system under strain. Combining alcohol with another depressant drug, e.g. prescription medications such as benzodiazepine (also known as benzos e.g. Xanax) slows the central nervous system even more than alcohol alone which can have potentially fatal consequences.
3. 'Sleeping it off' after binge drinking too much alcohol Increase — depending on a person's weight, it takes the body about an hour to process one unit of alcohol (a small glass of wine is about 1.5 units, a pint of lager is about 2 units). If a person is at risk of alcohol poisoning due to binge drinking, they can be at serious risk if they are left to sleep unattended as their breathing can be affected. It is important not to try to make the person vomit because they could choke on it. To prevent choking, turn them on to their side and put a cushion under their head. It's important to seek help from an adult and/or emergency medical help if alcohol poisoning is suspected.
4. Taking drugs or drinking alcohol with strangers. Drinking alcohol/taking other drugs with strangers can also increase risk in relation to someone's personal safety as they do not know how strangers might behave when under the influence of alcohol or other drugs. In addition, while friends might look out for one another when using substances, strangers are less likely to feel any responsibility for getting someone home or checking their safety or wellbeing.

External support services. FRANK talktofrank.com 03001236600 Information, help and advice about drugs NHS Smokefree nhs.uk/smokefree NHS smoking cessation support service We Are With You wearewithyou.org.uk Help and advice to reduce or stop the use of alcohol and other drugs Turning Point turningpoint.co.uk Support service for a range of issues including substances and mental health Nacoe nacoe.org.uk 08003583456 Information and support for anyone affected by a parent's drinking Childline childline.org.uk 0800 1111 Confidential support service CALLS DO NOT APPEAR ON PHONE BILL

[What are the dangers of smoking?](#)

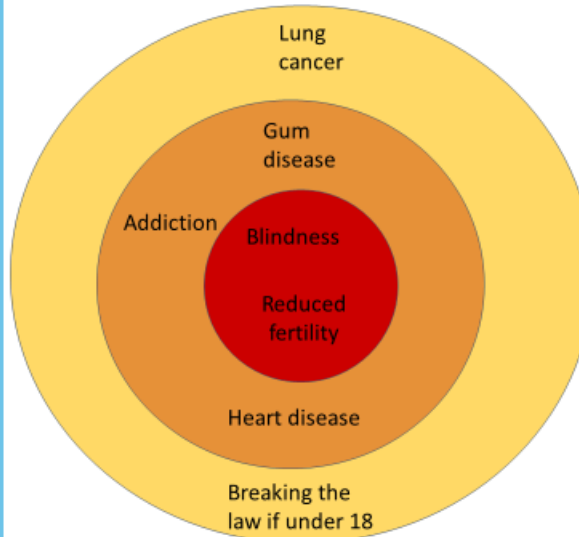
<p>What are addictive behaviours?</p>	<ul style="list-style-type: none"> • Nicotine: A toxic colourless or yellowish oily liquid which is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of autonomic nerve and skeletal muscle cells. • Vaping: The action or practice of inhaling and exhaling the vapour produced by an electronic cigarette or similar device. • Smoking: The action or habit of inhaling and exhaling the smoke of tobacco or a drug. Usually through Cigarettes or Cigars. • E –Cigarette: E -cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Which is then inhaled. <p>https://www.youtube.com/watch?v=Y18Vz51Nkos Video on impacts of smoking on health.</p> <p>Effects Of Nicotine</p> <ul style="list-style-type: none"> • Nicotine is both a sedative and a stimulant. When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline. This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain. <p>Smoking and the law</p> <ul style="list-style-type: none"> • You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes. • It's illegal: <ul style="list-style-type: none"> - For shops to sell you cigarettes if you are underage - For an adult to buy you cigarettes if you are under 18 - To smoke in all public enclosed or substantially enclosed area and workplaces. - To smoke in a car with a child. <p>Oracy task:</p>
---------------------------------------	--



What are the dangers of smoking?



WHAT ARE THE DANGERS OF SMOKING? USE THE SUMMARY BULLSEYE



	Tally	Total
1 point words		
3 point words		
5 point words		
	Overall total =	

Using the knowledge gained to discuss the dangers of smoking using the summary bullseye.

ASPIRATION EXCELLENCE ACHIEVE

Are e-cigarettes better than smoking?

How do E -Cigarettes Work?

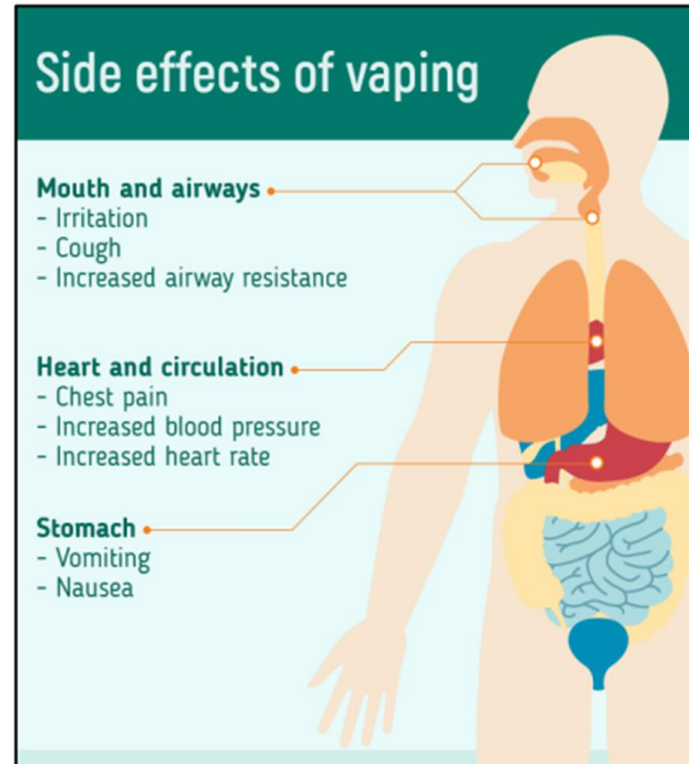
- E -cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol. The liquid used in e -cigarettes often contains nicotine and flavorings. This liquid is sometimes called “e -juice,” “e -liquid,” “vape juice,” or “vape liquid.”
- Users inhale e -cigarette aerosol into their lungs. The e -cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals

What are the impacts of smoking on your health?

Lesson links to previous lesson.

- Heavy metals such as nickel, tin, and lead
- It is difficult for consumers to know what e - cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.
- Bystanders can also breathe in this aerosol when the user exhales it into the air. E -cigarette aerosol has NOT been found to be harmless for bystanders.



Smoking and the law

You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes.

It's illegal:

- For shops to sell you cigarettes if you are underage

Smoking and the law recap from previous lesson.

Why is the law important?

- For an adult to buy you cigarettes if you are under 18
- To smoke in all public enclosed or substantially enclosed area and workplaces.
- To smoke in a car with a child.

Vaping and the Law

- You must be 18 or over to purchase e -cigarettes or e - liquids in the UK. It also became illegal for an adult to buy e-cigarettes for someone under the age of 18.
- Although there is no legal restriction on where you can vape in the UK there are local laws and bylaws in force that prohibit the practice. The choice of whether or not to allow vaping is that of the property owner.
- Vaping generally is not allowed on the underground, planes, buses or trains and train stations in the United Kingdom.
- Vaping while you drive may not seem like such a big deal but it could land you with up to nine penalty points and a fine of £2,500.

Who Can you turn to for help and Support	
Parents or trusted family members	School Safe Guarding Team or any member of staff.
Your GP or Practice Nurse.	
Smoke Free Future	https://smokefreefuture.co.uk
NHS – Stop Smoking	https://www.nhs.uk/live-well/quit-smoking
Smoke Free	https://smokefree.gov/

<p>What is the role of the NHS?</p>	<p><u>Staying healthy (using the NHS)</u></p> <ul style="list-style-type: none"> • Key terms • General practitioners (GPs) treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. • NHS – National Health Service <p>Anyone in England can register with a GP surgery. It's free to register. You do not need proof of address or immigration status, ID or an NHS number. You might be able to register with a GP surgery that's not in the area you live. Find out about registering with a GP surgery out of your area</p> <p>GP surgeries are usually the first contact if you have a health problem. They can treat many conditions and give health advice. They can also refer you to other NHS services.</p> <p>Using a GP surgery you're not registered with.</p> <p>You can contact any GP surgery if you need treatment and:</p> <ul style="list-style-type: none"> • you're away from home • you're not registered with a GP surgery • it's a medical emergency <p>You might need to register as a temporary resident or permanent patient if you need treatment for more than 14 days. You can register as a temporary resident for up to 3 months. You'll still be registered with your usual GP surgery if you have one.</p> <ul style="list-style-type: none"> • Meet your NHS App - YouTube • To have an NHS account and use the NHS App or NHS website to access NHS services, you must be aged 13 or over and registered with an NHS GP surgery in England or the Isle of Man.
-------------------------------------	--