Based on your own research and the discussions in class, answer the following questions.

1. **Identify 3 substances which are often misused. If you use slang terms or street names in your answers, please explain which substance you mean. (1.1)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |
| c) |  |

1. **People might misuse substances for a variety of reasons. State 3 possible reasons. (1.2)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |
| c) |  |

1. **People have a range of different life experiences and lead different lifestyles. Thinking about this, identify 3 factors that might influence an individual’s attitude towards the use of substances. (1.3)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |
| c) |  |

1. **There are various risks involved with the misuse of substances. Outline 2 of them. (1.4)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |

1. **The effects substances can have can be influenced by several things. Outline how each of the factors below can influence the effects of substances. (1.5)**

|  |  |
| --- | --- |
| Age |  |
| Gender |  |
| A person’s mindset at the time of use |  |
| The setting in which the substance is taken |  |

1. **What sort of things do you think could be an indication, sign or symptom that someone is misusing substances, and why might you be wrong about that sign or symptom? (1.6)**

|  |  |
| --- | --- |
| a) sign or symptom | b) why might you be wrong about this? |
| Physical sign or symptom: |  |
| Behavioural sign or symptom: |  |
| Social sign or symptom: |  |
| Other indicator: |  |

1. **Identify the impact of substance misuse on the following: (2.1)**

|  |  |
| --- | --- |
| a) the individual |  |
| b) families and communities |  |
| c) society |  |

1. **Describe some of the well-being and health issues associated with substance misuse. Your answer should take into account the 5 ways to well-being: (2.2)**

|  |
| --- |
| **Connect** eg, build social relationships, spend time with friends and family  **Be active** eg, engage in regular physical activity  **Take notice** eg, be mentally present, focus on awareness and appreciation  **Keep learning** eg, maintain curiosity about the world, try new things  **Give** eg, make a positive contribution to the lives of others |
|  |

**9) If someone you knew needed advice or guidance on substance misuse issues, where would you tell them to look for advice and support? In each example say briefly what the organisation or service offers. (2.3)**

|  |  |
| --- | --- |
| a) locally |  |
| b) nationally |  |

1. **There are a number of stereotypes associated with substance misuse. Identify 3 of these stereotypes below – 2 should be common stereotypes and one should be uncommon. Explain how these stereotypes can be misleading or discriminatory. (3.1, 3.2)**

|  |  |
| --- | --- |
| Stereotype | How this stereotype can be misleading or discriminatory |
|  |  |
|  |  |
|  |  |

**11. Give examples of how the media portrays substance misuse. Your answer should include an example of a positive and a negative portrayal. (3.3)**

|  |  |
| --- | --- |
| Examples of positive media portrayal | Why is this a positive example? |
|  |  |
| Examples of negative media portrayal | Why is this a negative example? |
|  |  |

**12. Identify 3 pieces of information about the extent and types of substance use and misuse in the UK using reputable/reliable sources. (3.4)**

|  |  |
| --- | --- |
| Information | Source |
|  |  |
|  |  |
|  |  |

**13) Define ‘resilience’. (4.1)**

|  |
| --- |
|  |

**14) Some individuals are more likely to misuse substances than others. Choose 3 factors from the list below and explain how they can increase the likelihood of someone misusing substances. (4.2)**

 age

 gender

 parenting or family influences

 **socio-economic background**

 social deprivation/exclusion

 culture

 religion

 local community

 friends

 income

 type of job.

|  |  |
| --- | --- |
| Factor | Potential influence |
|  |  |
|  |  |
|  |  |

**15. State 3 factors which may help to prevent individuals from misusing a substance (4.3)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |
| c) |  |

**16. Give 3 examples of ways to build resilience and help protect individuals from the risks of substance misuse (4.4)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |
| c) |  |

**17. Identify 3 possible barriers to making healthy choices. (4.5)**

|  |  |
| --- | --- |
| a) |  |
| b) |  |
| c) |  |