

Home-School Learning Collaboration – PSHE YEAR 8

Spring 1- Drugs and Alcohol Spring 2- Internet Safety	Taught: Spring 1 and Spring 2	Year Group: Year 8
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<u>Unit 1- Drugs and Alcohol</u> What are the dangers of Smoking and Vaping Health risks include: • Lung cancer and other cancers • Heart disease and strokes • Breathing problems (asthma, chronic cough) • Damaged lungs and reduced oxygen • Addiction to nicotine • Yellow teeth, bad breath, and skin aging What is substance abuse and dependence Substance abuse means using drugs, alcohol, or other substances in a way that is unsafe or harmful. Examples: • Drinking too much alcohol • Using illegal drugs • Misusing prescription medicine Substance dependence means a person becomes physically or mentally addicted to a substance and feels they cannot function without it. Signs include: • Strong cravings • Needing more of the substance to feel the same effect • Feeling sick or upset without it (withdrawal) • Difficulty stopping, even when it causes harm What are the effects of alcohol Alcohol affects the body, brain, and behaviour, especially when used often or in large amounts.  Short-Term Effects These happen soon after drinking alcohol: • Poor judgment and risky decisions		Unit 1 Drug addiction: getting help - NHS Drugs and Alcohol Support For Young People YoungMinds Vaping to quit smoking - Better Health - NHS Creating a smokefree generation and tackling youth vaping: what you need to know – Department of Health and Social Care Media Centre Drugs A to Z FRANK Drugs Childline Unit 2- Online Safety Act: explainer - GOV.UK Keeping children safe online NSPCC Social Media & Mental Health Guide For Parents YoungMinds Youth Counselling Service

- Slower reaction time
- Slurred speech
- Loss of balance and coordination
- Nausea and vomiting
- Headaches and dehydration
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What are the dangers of second-hand smoking

Why It's Dangerous

Second-hand smoke contains **thousands of harmful chemicals**, many of which cause cancer. There is **no safe level** of second-hand smoke.

What are the different types of drugs

Types of drugs:

- **Stimulants** – make you feel **more awake and energetic**
- **Depressants** – make you feel **calm or sleepy**
- **Hallucinogens** – make you **see or feel things differently**
- **Opioids** – **strong pain medicines** that can be addictive
- **Cannabis** – can **change mood and thinking**
- **Prescription drugs** – medicines that are **dangerous if misused**

What are the laws around drugs in the UK

It's Illegal to Possess, Sell or Make Most Drugs

In the UK, most illegal drugs are controlled under the **Misuse of Drugs Act 1971**. That means you can get into **serious trouble with the police** for having, selling, or producing them.

Drugs Are Classified by the Law

Drugs are put into three main **classes** based on how harmful they're considered:

● **Class A – Most dangerous**

Examples: heroin, cocaine, ecstasy (MDMA), LSD, magic mushrooms. [GOV.UK](https://www.gov.uk)

● **Class B – Mid-level risk**

Examples: cannabis, amphetamines, ketamine. [GOV.UK](https://www.gov.uk)

● **Class C – Lower risk but still illegal**

Examples: anabolic steroids, certain tranquillisers

Unit 2- Internet safety

What is the impact social media has on someone's wellbeing

Social media can be **good and bad** for wellbeing.

- **Good:** helps you **talk to friends** and feel connected

[Find help and support](#)

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

- **Bad:** can make you feel **sad, stressed, or compare yourself to others**

What are the different types of cyber bullying

Types of Cyberbullying

- **Mean Messages:** Sending hurtful or nasty texts or comments
- **Spreading Rumors:** Sharing lies or secrets online to hurt someone
- **Excluding:** Leaving someone out on purpose in group chats or online games
- **Impersonation:** Pretending to be someone else to embarrass or trick them
- **Sharing Private Information:** Posting someone's personal stuff without permission
- **Threats:** Sending scary or threatening messages
- **Cyberstalking:** Repeatedly following or harassing someone online

What are the best ways to stay safe online

Best Ways to Stay Safe Online

1. **Keep personal info private** — don't share your full name, address, phone number, or passwords.
2. **Use strong passwords** — make passwords hard to guess and don't share them.
3. **Be careful who you talk to** — only chat with people you know and trust.
4. **Think before you click** — don't open messages or links from strangers.
5. **Don't share photos or videos** you wouldn't want everyone to see.
6. **Tell an adult** if you see something strange or if someone is mean to you online.
7. **Use privacy settings** on social media and apps.
8. **Take breaks** — don't spend too much time online.

How can you recognise the signs of online bullying

1. **Look for changes in mood or behavior**
 - Feeling sad, angry, or scared after being online
 - Being quiet or withdrawn
 - Avoiding friends or activities
2. **Notice if someone gets mean messages or comments**
 - Hurtful texts, emails, or social media posts
 - Being called names or insulted online
3. **Watch for signs of exclusion**
 - Being left out of online groups, chats, or games
4. **Check if rumors or lies are spread online**
 - Seeing untrue stories about someone on social media or messaging apps
5. **See if someone's online identity is copied or misused**

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- Someone pretending to be them or sharing private info without permission
- 6. **Watch if they avoid using devices or social media**
- Suddenly not wanting to go online or use their phone/computer

Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
Unit 1- Smoking	Smoking means breathing in the smoke from burning something , usually tobacco (like cigarettes, cigars, or pipes).	End of unit assessments
Vaping	Vaping means breathing in vapor (a kind of mist) that comes from an electronic device called a vape or e-cigarette .	
Passive smoke	Passive smoke means breathing in smoke from someone else's cigarette, pipe, or cigar without actually smoking yourself	
Misuse	Misuse means using something the wrong way or not as it's supposed to be used .	
Withdrawal	Withdrawal means the uncomfortable feelings or symptoms you get when you stop using a substance (like drugs, alcohol, or nicotine) that your body has become used to	
Intoxicated	Intoxicated means being under the influence of alcohol or drugs , which affects how you think, feel, and behave.	Family Learning Opportunities
Stimulant	A stimulant is a type of drug that speeds up the body and brain, making you feel more awake and energetic.	Digital & Text Support (24/7 & General) • Kooth: Free online counselling & emotional support (12pm-10pm daily) for Birmingham & Dudley areas. • The Mix: Phone, webchat, email support for 13-25s (11am-11pm). • Shout: Free 24/7 crisis text service (Text 'SHOUT' to 85258). • Childline: Free helpline (0800 1111) for under 19s. • PAPYRUS (HopelineUK): For suicidal thoughts (0800 068 4141 or text).
Depressant	A depressant is a type of drug that slows down the brain and body, making you feel relaxed or sleepy.	
Legislation	Legislation means a set of laws made by the government .	
Unit 2- Social media	Social media means websites and apps where people can connect, share, and talk with others online.	
Wellbeing	Wellbeing means how healthy, happy, and comfortable you feel—both in your body and your mind.	
Cyber bullying	Cyberbullying means being mean or hurtful to someone using the internet, phones, or social	

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Internet safety	Internet safety means being careful and protecting yourself when using the internet.	Local West Midlands Services • <u>Compass MHST (Birmingham)</u>: Phone 0121 227 8254 or email birminghammhst@compass-uk.org for support. • <u>Compass Shine (Coventry)</u>: Phone 02475 186206 for CYP mental health. • <u>Heal Hub</u>: Free online/in-person therapy for 14-25s in the West Midlands. • <u>SOLAR (Solihull)</u>: Services for 0-18s (Barnardo's, Birmingham & Solihull Mental Health Trust). • <u>Dudley CAHMS</u>: For ages up to 16 with a Dudley GP (01384 324689). For Urgent/Severe Needs • <u>Black Country CAMHS</u>: General enquiries on 01922 607000, with links to crisis help. • <u>SOLAR Crisis Team (Birmingham)</u>: Contact 0121 301 2750 (weekdays) or 0121 301 5500 (out of hours). • Call 999 or go to A&E for life-threatening emergencies.
Grooming	Being groomed means when someone tries to build trust with a child or young person to trick, manipulate, or harm them, often for bad reasons.	