

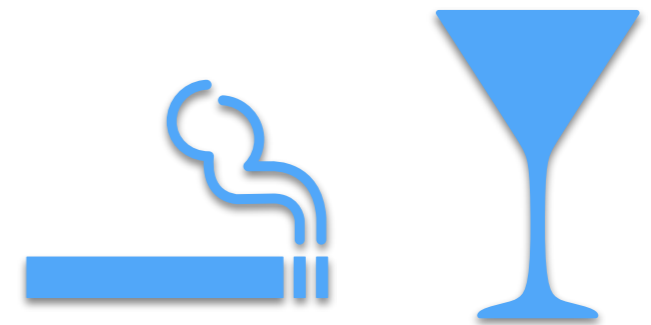
# Lesson plan

- Starter: Values reflection - Students place statements on attitudes and values relating to tobacco, alcohol and other drugs, on an attitude continuum. (5 minutes)
- Alcohol: Short-term and long-term effects (10 minutes)
- Tobacco: Risks of using tobacco - categorising activity (10 minutes)
- Follow-up questions and discussion (5 minutes)
- Read and discuss: Peer pressure and peer influence (10 minutes)

# Alcohol, Tobacco and Nicotine

Aims:

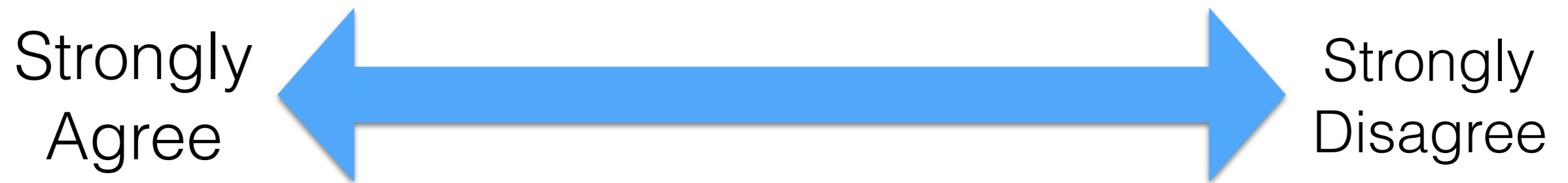
- To understand and manage influences relating to tobacco and nicotine product use.
- To learn about the risks and consequences of alcohol use.
- To consider ways to avoid peer pressure



# Ground rules

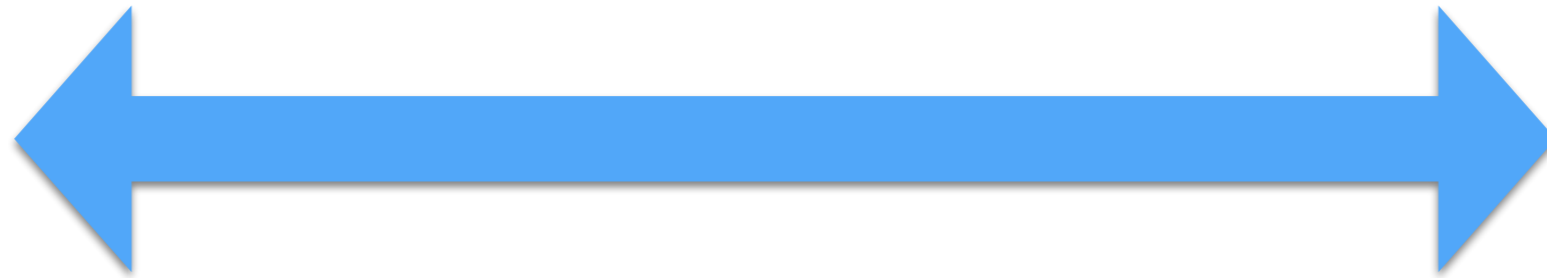
- We will listen to one another
- We will be respectful
- We will follow instructions

What do you think about the following statements?



**People overstate the risks of  
using alcohol and tobacco.**

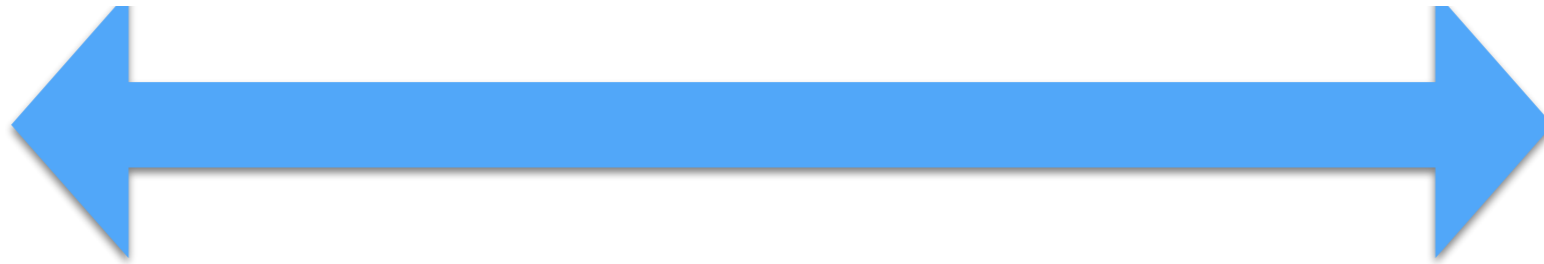
Strongly  
Agree



Strongly  
Disagree

**If adults didn't drink or  
smoke as much, young  
people wouldn't either.**

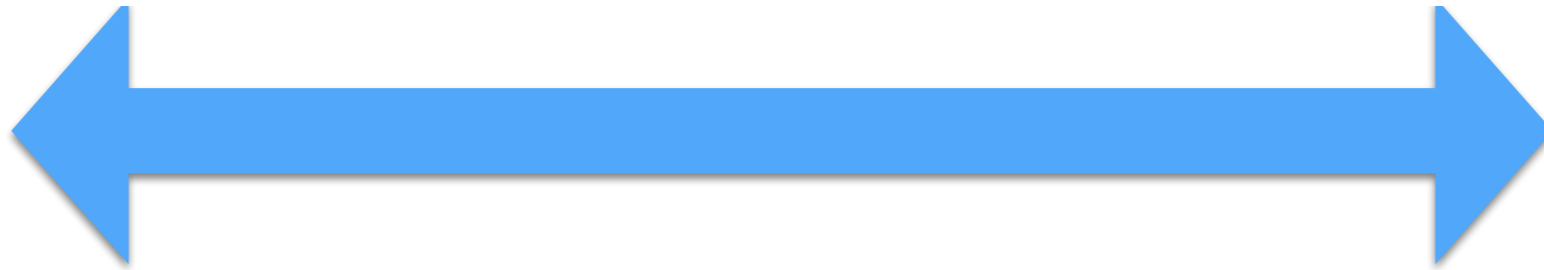
Strongly  
Agree



Strongly  
Disagree

**It is important for people to  
make their own mind up  
about taking substances.**

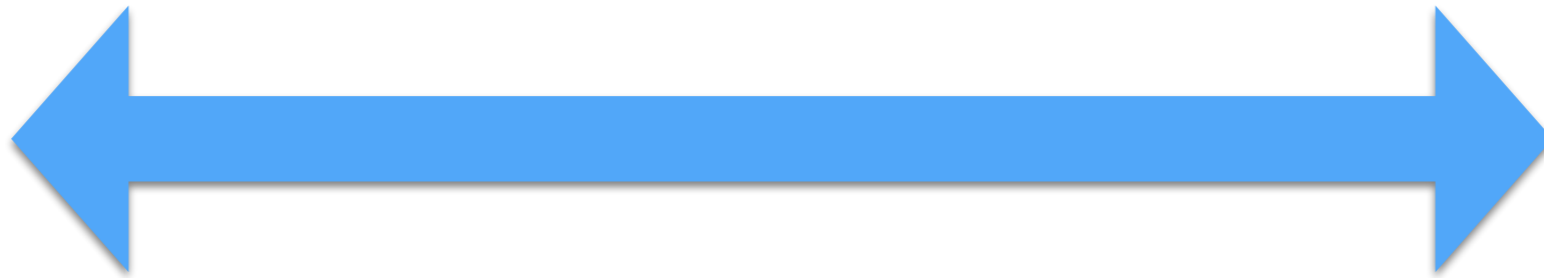
Strongly  
Agree



Strongly  
Disagree

**Making healthy choices  
regarding drugs, alcohol  
and tobacco is easy.**

Strongly  
Agree

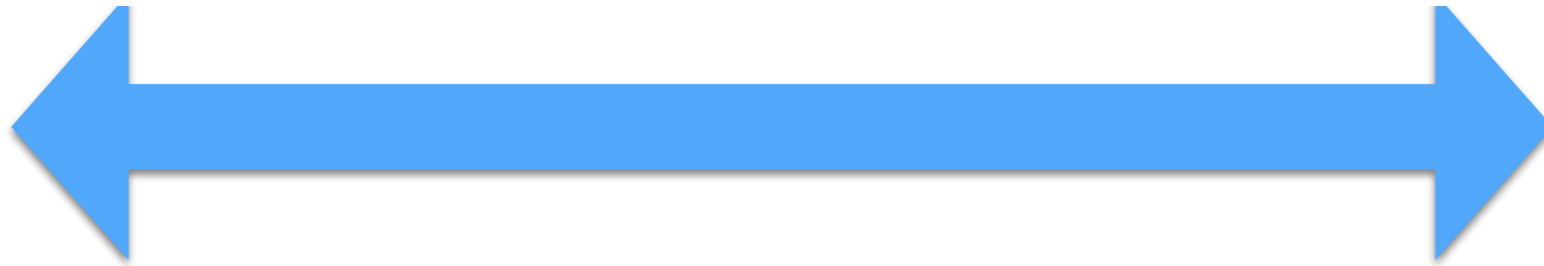


Strongly  
Disagree



**Young people like taking risks and find smoking and drinking exciting.**

Strongly Agree



Strongly Disagree

# Alcohol



Draw two boxes, like the ones below. In the first box, write all the possible short-term effects of drinking that you can think of. Try to think of physical effects on the body and also wider risks. Then, in the outer box, write the long-term risks of alcohol misuse on an individual's health and life.

**Long-term effects**

**Short-term effects**

Here are some ideas to help you.  
Which are short-term effects and which are long-term?

memory loss	falling out or breaking up with someone	stroke
alcohol dependency	feeling and/or being sick	acne
drowsiness	alcohol poisoning	illnesses related to high blood pressure
regret or guilt about their behaviour	obesity	dizziness

cancer

feeling sociable

accidents and injuries  
due to falling over

diarrhoea

dental health issues

poor judgments and  
decisions

a 'hangover' the following  
day

embarrassment from  
doing something they  
wouldn't have usually  
done

dehydration

liver disease (cirrhosis)

headache

fertility issues

depression

lack of inhibitions

# Tobacco



## Risks of using tobacco

Categorise the risks into:

- physical,
- mental/emotional and
- social/legal effects of using tobacco

Tooth and gum disease	Struggling to exercise or participate in physical activity	Police can confiscate tobacco products if someone is under 16	Wanting to smoke more frequently
Decreased ability to taste and smell	Harm to sperm, which may lead to infertility	Increased risk of fires	Cravings causing stress
Increased risk of different types of cancer	Lung and breathing problems e.g. bronchitis	Others can be affected by second-hand/passive smoke	Increased worry about how to give up smoking
Heart problems e.g. increased risk of heart attack in the future	Increased risk of experiencing stroke	Friends not wanting to spend time with someone who smokes	Increased worry about some of the physical and social risks
Smoking tobacco leads to clothes, hair and fingers smelling of cigarette smoke	High blood pressure	Spending money on costly cigarettes means less to spend on other things	Low confidence if struggling to quit smoking
Stale breath and stained teeth	Wrinkling of the skin	Some people find smoking unattractive in potential partners	Nicotine cravings can reduce concentration between cigarettes



# Risks of using tobacco

## - ANSWERS

<b>Physical</b>  Tooth and gum disease	<b>Physical</b>  Struggling to exercise or participate in physical activity	<b>Social/legal</b>  Police can confiscate tobacco products if someone is under 16	<b>Mental/emotional with social implications</b>  Wanting to smoke more frequently
<b>Physical</b>  Decreased ability to taste and smell	<b>Physical with social implications</b>  Harm to sperm, which may lead to infertility	<b>Social</b>  Increased risk of fires	<b>Mental/emotional</b>  Cravings causing stress
<b>Physical</b>  Increased risk of different types of cancer	<b>Physical</b>  Lung and breathing problems e.g. bronchitis	<b>Social</b>  Others can be affected by second-hand/passive smoke	<b>Mental/emotional</b>  Increased worry about how to give up smoking
<b>Physical</b>  Heart problems e.g. increased risk of heart attack in the future	<b>Physical</b>  Increased risk of experiencing stroke	<b>Social</b>  Friends not wanting to spend time with someone who smokes	<b>Mental/emotional</b>  Increased worry about some of the physical and social risks
<b>Physical with social implications</b>  Smoking tobacco leads to clothes, hair and fingers smelling of cigarette smoke	<b>Physical</b>  High blood pressure	<b>Social</b>  Spending money on costly cigarettes means less to spend on other things	<b>Mental/emotional</b>  Low confidence if struggling to quit smoking
<b>Physical with social implications</b>  Stale breath and stained teeth	<b>Physical with social implications</b>  Wrinkling of the skin	<b>Social</b>  Some people find smoking unattractive in potential partners	<b>Mental/emotional</b>  Nicotine cravings can reduce concentration between cigarettes





# Tobacco - follow up questions

- Are there any risks that could fall under more than one category?
- Are there any short-term risks that may lead to other longer-term risks?
- Why do you think tobacco has a legally imposed age restriction?
- Why do you think the number of young people who smoke cigarettes has decreased year on year for the last 30 years?

# What's the difference between nicotine and tobacco?

- **Nicotine** is an addictive stimulant found in tobacco and other products such as e-cigarettes/ vapes and nicotine replacement products such as patches and gum.
- **Tobacco** is a plant grown for its leaves and is used in cigarettes, pipes, cigars, chewing tobacco and shisha. When tobacco is manufactured for cigarettes, other substances are added to enhance the addictive properties of nicotine. While nicotine gets people 'hooked' on cigarettes, it's the thousands of other chemicals in tobacco smoke, including tar and carbon monoxide, that cause almost all of the harm from smoking.

*Read:* Peer pressure and peer influence

- ‘Peer pressure’ is when people feel pressurised by their peers to do something that they might not want to do.
- ‘Peer influence’ does not just refer to a peer pressurising someone to do something, but also includes internal pressures to fit in, or do what the person thinks is expected in a situation. Is it important to acknowledge that peer influence is part of growing up, and we are influenced in many different areas, e.g. the teams we support, the music we like, or the clothes we buy – but this can extend to substance use behaviours as well.

*Discuss:*

How can you deal with peer pressure or peer influence?

# How to deal with peer pressure..



- You're not alone! It's easy to think you're the odd one out. The reality is that most people your age don't drink, smoke or take drugs and you're in the majority.
- Work out where you stand on issues like alcohol and smoking. Knowing your own mind makes it easier to stay true to yourself.
- Prepare yourself now by thinking through how you want to respond and behave. It may help to share your thoughts and feelings with someone you trust.

How to deal with peer pressure..



- Friends should understand if you say no to something.
- Say no firmly but clearly and without making a big deal about it. If someone tries to persuade you, don't feel like you have to change your mind.
- They may not show it, but your mates will respect you more if you're assertive and clear about what you do and don't want to do.

## How to deal with peer pressure...



- Take a look around – it might not seem like it, but you're not the only one worrying about what other people think of you. Try to focus on your own opinion of yourself – in the end, that's all that matters.
- Watch out for your mates - if you're worried about a friend, don't keep it to yourself. Talk to them, or someone you trust.
- If you're finding it hard to be yourself within your group, take a step back, and think about whether it's time to find a new crowd to hang out with.

If you want any further advice, you can check out the following websites:

- [www.childline.org.uk](http://www.childline.org.uk)
- <https://www.nhs.uk/smokefree>
- [www.talktofrank.com](http://www.talktofrank.com)