



Year 8 PSHE Knowledge Organiser: Autumn One

Drugs, Alcohol and Gangs

Key words:

Drug	Any substance that changes the way a person thinks, feels, or behaves. Legal drugs like alcohol and tobacco.
Prescription	An instruction written by a medical practitioner that authorizes a patient to be issued with a medicine or treatment.
Peer Pressure	Influence from members of one's peer group.
County Lines	A term used when gangs transport drugs from one area to another.
Alcohol	A chemical substance found in drinks such as beer, wine, and liquor.

A drug is a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body. Some drugs are medicinal and can be prescribed by a doctor, such as antibiotics. Even drugs prescribed by a doctor can be dangerous if misused - you should never take medicines which are prescribed for someone else, and you should always use the correct dosage. Illegal drugs can be extremely dangerous. They are broken in to three classes, Class A, Class B and Class C. Despite them being dangerous, some people still choose to misuse drugs and alcohol. Reasons for this include addiction and peer pressure.



Further sources of information and advice.

[Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

This website is to provide help and support for stopping smoking. People are much more likely to successfully quit smoking with support than going it alone.

[Honest information about drugs | FRANK \(talktofrank.com\)](http://talktofrank.com)

This website provide an overview of the effects and risks of each drugs, along with information about the legal status of them

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

This website provides you with information and advice on having a healthy lifestyle. There is also a section on support with alcohol addiction and dependency.



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Discrimination

Key words:

Discrimination	The unfair or prejudicial treatment of people and groups based on characteristics such as race, gender, age or sexual orientation.
Racism	Something someone does or says that offends someone else in connection with their skin colour, background, culture, religion, nationality or immigration status.
Sexism	Prejudice or discrimination based on sex or gender
Self-worth	How we value ourselves and how we feel about ourselves
LGBTQ+	LGBT+ stands for lesbian, gay, bisexual, transgender and other identities.
HBT Bullying	HBT bullying - this means Homophobic, biphobic and transphobic bullying.

It is against the law to discriminate against anyone because of:

- age
- gender reassignment
- being married or in a civil partnership
- being pregnant or on maternity leave
- disability
- race including colour, nationality, ethnic or national origin
- religion or belief
- sex
- sexual orientation

These are called 'protected characteristics'.



Further sources of information and advice.

Help for young people The Prince's Trust (princes-trust.org.uk)	The Prince's Trust offers information on a range of LGBTQ+ resources.
YoungMinds Mental Health Charity For Children And Young People YoungMinds	The UK's leading charity fighting for children and young people's mental health.
https://www.childline.org.uk/	The Childline website provides young people with lots of ways to access support- either via phone call, web chat or email.
Stonewall	Stonewall can signpost you to a range of LGBTQ+ support.

