

Drugs and Alcohol Knowledge Organiser

Caffeine	A compound which is found in tea and coffee plants and is a stimulant of the central nervous system.
Energy drink	a soft drink containing a high percentage of sugar, caffeine, or another stimulant
Nicotine	a naturally occurring toxic chemical found in tobacco plants.
Tobacco	a plant that can be dried and smoked in cigarettes, pipes, or cigars.
Vaping	inhaling and exhaling vapour containing nicotine and flavouring
Peer pressure	when people feel pressurised by their peers to do something that they might not want to do.
Peer influence	- does not just refer to a peer pressurising someone to do something, but also includes internal pressures to fit in or do what the person thinks is expected in a situation
Alcohol	Alcohol is a distilled or fermented drink that can make you drunk
Drugs	a drug is a substance that when released into the body will cause a physical or psychological effect.
Addiction	An addiction is a very strong urge to do something that is hard to control or stop

Sources of Support

Speak to your tutor, head of year or other trusted member of staff in the school.

For accurate, reliable health information, visit www.nhs.uk

Contact Childline www.childline.org.uk 0800 1111 [This does not show up on your phone bill](#)

www.themix.org.uk - A website with useful support for young people on a range of issues

www.talktofrank.com – helpful information about drugs

<https://nacoa.org.uk/> National Association for Children of Alcoholics

turningpoint.co.uk Support service for a range of issues including substances and mental health



Caffeine

There is **no known safe amount** of caffeine for anyone age 11 and younger.

For healthy adults, **400 mg a day** is an amount not generally associated with dangerous, negative effects, though many people will be sensitive to lower amounts.

If it's impossible to avoid, **people age 12 to 17 should have less than 100 mg of caffeine per day.**

Nicotine and Tobacco

Nicotine is an addictive substance found in tobacco and other products such as e-cigarettes/vapes

Tobacco is used in cigarettes, pipes, cigars, chewing tobacco and shisha risks include cancers; heart attack; stroke; reduced fertility

The law states that nicotine and tobacco products cannot be sold to under-18s

Alcohol

Found in drinks such as beer, wine and spirits

Amounts of alcohol are measured in units

An alcohol-free childhood is the healthiest option

Risks include accidents or judgement errors; cancers; high blood pressure; harms to relationships

The law states that alcohol cannot be sold to under-18s

Illegal Drugs

Stimulants

Raises levels of physiological or nervous activity in the body.

Depressant (Downers)

Lowers neurotransmission levels, which is to depress or reduce arousal or stimulation, in various areas of the brain.

Hallucinogens

Alter a person's awareness of their surroundings as well as their own thoughts and feelings.

Influences on decision-making

- own perceptions, attitudes and beliefs
- curiosity or thrill-seeking
- whether actions fit with one's own values or goals
- the attitudes and actions of friends, role models and celebrities
- family or community religious/cultural beliefs and expectations
- social and cultural norms

Strategies for managing peer pressure and influence

- Just saying no, with or without providing a further reason
- Using facts and statistics - not everyone is doing it!
- Using humour to deflect from the situation
- Removing yourself from the situation
- Using an excuse to avoid using a substance
- Telling a 'white lie'
- Getting support from a trusted friend
- Planning with family members to help by coming to pick them up if away from home