

Health and Well-being - Substance Misuse
Second Level HWB 2-38a

I understand the effect that a range of substances including tobacco and alcohol can have on the body.

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I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions.

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I know that alcohol and drugs can affect people's ability to make decisions.

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I can identify the different kinds of risks associated with the use and misuse of a range of substances.

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I know of actions I can take to help someone in an emergency.

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I understand the impact that misuse of substances can have on individuals, their families and friends.

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I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing.