Unit Title:	**Learning to manage substance dependency**
OCR unit number:	O1
Level:	Entry 3
Credit value:	3
Guided learning hours:	25
Unit reference number:	M/507/1035

Unit aim and purpose

This unit will provide learners with a knowledge of the issues of substance dependency. Learners will know the risks associated with the misuse of substances and understand steps can be taken to end substance dependency.

Learning Outcomes	**Assessment Criteria**	**Teaching Content** i.e. – must be covered e.g. – suggestions for coverage
The Learner will: 1 Know about the issues of substance dependency	**The Learner can:** 1.1 State what it means to be dependent on substances	i.e. Meaning of the term substance dependency.
	1.2 Identify reasons why an individual continues using substances	e.g. • can't cope without them • unpleasant withdrawal symptoms • peer pressure.
	1.3 Identify ways in which an individual can be affected by substance dependency	i.e. Mental effects of substance dependency, e.g. • guilt. i.e. Physical effects of substance dependency, e.g. • health. i.e. Social effects of substance dependency, e.g. • family relationships.

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Learning Outcomes	Assessment Criteria	Teaching Content i.e. – must be covered e.g. – suggestions for coverage
2 Know about risks associated with misuse of substances	2.1 Identify risks associated with misuse of substances	e.g. • death • overdose • poor health • physical danger.
3 Know that steps can be taken to end substance dependency	3.1 Identify positive reasons to stop using substances	e.g. • improve family relationships • improve self-esteem • better physical health • financial benefit.
	3.2 Identify challenges to recovery	e.g. • negative thoughts, such as: 'It's hopeless' or 'I am useless' • cravings • urges • other people/users.
	3.3 Identify ways of dealing with challenges to recovery	i.e. Ways of coping with challenges to recovery, e.g. • recognising and letting go of negative thoughts • not giving in to cravings and urges.

Assessment

All units are centre-assessed and externally moderated by OCR. Units may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

To meet the assessment criteria the learner will demonstrate that they can state what it means to be dependent on substances. They will be able to identify what keeps substance dependency going and also identify how an individual can be affected by substance dependency. The learner will be able to identify risks associated with misuse of substances.

In addition, the assessment will provide the learner with the opportunities to identify the following: positive reasons to stop using substances, challenges to recovery and a way of dealing with a recovery challenge.

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Evidence requirements

The Record of Assessment and Evidence for this unit must be completed in full and signed by the assessor to confirm the evidence is authentic and meets the requirements of the learning outcomes and assessment criteria. The completed Record of Assessment and Evidence, together with any other appropriate form of evidence that has been generated for the unit, must be submitted for moderation.

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