

Health and Well-being - Substance Misuse
Third Level HWB 3-40b

I know how to access information and support for substance-related issues.

Health and Well-being - Substance Misuse
Third Level HWB 3-41a

After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.

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I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health.

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I know the action I should take in the management of incidents and emergencies related to substance misuse.

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I understand the impact that ongoing misuse of substances can have on a person's health, future life choices and options.

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Through investigating substance misuse in my local community I can reflect on specific issues, and discuss how they are being addressed.

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I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances.

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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 am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure