

Healthy Bodies

Learning Objective:

To investigate the effects of tobacco, alcohol and other drugs.

What is a
drug?

Are
drugs always
harmful?



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A drug is any substance that changes or alters our physical or mental state. Lots of drugs are legal and can be very beneficial. Others are illegal because they can be very harmful. However, some legal drugs can be harmful too.

Can you think of some examples of harmful and beneficial drugs?



Beneficial drugs	Harmful drugs

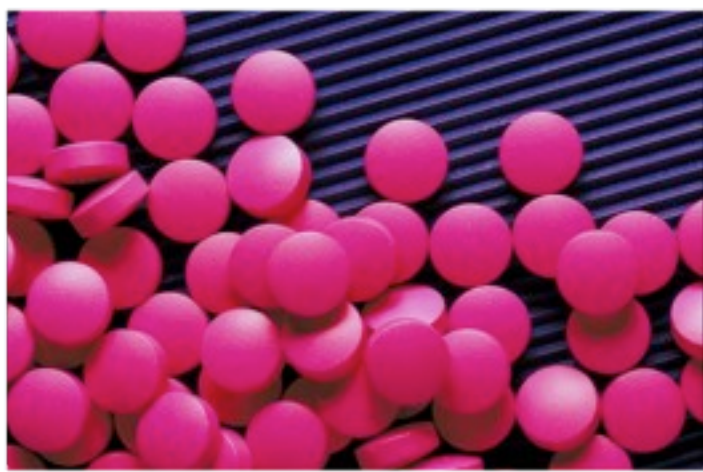
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Even safe drugs, such as medicines prescribed by your doctor, can have side effects. Sometimes medicines can make you sleepy or feel sick.

However, it is important to allow the medicine to do its job in making you better even if you have to put up with some unpleasant side effects.

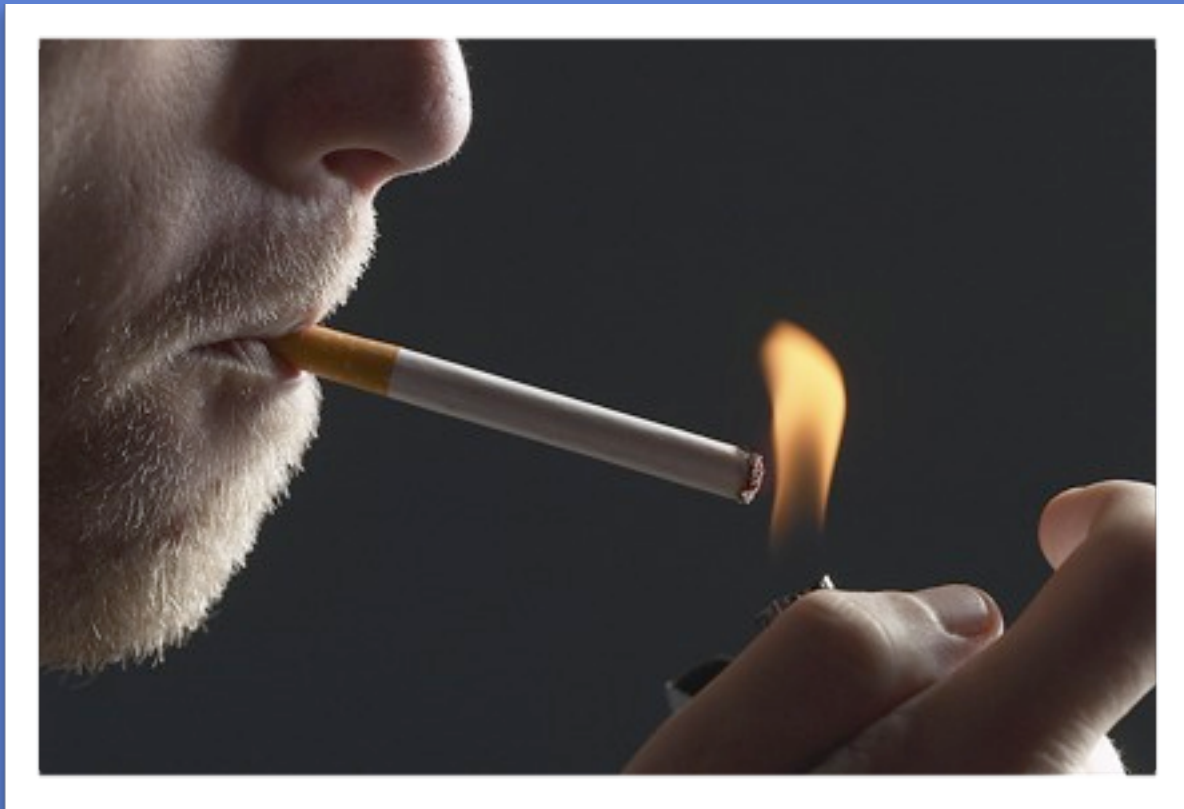


Lots of drugs have very serious side effects that can make you very ill and can even be fatal if you do not follow the guidance on how to take them.

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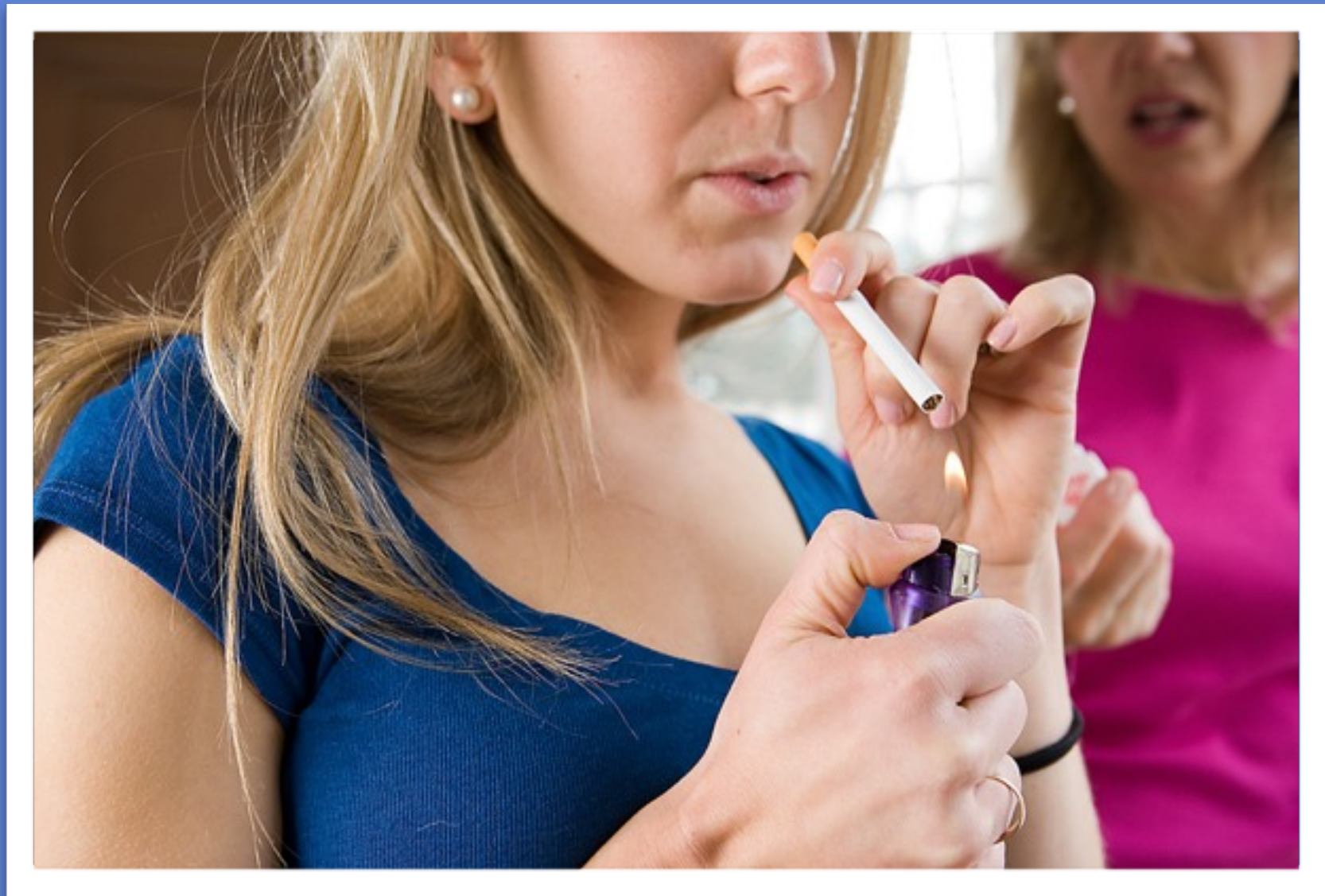
Tobacco



Cigarettes are made from dried leaves from the tobacco plant. These leaves are then mixed with lots of different chemicals before being made into cigarettes.

Cigarettes contain nicotine which is a drug naturally found in the tobacco plant. It is the nicotine that is addictive and makes smoking difficult to stop when you have started. Most smokers have tried and failed to stop smoking at least once.

There are lots of unpleasant side effects from smoking. It can stain your fingers, make your breath and clothes smell, irritate your throat and lungs and give you a persistent cough. It can also decrease your physical performance as you cannot exercise as well as non-smokers because your lungs are clogged. This makes it more difficult to breathe.



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However, the long-term effects of smoking are far more serious. Smoking causes problems such as lung cancer, cardiovascular (heart) disease, emphysema, high blood pressure, fertility problems, asthma, loss of eyesight, gum disease and tooth loss.

Did you know...?

A single cigarette reduces a person's life expectancy by 11 minutes on average

Did you know...?

Smoking kills around 114,000 people in the UK each year

Did you know...?

Cigarettes contain more than 4000 chemical compounds and at least 400 toxic substances

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Alcohol



A lot of adults enjoy alcoholic drinks. They like the taste and the relaxing effect it has on them. Lots of adults see drinking alcohol as a fun and sociable activity and this is perfectly safe if you do not exceed a small amount of alcohol each day.

However, drinking too much can cause a lot of short-term and long-term problems.

Alcohol affects your body and your mind. After too many drinks, even simple things like walking and talking can become a problem. It also affects your ability to make decisions and you might start acting out of character.

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Lots of injuries and accidents are caused every year through alcohol abuse. Drinking too much alcohol makes you more likely to fall and hurt yourself. You also feel braver when you are drunk and try to do things that you normally wouldn't do. Some people become very violent or aggressive. This can often cause a lot of problems for the drunk person and the other people around them.

Over-indulging in alcohol will also make you feel sick, tired, irritable and give you a bad headache the next morning.



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The long-term effects of alcohol on the body can be very dangerous. Drinking too much alcohol is very bad for your liver and liver disease is the main risk of alcohol abuse. Alcoholism can also cause cancer, infections, heart problems, sleep problems, depression and many other illnesses.

Did you know...?

One in five of all alcohol-related deaths are caused by cancer

Did you know...?

Alcohol is responsible for around 33,000 deaths in the UK each year

Did you know...?

Around 10 million adults in the UK drink more than the recommended amount of alcohol each week

Plenary:

Read the
statements on the
next slides and vote for
whether you think they
are TRUE or FALSE.
Ready?



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You can't take too much
paracetamol.



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NEXT

It's FALSE! If you
take too much
paracetamol, or
any other drug, it
can be fatal.



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Smoking can cause major
damage to your liver.



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It's FALSE!
Smoking causes
major damage to
your heart and
lungs. It is alcohol
that can damage
your liver.



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Smoking is very addictive.



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It's TRUE!
Cigarettes contain
nicotine which is
highly addictive. It
is very difficult to
stop smoking once
you have started.



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Cocaine, cannabis and ecstasy
are all examples of illegal
drugs.



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It's TRUE! Cocaine,
cannabis and
ecstasy are all
illegal because
they are very
harmful for your
body.



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The law says you have to be 16 years old to buy any medicines.



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It's FALSE! There are no laws about the age at which you can buy over-the-counter drugs, like cough medicine, but most pharmacies have age restrictions to make sure children stay safe.



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