TMS Personal development Launchpad - 2023/2024 Year 4
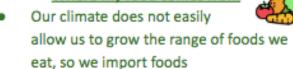
PSHE & Wider opportunities

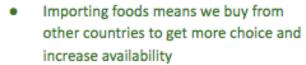### The Recreational Drugs of Alcohol and Nicotine

- Substance users can quickly become addicted and face numerous problems ranging from physical impacts to low self-esteem and mental disorder
- Alcohol (and other recreational drugs) impairs decision-making, alters mood and reduces inhibitions
- Alcohol is a chemical that gets more toxic, or poisonous the more you drink
- Alcohol addiction leads to poisoning a part of the body called the 'liver'. You cannot survive without a liver working properly
- Nicotine is a toxic chemical that is poisonous to your Cardiovascular (heart, arteries and veins) and Respiratory system (mouth, throat, windpipe and lungs)
- Nicotine addiction leads to the lungs becoming clogged with tar and causes long term danger

Where my food comes from

- Our climate does not easily allow us to grow the range of foods we eat, so we import foods
- Importing foods means we buy from other countries to get more choice and increase availability
- The UK relies on both imports and our own farmers to feed itself and drive economic growth
- The 'Red tractor' Certified Standards logo means that the food we buy has been responsibly sourced, safely produced and comes from crops and animals that have been well cared for

Fair Trade

- Food producers earn the least amount of money from the most effort
- For a fairer future, we can be conscious about what we choose to consume
- The things we buy and enjoy have an impact on the lives of others
- If we learn how our choices affect others, how we rely on them and them on us, we are more likely to make good, fair choices
- Choosing products which are protected by Fairtrade means companies try harder to give workers a better deal

Money (Economics)

- An income is earnings or profit often money
- Making choices - we usually buy things we need before we buy what we want
- Making choices - spending our money now or saving for later
- Spending money means you buy something right away but something you can afford. Saving money means you wait longer but you can buy more or something better or bigger
- Scarcity means you want more than you can have (which can be hard)