

# Alcohol and Smoking

# SPHE

Statement Code no: 1

Student:

Class:

At Junior Certificate level the student can:

Use relevant knowledge about alcohol and smoking to make informed and positive life choices

Date Commenced: / /

Date Awarded: / /

## Learning Targets - This has been demonstrated by your ability to:

- |    |   |                          |                          |                          |
|----|---|--------------------------|--------------------------|--------------------------|
| 1  | Explain what alcohol is   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2  | List the reasons why people drink                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3  | Know what the effects of alcohol are                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4  | Discuss the dangers of alcohol                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Discuss the positive use of alcohol                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Discuss the reason why alcohol is illegal for minors              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Contrast the cultural uses of alcohol                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Give the reasons why some people don't drink                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Describe the effects smoking has on the body                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Give reasons why some people smoke                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Explain the different ways people can stop smoking                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Practice the different ways of saying NO                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | List the different leisure activities that do not involve alcohol | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Work begun    | Work in progress    | Work completed