

Did You Know? Fact Cards



twinkl



Did You Know? Fact Cards

Did you know...
smoke from a cigarette can cause an asthma
attack in people who suffer from asthma?



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Did You Know? Fact Cards

Did you know...
lots of energy drinks contain caffeine?



Did You Know? Fact Cards

Did you know...
many drugs are addictive?
That means the more you have,
the more you want.



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Did you know...
caffeine makes your heart beat faster
and can give you a headache?
It also keeps you awake so you shouldn't
have it before bedtime.



Did you know...
it is illegal in Britain to buy alcohol
if you are under 18 years of age?



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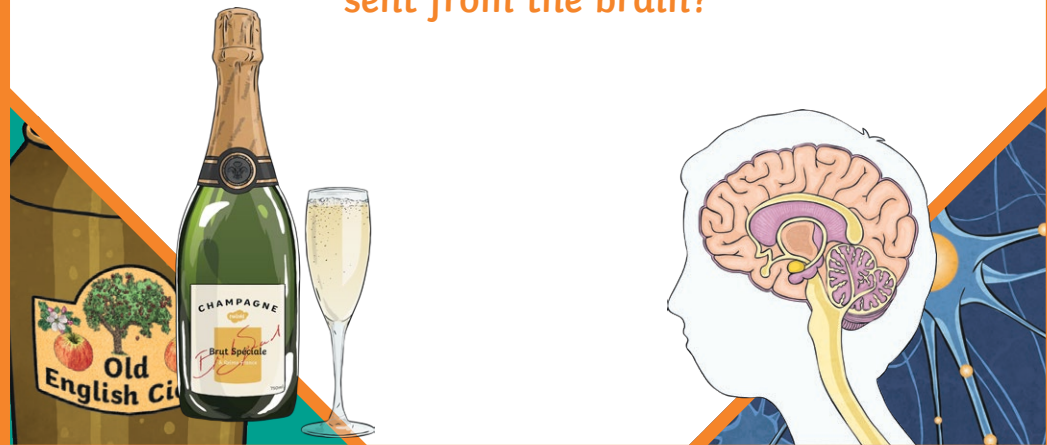
Did you know...
a young person's body cannot cope with
the effects of alcohol and it could
make them very ill?



Did you know...
smoking can cause lung diseases
and lung cancer?



Did you know...
alcohol slows down the messages
sent from the brain?



Did you know...
16 and 17 year olds can have an alcoholic drink like
wine, beer or cider with a meal in a restaurant if they
are accompanied by an adult?



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Did you know...
you have to be 18 to buy tobacco
products in the UK?



Did you know...
inhaling the smoke from a cigarette
someone else is smoking
can damage our lungs?

