

Health and Well-being - Substance Misuse
Fourth Level HWB 4-38a

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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Through investigation, I can explain how images of substance use and misuse can influence people's behaviour.

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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.

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Fourth Level HWB 4-40b

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

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Fourth Level HWB 4-41a

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

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Fourth Level HWB 4-41b

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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Fourth Level HWB 4-43a

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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Fourth Level HWB 4-43b

By researching the impact of substance misuse nationally and internationally I can explain similarities and differences among communities.

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Fourth Level HWB 4-43c

I understand the local, national and international impact of substance misuse.