

**RSPH Level 2 Award for Young Health Champions**

**(Unit 9 Understanding the Misuse of Substances)**

**RSPH Level 2 Award in Understanding the Misuse of Substances**

**Learner Workbook**



**How to use this Learner Workbook**

RSPH has developed this Learner Workbook to enable learners to provide evidence that the assessment criteria for the RSPH Level 2 Award for Young Health Champions (Unit 9 Understanding the Misuse of Substances) and the RSPH Level Award in Understanding the Misuse of Substances have been met. Centres must ensure that the learner signs the declaration on the next page to confirm that they have read and understood the RSPH plagiarism statement.

The workbook should be signed where indicated by the Internal Assessor and Internal Verifier to confirm that the learner has met the assessment criteria and learning outcomes within this workbook. Further guidance for tutors and assessors can be obtained from the tutor guide version of this workbook.

The Learner Workbook is editable meaning that text can be inputted and saved.

Centres should refer to the RSPH External Verification Procedure before submitting assessed learner work for external verification.

The RSPH plagiarism statement, tutor guides for the workbook and External Verification Procedures can be obtained from the Centre Area of the RSPH web-site.

|  |
| --- |
| **Learner Name Learner Registration No.**  Learner Declaration: *I confirm that I have read and understood the RSPH Plagiarism statement and that all of the accompanying work is my own work. I have identified any relevant sources of information that I have used in supporting my responses to this workbook and these are cited within.*  **Learner Signature** **Date** |
| **Internal Assessor Comments**  Please use this space to comment on whether the submitted workbook has met the assessment criteria.  **Internal Assessor Signature Date** |

**Learning Outcome 1: Understand factors that result in people misusing substances**

* 1. Describe THREE social factors that could result in the misuse of substances

**Task 1**

You should discuss with others in your group the social factors that could result in the misuse of substances.

From the table below, choose **THREE** social factors that could result in the misuse of substances. Describe how or why these may result in the misuse of substances.

|  |  |  |  |
| --- | --- | --- | --- |
| **Advertising** | **Media** | **Socio-economic Status** | **Availability** |
| **Education** | **Culture** | **Employment** |  |

|  |  |
| --- | --- |
| **Social Factor** | **How or why could this result in the misuse of substances?** |
|  |  |
|  |  |
|  |  |

* 1. Outline THREE factors that are individual-specific which could lead to the misuse of substances

**Task 2**

From the table below, pick **THREE** individual-specific factors which could lead to people misusing substances. Outline and give a brief explanation of how the factor could result in people misusing substances in the space provided.

|  |  |  |
| --- | --- | --- |
| **Parents** | **Age** | **Family** |
| **Peer Pressure** | **Friends** | **Self- esteem** |

|  |  |
| --- | --- |
| **Individual Factor** | **How can this factor lead to substance misuse?** |
|  |  |
|  |  |
|  |  |

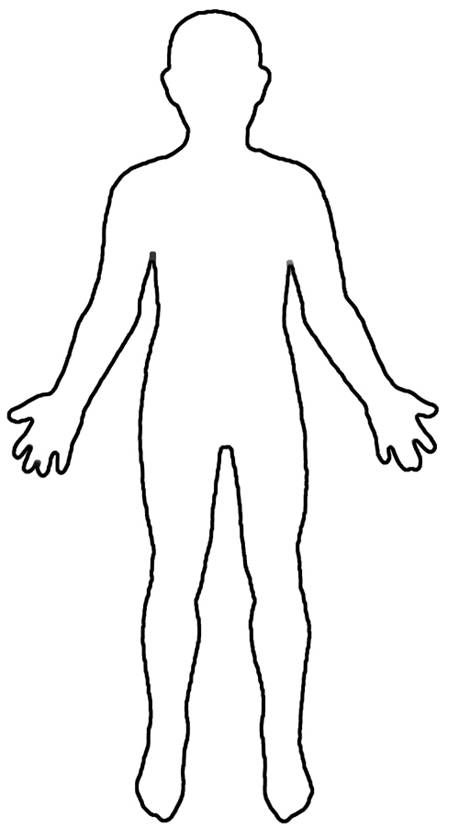
|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Decision and Feedback** | | | |
| **Internal Assessor** | | | |
|  | | | |
| Assessment Criterion 1.1 | | Met | Not met |
| Assessment Criterion 1.2 | | Met | Not met |
|  | | | |
| Comments / feedback | | | |
|  | | | |
| Learning Outcome Achieved | | YES | NO |
|  | | | |
| Name | Signature | Date | |

**Learning Outcome 2: Understand the personal and social consequences of substance misuse**

2.1 Outline THREE direct effects on health of substance misuse

**Task 3**

Use the body picture below to outline **THREE** directs effects on health of substance misuse. Select three of the body parts sign-posted below and enter the effect of substance misuse in the space provided.



Genitals

Brain

Internal organs;

(Heart/liver/kidneys/spleen, pancreas/stomach/intestines/etc

Oesophagus

Voice box

Lungs

Skin

Reproductive system

Face/mouth

.

2.2 Identify THREE possible indirect effects on the individual due to substance misuse

**Task 4**

From the list below, pick **THREE** possible indirect effects on the individual due to substance misuse. Outline and give a brief explanation of the effect in the space provided.

|  |  |  |
| --- | --- | --- |
| **Sexual Health** | **Risk taking behaviour** | **Loss of inhibitions** |
| **Poor nutrition** | **Memory Loss** | **Criminality** |

|  |  |
| --- | --- |
| **Possible Indirect Effect** | **How can this affect health?** |
|  |  |
|  |  |
|  |  |

2.3 Identify THREE effects on family members, friends and wider society due to substance misuse

**Task 5**

Identify and describe in the space below **THREE** effects on family members, friends and wider society due to substance misuse by individuals.

|  |
| --- |
| Effect 1 |
| Effect 2 |
| Effect 3 |

2.4 Describe the adverse effects of THREE substances that are misused in the community

**Task 6**

In the space provided below, list and describe the adverse effects of **THREE** substances that are misused in the community.

|  |  |  |
| --- | --- | --- |
| Substance | Class. A, B or C | Adverse effect |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Decision and Feedback** | | | |
| **Internal Assessor** | | | |
|  | | | |
| Assessment Criterion 2.1 | | Met | Not met |
| Assessment Criterion 2.2 | | Met | Not met |
| Assessment Criterion 2.3 | | Met | Not met |
| Assessment Criterion 2.4 | | Met | Not met |
|  | | | |
| Comments / feedback | | | |
|  | | | |
| Learning Outcome Achieved | | YES | NO |
|  | | | |
| Name | Signature | Date | |

**Learning Outcome 3: Know how to provide help and support to the individual with regards to substance misuse**

3.1 List THREE agencies / organisations which provide services for individuals affected by

substance misuse and outline the services provided.

**Task 7**

List **THREE** agencies or organisations which could provide services for the individual who is the subject of your case study to provide advice and guidance relating to substance misuse.

Outline the services that each of the agencies or organisations that you have listed provide.

|  |  |  |
| --- | --- | --- |
|  | **Name of service and description of service / help provided** | **Is this service Local or National?** |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

3.2 Describe THREE ways by which an individual could be encouraged to reduce their risk

of harm from substance misuse

**Task 8**

You are provided with a case study. In your groups discuss ways by which the individual in your case study could be encouraged to reduce their risk of harm from substance misuse. Individually describe **THREE** of these in the table below.

|  |
| --- |
| 1 |
| 2 |
| 3 |

3.3 Identify THREE barriers to changing behaviour with regards to substance misuse and

how these can be overcome

**Task 9**

For THREE of the barriers to behaviour change listed below, give a brief explanation of the barrier in terms of substance misuse. You are also provided with a case study, suggest a way that the individual in your case study can overcome each of the barriers that you have chosen.

|  |  |  |
| --- | --- | --- |
| **Peer pressure** | **Denial** | **Addiction** |
| **Low self-efficacy** | **Lack of Motivation** | **Culture** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Barrier** | **Explanation** | | **How to overcome barrier** | | |
| 1. |  | |  | | |
| 2. |  | |  | | |
| 3. |  | |  | | |
|  | | | | | |
| **Assessment Decision and Feedback** | | | | | |
| **Internal Assessor** | | | | | |
|  | | | | | |
| Assessment Criterion 3.1 | | | | Met | Not met |
| Assessment Criterion 3.2 | | | | Met | Not met |
| Assessment Criterion 3.3 | | | | Met | Not met |
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| Comments / feedback | | | | | |
|  | | | | | |
| Learning Outcome Achieved | | | | YES | NO |
|  | | | | | |
| Name | | Signature | | Date | |

**Internal Verifier declaration**

**Internal Verifier**

I have internally verified this assessment workbook and agree with the assessment decisions.

**Signed:**

**Name:**

**Date:**