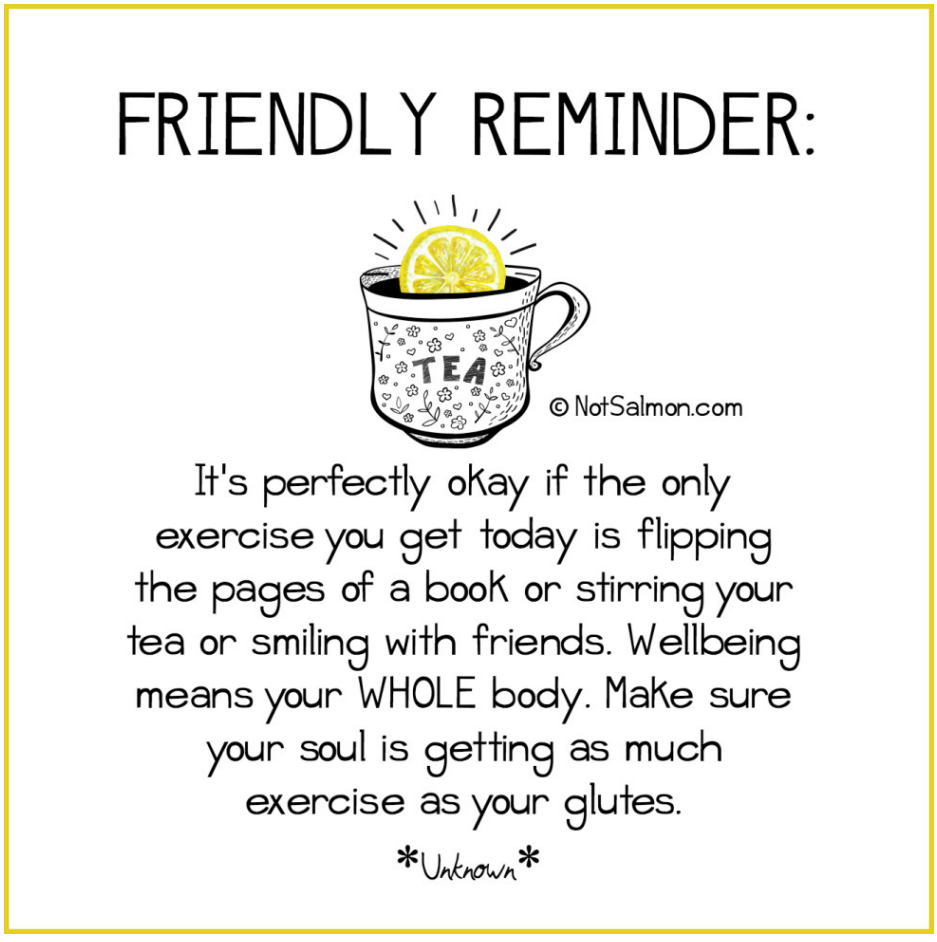
BTEC Tech Award in Health and Social Care

Component 3

Health and Well-being



Name: ……

Part 2

Learning outcomes:

- To understand how drugs and other substances can have negative effects upon the human body.
- **STARTER TASK:** You have 1 minute to name as many different drugs as you can…

Activity:

Discuss the causes and consequences of misuse of addictive substances such as alcohol, nicotine, illegal drugs and prescriptive drugs.

What is a drug?

Complete the table below:

Drugs are _____ that change the way a ____ _____works. Some drugs help you to feel _____e.g. a _____from the doctor. Others can _____ you and are _____ e.g. cocaine.

WORD BOX

body	chemicals	better	person's
prescription	harm	illegal	

Which drug am I? Using the word box, try to match the correct drug to the effect.

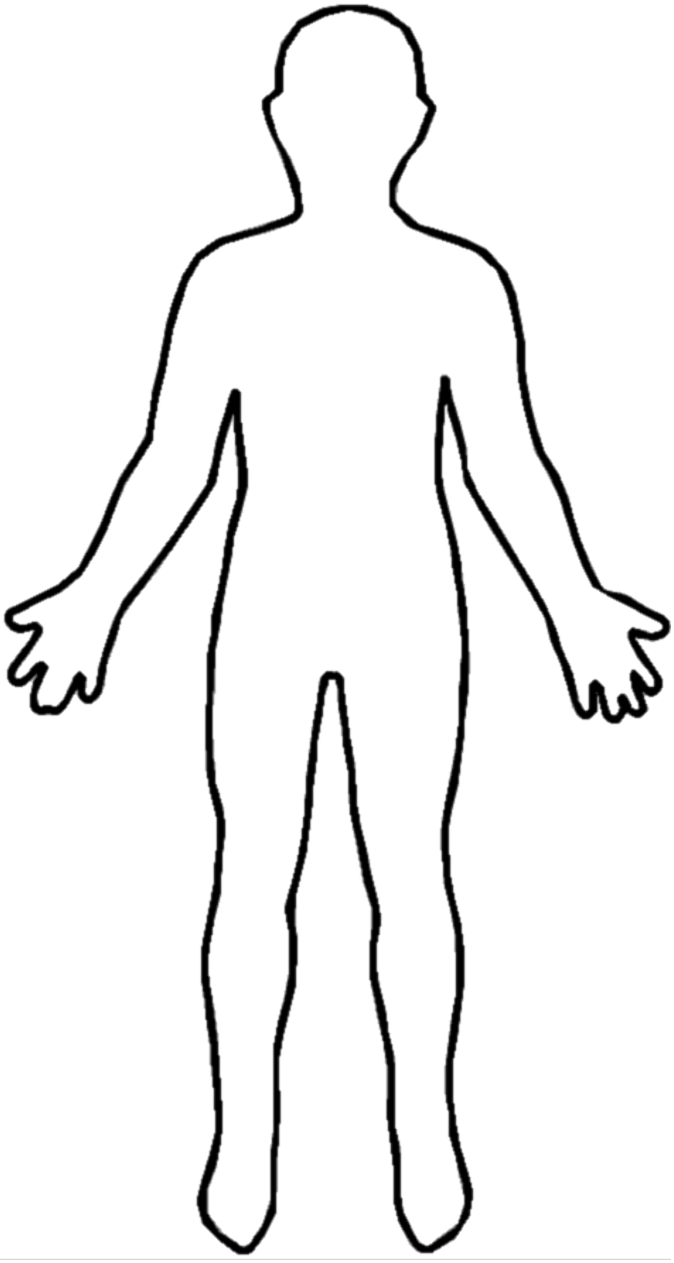
1. Many young people have tried me and many other people try very hard to give me up.	
2. Lots of people can't wake up properly in the morning without me.	
3. I can be very expensive and have mainly been used by people with a lot of money.	
4. I help people with diabetes.	
5. Doctors give me to some of their patients. I calm them down but they sometimes find life difficult without me.	
6. It is against the law to sell me to someone under 18 years old.	
7. I am around most houses. I'm not really a drug but some young people have suffocated and died from sniffing me from a large bag.	
8. I help people breathe when they have asthma.	
9. I am around most houses. I am not really a drug but some young people have died from squirting me down their throats.	
10. Some athletes and body builders take me but I can cause them lots of problems.	
11. I am sometimes smoked but many users inject me.	
12. I am the most widely used illegal drug.	
13. I can make people hear and see strange things.	
14. I grow in the wild. I can be particularly dangerous if people mistake me for poisonous types.	
15. I am around most houses. If you take me properly I can be a good medicine. If I am used too much I can make your stomach bleed.	
16. I am a gold coloured liquid that comes in a small bottle. I am not illegal but can be very dangerous.	
17. I am sometimes used by young people at dances and raves and I often have all sorts of other chemicals mixed in with me	

<u>Choose from the worlds below – you can use each word only once:</u>

Alcohol	Aspirin	Caffeine	
Cannabis	Cocaine	Ecstasy	Gas
Glue	Heroin	Insulin	LSD
Magic Mushrooms	Nicotine	Poppers	
Steroids	Tranquillisers	Ventolin	

Activity:

How do drugs affect the body? Using the information in your booklet label the body to demonstrate the **RISKS** and **LONG TERM** danger of taking drugs.



Substance use, such as alcohol, nicotine, illegal drugs and misuse of prescribed drugs, has a negative effect on health and well-being. Regular use can lead to long-term health problems.

Alcohol:

Alcohol is socially accepting in many cultures. However, if it is not controlled, it can become an **addiction** for some people.

Excessive drinking of alcohol can cause many illnesses and problems, but if taken in moderation, alcohol is viewed as pleasurable. The first full guidelines on alcohol consumption since 1995, published y the UK government in January 2016, say that:

- Any amount of alcohol can increase the risk of cancer
- Men and women who drink regularly should consume no more than 14 units a week – the equivalent of 6 pints of beer or 7 glasses of wine
- People should not save up their units and drink them all in one go (this is called binge drinking)

Illegal drugs and misuse of prescribed drugs:

Substance abuse includes:

- The unsafe use of solvents
- Taking illegal drugs such as cannabis or ecstasy
- Misusing prescription drugs

Substance abuse can have profoundly damaging effects on your body. These include a loss of control of your actions and damage to organs such as the brain, liver and kidneys. Many people become addicted to illegal drugs or even prescription drugs if they are misused. Substance misuse and damage to the body could even result in death.

FRANK

0800 77 66 00 talktofrank.com

Nicotine:

Smoking tobacco, usually in cigarettes, is legal but banned in public places. All smoking material now carries a government health warning.

Heart disease and poor circulation mean:

- increased blood pressure
- increased risk of heart attack
- narrowing of arteries

Irritant particles cause:

- Bronchitis
- Emphysema
- Asthma
- Smoker's cough

Nicotine causes:

- Addiction
- Increased blood clotting leading to thrombosis

Conditions such as:

- Stroke
- Heart disease

Carbon monoxide causes

- Decreased oxygenation
- Poor growth
- Extra work for the heart
- Increased risk of thrombosis

Tar causes cancer of the nose, throat, tongue, lungs, stomach and bladder.

Exposure in childhood means that children:

- Are prone to chest infections and asthma
- Tend to be smaller and weaker
- Do less well in school

Exposure in pregnancy causes:

- Smaller babied
- More stillbirths
- More miscarriages

Smokers':

- Breath and clothes smell of smoke
- Hands and nails are nicotine stained
- Faces often become wrinkled from the effects of smoking

Insert page 18, 51,52,53,54 of revision book in here.

Cannabis

Also known as; pot, grass, dope, blow, wacky, hash, weed, puff & marijuana.

Cannabis is a commonly used illegal drug in the UK. It is sometimes eaten, but more usually it is mixed with tobacco and smoked. The most common effects from smoking cannabis are a feeling of relaxation, a sense of well-being and a heightened perception of music and colour. Cooking the drug & then eating it makes it more intense & harder to control. The drug may bring on a craving for food (aka the "munchies"). Often described as a gateway to taking other drugs.

Immediate risks include; accidents whilst under the influence, anxiety, impair the ability to learn new things or to concentrate for long periods of time.

Long term dangers include; paranoia and psychological disturbance, bronchitis and lung cancer in some extreme cases.

LSD

Also known as; acid, trips

LSD is an illegally manufactured drug in the form of a white power which is mixed with other substances to form tablets or capsules. Bold, colourful designs may be imprinted onto the pill e.g. The Pink Panther. The drug is placed on the tongue and dissolved into the body. LSD is an an excessively addictive drug unlike others, however, its effects depend on the mood of the user. Experiences have been known to vary from visions of job and beauty to waking nightmares. Perceptions of the real world are distorted and users often feel an experience of feeling outside their body.

Immediate risks include; accidents whilst under the influence of the drug, unpredictable behaviour and "bad trips" depending upon the mood of the user.

Long term dangers include; permanent flashbacks during "trip" experiences.

Cocaine

Also known as; coke, charlie, snow and C.

Cocaine is a powerful stimulant and users sometime inject the drug. However, it is more commonly ground finely into a power with a knife or razor blade and snorted up the nose through a tube e.g. a pen or a rolled up bank note. The effects include increased excitability and alertness, indifference to pain, exhilaration, an illusion physical and mental strength and possible aggressive behaviour. These effects may only last for 30 minutes. Frequent doses are needed to maintain a 'high' users are often left craving more. A cocaine habit is very dangerous, expensive and hard to control.

Immediate risks include; addictive, tiredness, depression (usually 1-2 days after a "high") and even fatal heart problems from excessive use.

Long term dangers include; convulsions and fits, insomnia weight loss and nasal damage.

Ecstasy

Also known as; MDMA, white doves, disco burgers, Adam and fantasy.

Ecstasy combines the effect of a stimulant (uppers) and a hallucinogen (trips and visions). Ecstasy is usually swallowed rather than injected or snorted or smoked. The effects of taking ecstasy typically begin after 20 minutes of taking and the effects of the drug may last for several hours. The drug gives the user a heightened perception of colour and sound.

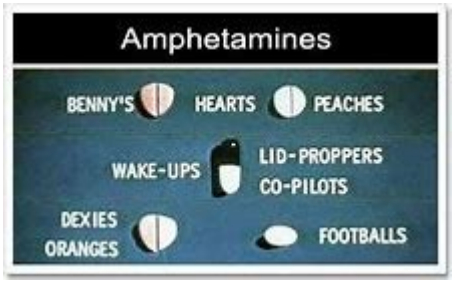
Immediate risks include; accidents whilst under the influence, depression, damage to the liver and possibly brain, dehydration heat stroke, sudden death due to kidney failure, poisoning adulteration of the drug with other substances in the body.

Long term dangers include; Major concerns relate the brain and liver damage.

Amphetamines

Also known as; speed, whizz, uppers, amph, billy & sulphate

Amphetamines are a common illegal stimulant which is usually snorted or sniffed but they also may be injected. Amphetamines powerfully stimulate the nervous system giving feeling of alertness, energy and confidence. They may cause aggressive behaviour in some users. They are particularly dangerous for anyone who suffers from a heart condition or has a history of psychiatric disorders.



Over stimulation results in extra demands put onto the body's energy reserves and one of the most common after effects is exhaustion & a reduced resistance to disease.

Immediate risks include; anxiety, depression, panic, hallucinations, heart attacks and poisoning due to the breakdown of the drug.

Long term dangers include; dependence, paranoia, damaged blood vessels, reduced resistance to disease, heart strain & mental illness.

Activity:

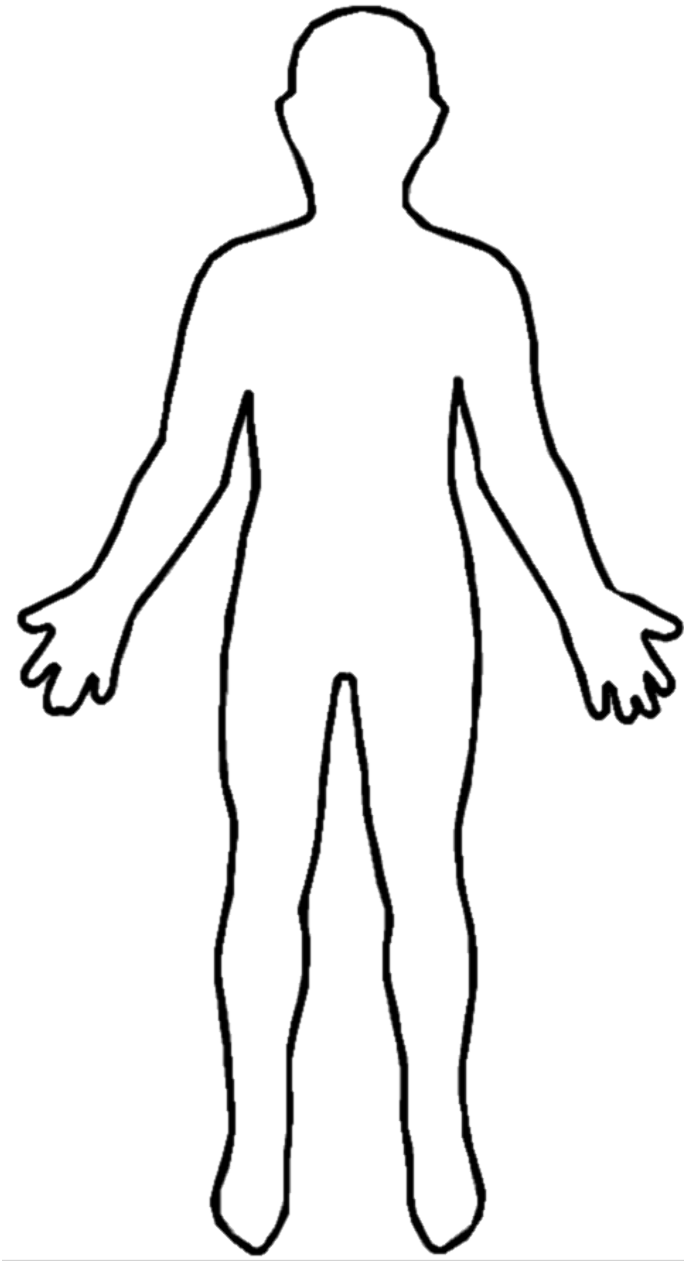
Create a fact sheet **giving the positive and negative short term and long term effects** of substance abuse on health and well-being.

Visit the Talk to FRANK website to help you gather information.

Homework: Create an awareness campaign to help teenagers to understand how drugs can have negative effects upon their body & their lives.

Starter activity:

Annotate the picture in your booklet with all the things that a teenager needs to do to prevent them being 'whiffy'… add how often you need to clean this area.



How often do you need to clean each part of your body?

The importance of personal hygiene:

Poor personal hygiene is not only unpleasant but can affect your health and well-being.

Our bodies offer the correct temperature and moistness for bacteria to grow. Our bodies also provide food in the form of dead skin cells and chemicals in our sweat. We are exposed to bacteria every day. Although many bacteria are harmless, some cause disease. Bacteria can be passed on from one person to another and through food. **Bacteria travel when you**:

- Cough
- Scratch
- Fiddle with your hair
- Rub your face
- Sneeze
- Do not wash your hands
- Pick spots

Personal hygiene is very important because it helps us to reduce the number of bacteria that live on us. Regular personal hygiene includes cleaning our teeth at least twice a day, having a daily shower, washing our hair regularly and keeping our finger and toe nails clean and trimmed.

Conditions caused by bacteria:

We all have various barriers to stop bacteria entering our bodies. These barriers include skin, tears, mucus and stomach acid. However, if there are too many bacteria, one of our normal barriers will become damaged in some way and we become infected. Some bacteria attack body tissues or release poisons that make us feel ill. They can cause illnesses such as:

- Food poisoning
- Tetanus
- Sore throats
- Tuberculosis (TB)
- Whooping cough
- Meningitis
- Syphilis

Caring for others:

When caring for others you will need to get physically close to them. If either of you has offensive body odour or bad breath it is unpleasant or may stop better communication taking place. In turn, this could affect:

- Your relationship with the person you are caring for
- Their health and well-being

As a carer you may also have to touch people, both to comfort them and to treat them. Infection can spread in this way, if for example, you do not wash your hands properly before (and after) you touch them. Young babies or older people are less resistant to diseases and can suffer more damage from bacteria passed on to them.

If a person is immobile for some length of time, pressure on the skin from the hard surface of a bed or wheelchair can cause ulcers. The ulcer interrupts blood supply to the affected area of skin, so the skin no longer receives infection-fighting white blood cells. A pressure ulcer, or bed sore can become infected with bacteria leading to:

- Extreme discomfort
- Blood poisoning
- Tissue death, and
- Even death

This is why it is important that the person's skin is kept clean and dry and they are moved regularly into different positions.

Activity:

Watch the video clips and make notes about the key points:

Possible effects on someone who has poor personal hygiene:

Emotional and Social factors	Physical factors

Activity:

Create a poster to be display in that outlines the effects of poor hygiene:

Use A3 paper or a computer to create your poster. You may create one for a specific life stage or do a general poster that would apply to everyone.

Create it with clear and informative information.

Activity:

Think about possible problems caused by body changes in adults and later adulthood with regard to their personal hygiene. Make a note about how it could affect their PIES.

Which life stage is it the hardest to look after personal hygiene?

Physical	Intellectual	Emotional	Social

Plenary: 5-5-1 Deluxe!

Write 5 sentences summarising today's topic…

Now reduce that to 5 key words…

And finally to one word….

Homework:

Instructions: Read the case study TWICE. Highlight the negative factors that are affecting his health in one colour – annotate and link to PIES. With another colour, highlight the negative relationships in his life.

Manni is 15. He is always quarrelling with his parents and family. He never seems able to please them. His examination results are never good enough. His parents do not like his friends and they do not approve of the clothes he chooses to wear.

To stop the arguments, Manni stays out late at night. He is then tired the next days and falls asleep during lessons. He is not managing to keep up with his work. His teacher keeps him behind for detention to catch up.

Manni begins to hang around more with his one friend. He does not feel happy and his self-esteem is low. His friend persuades him to break into a car. Manni knows this is wrong, but does this to please his friend.

The next day, the police call to Manni's house. He has been traced as one of the people who has broken into the car. When Manni's parents return from the police station the most awful row starts. Manni packs a bag and leaves home.

Manni's relationship with his parents is poor. Describe the effect this is likely to have on his development.

Explain how Manni's parents could have provided support to prevent their relationship becoming so poor.

How do you think Manni's future development is likely to be affected by the negative relationships he experienced at 15? Refer to PIES .

Social interactions:

Discuss the effect that peer pressure or cultural influences have on an individual's health and lifestyle.

You need to think of at least 2 things

Starter:

Name as many relationships as you can:

Activity:

How have your relationships shaped you as a person?

Identify the positive effects of a positive relationship and the negative effects of an unsupportive relationship. Make notes below on the impact of this.

Positively	Negatively

Social interaction:

There are many social, emotional and cultural factors that affect health and well-being, one of which is social interaction. What does social interaction mean to you?

Our social needs include the opportunity to:

- Mix with others in an appropriate environment
- Have access to leisure facilities and activities

It is important that we have family and friends and belong to groups or a community. These social interactions provide us with a sense of belonging and a feeling that we are accepted. There are many types of social interaction.

Relationships:

The quality of our relationships influences how we feel about ourselves, throughout our lives. There are many different types of relationships.

- Some are formal – such as with your boss at work
- Others are informal – such as with family and friends

We form our first relationships with our parents or carers. We usually make our first friends as children. We make more friends through.

- School and higher/further education
- Interests and work
- Other parents – when we have children of our own
- Activities that we make take up during retirement

In fact, we continue to meet new people and make new friends throughout our lives.

Supportive/unsupportive relationships:

Our family and friends affect our health and well-being. When relationships are supportive they can provide:

- ✓ Physical support and assistance
- ✓ Intellectual stimulation
- ✓ Emotional support and happiness
- ✓ A social life

When relationships are not supportive they can:

- Hurt and upset us
- Influence us to do things we maybe would not do, such as smoke or turn to crime
- Make us unhappy and could distract us from learning experiences
- Make us feel lonely and bad about ourselves

Social integration/isolation:

Our family and friends affect whether we feel integrated into our community or isolated from it. Some relationships can lead to social integration – for example, becoming actively involved in a community. One example is working to support a charity, which might result in:

- ➢ Physical work, such as helping to build benches for a community garden
- ➢ Intellectual stimulation, such as problem solving
- ➢ Emotional fulfilment through a new sense of purpose
- ➢ Social opportunities to make new friends

Other relationships can lead to social isolation. For example, someone may fallout with a friend who may then bully them. This could lead to the person feeling:

- **P**hysically threatened
- **I**ntellectually distracted (e.g. from their work)
- **E**motionally upset
- **S**ocially isolated

An isolated person could become withdrawn and miserable because they think others find it hard to be friends with them.

Social integration and isolation in retirement

For many people, retirement is an opportunity for social integration because they have more time to meet people. However for others they may feel isolated:

Integration includes, for example, meeting people through leisure activities, as long as they remain active and healthy they may –

- ✓ Move to a different residential setting
- ✓ Make new relationships that lead to them being given help with day – to – day tasks **(physical)**
- ✓ Take part in stimulating activities (**intellectual)**
- ✓ Feel supported and reassured **(emotional)**
- ✓ Always have others to mix with **(social)**

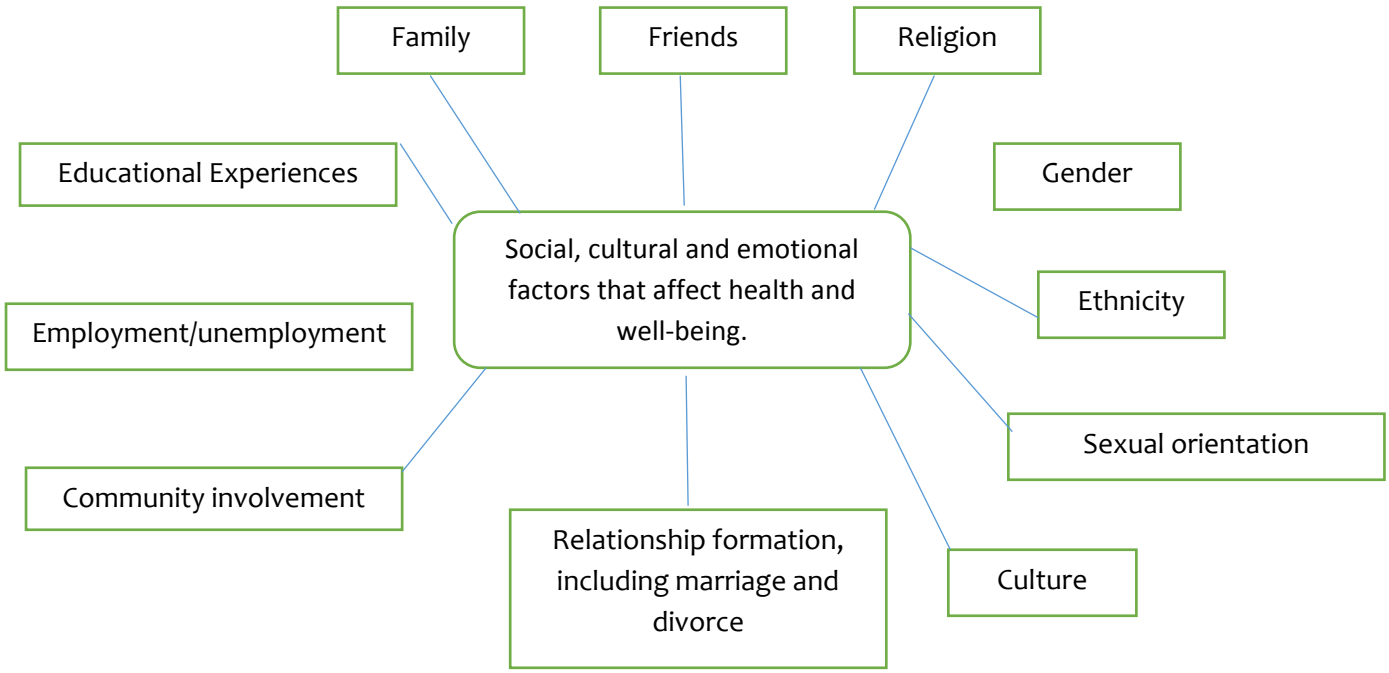
However, some older people become socially isolated as they get older because:

- They may lose friends through illness or death
- They may lose a life partner

Others who are socially isolated:

Others who become socially isolated include those who are:

- ➢ Homeless
- ➢ Going through a difficult period in their lives
- ➢ Physically or mentally ill
- ➢ Living with conditions such as autism


Family
Friends
Religion
Educational Experiences
Gender
Social, cultural and emotional factors that affect health and well-being.
Ethnicity
Employment/unemployment
Sexual orientation
Community involvement
Relationship formation, including marriage and divorce
Culture


Coping effectively with life and creating satisfying relationships
Recognizing the need for physical activity, diet, sleep, and nutrition
Recognizing creative abilities and finding ways to expand knowledge and skills
Developing a sense of connection, belonging and a well-developed support system.
Emotional
Physical
Intellectual
Socio-Cultural
Wellness
Financial
Spiritual
Expanding our sense of purpose and meaning in life
Satisfaction with current and future financial situations.
Occu-pational
Env-ironmental
Personal satisfaction and enrichment derived from one's work
Good health by occupying pleasant, stimulating environments that support well- being

Page 26 , 27 , 58,59,60,61

Activity:

The effects that cultural influences can have on an individual's health and lifestyle.	The effects that peer pressure can have on an individual's health and lifestyle.

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What is a positive relationship?

Activity:

Write a 2 page informative magazine article about supportive and unsupportive relationships:

Positive:

Include the following key words:

- Mutual support
- Sharing
- Loyalty
- Respect

Consolidation exercise:

Positive and Negative Relationships:

A positive relationship is…
Good relationships with parents
Good relationships with friends
Good relationships with people in authority (school / employment)
Good relationships with a sexual/intimate partner
A negative relationship is…
Poor relationships with parents
Poor relationships with friends
Poor relationships with people in authority (school / employment)
Poor relationships with a sexual/intimate partner

Activity:

Annotate your diagrams:

Revision book pages in here