

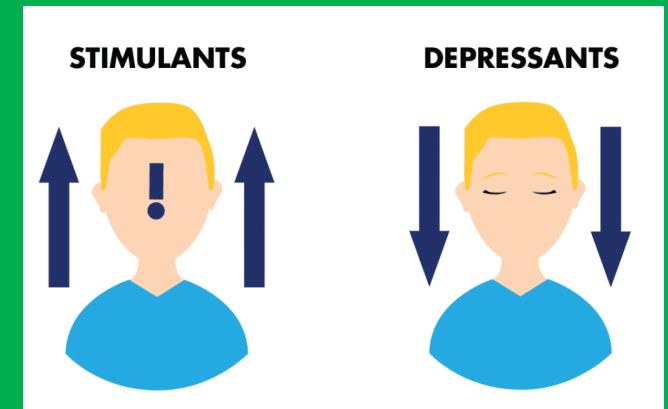
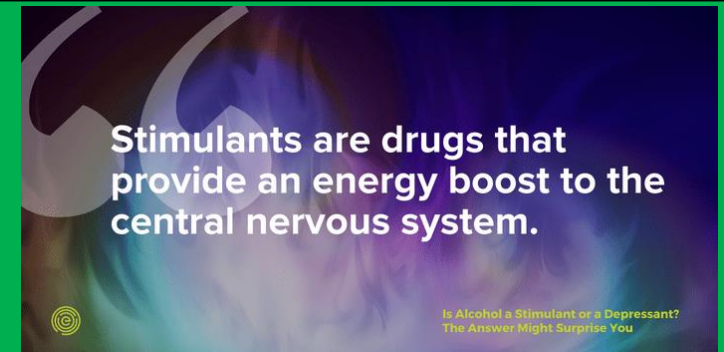
Year 8 Personal Development



Unit 1: Drugs and Alcohol

What will I learn about this term?

This term you will study the different types of drugs that exist. You will learn which drugs are legal and what the restrictions are and which drugs are illegal. You will learn about the physical and mental effects that different drugs can have. You will learn about the factors that lead to people choosing to take different substances.

Key Words	Meaning
Stimulant	A drug that speeds up the messages between the brain and the body
Depressant	A drug that slows down the messages between the brain and the body
Caffeine	A legal stimulant present in coffee and energy drinks used to increase awareness and give the user a boost of energy. Can also worsen symptoms of anxiety, or cause dizziness and headaches.
Tobacco	A legal stimulant present in tobacco products and vapes used for relaxation or mild stimulation. Can cause cancer, bad breath, poor dental health, and conditions that effect the lungs.
Alcohol	A legal depressant used culturally for relaxation. Can cause many conditions, particularly in the liver.
Substance Misuse	Overusing a certain substance beyond the socially acceptable limits.
Addiction	The condition of your body being hooked on the substance to the point where your brain sends your body messages that you need it.
Peer Influence	The influence of those in your peer group



STIMULANT	DEPRESSANT
 <p>Stimulants increase heart rate, body temperature, respiration, and energy</p>	 <p>Depressants lower heart rate and body temperature, slow down respiration, and promote relaxation or sleep</p>