At Junior Certificate level the student can:

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

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

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