

Practising Substance Abuse Awareness

Chapter 6: Substance Abuse Awareness · Topic 2

Key Concept

Substances like tobacco, alcohol, and drugs can be addictive, meaning the body starts to crave them, making it hard to stop using them once started.

Substance abuse can harm the body's organs, like the lungs (from smoking) or liver (from alcohol), and can also affect mental health, relationships, and school or work performance.

Peer pressure - when friends or others encourage risky behaviour - is a common reason young people might try harmful substances, so learning to say no confidently is important.

Awareness about the dangers of substance abuse helps us make informed, healthy choices and supports others who may be facing pressure to use harmful substances.

Quick Revision Notes

- Substance abuse means harmful use of drugs, alcohol or tobacco.
- These substances can be addictive.
- Addiction makes it hard to stop using a substance.
- Substance abuse harms organs like lungs and liver.
- It also affects mental health and relationships.
- Peer pressure can lead to trying harmful substances.
- Learning to say no confidently is important.
- Awareness helps us make healthy, informed choices.

Practice Questions

- 1 Discuss why substances like tobacco can be harmful.
- 2 Practice saying no to a risky situation in a role-play.
- 3 Research the effects of smoking on the lungs.
- 4 Discuss what peer pressure means and how to handle it.
- 5 Create a poster about substance abuse awareness.
- 6 Discuss healthy ways to handle stress instead of substances.