

COURSE TITLE:

DRUGS AND ALCOHOL AWARENESS

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to Drugs and Alcohol Awareness	To understand the meaning of drugs, alcohol, and substance misuse, including dependency, addiction, and the legal classification of controlled substances.
2	Illegal Drugs	To understand different types of illegal drugs, their classifications, effects on the body, and the potential physical and mental health risks associated with misuse.
3	Alcohol Misuse	To understand alcohol misuse, its effects on the body, recommended limits, alcohol units, and the risks associated with excessive drinking.
4	Drug Addiction	To understand the stages of addiction, including experimentation, regular use, risky use, dependence, and addiction, and how substance use develops over time.
5	Common Signs of Substance Misuse	To understand the physical, behavioural, and emotional signs of drug and alcohol misuse and recognise indicators that may require support.
6	Causes and Risk Factors	To understand the personal, social, emotional, and environmental factors that contribute to substance misuse and the importance of supportive responses.
7	Impacts of Alcohol and Drugs Misuse	To understand the effects of substance misuse on physical health, safety, employment, relationships, families, and wider society.
8	Treatment and Support	To understand available treatment and support options for substance misuse, including professional services, peer support, rehabilitation, and recovery approaches.