1. Creating Tables with Constraints:

```sql
CREATE TABLE Students (
    student_id INT PRIMARY KEY,
    first_name VARCHAR(50),
    last_name VARCHAR(50),
    age INT CHECK (age >= 18),
    department_id INT,
    FOREIGN KEY (department_id) REFERENCES Departments(department_id)
);


CREATE TABLE Departments (
    department_id INT PRIMARY KEY,
    department_name VARCHAR(100) UNIQUE
);
```

2. Inserting Records:

```sql
INSERT INTO Departments (department_id, department_name) VALUES (1, 'Computer Science');
INSERT INTO Students (student_id, first_name, last_name, age, department_id) VALUES (101,
'John', 'Doe', 20, 1);
```

3. Updating Records with Constraints:

```sql
UPDATE Students SET age = 17 WHERE student_id = 101; -- This will violate the CHECK
constraint
```
```

## 4. Deleting Records with Constraints:

```
DELETE FROM Departments WHERE department_id = 1; -- This will fail due to the FOREIGN KEY constraint
DELETE FROM Students WHERE student_id = 101;
```

5. Altering Table Constraints:

```
ALTER TABLE Students
ADD CONSTRAINT age_check CHECK (age >= 18);

ALTER TABLE Students
DROP CONSTRAINT age_check;
```

6. Disabling Constraints:

```
ALTER TABLE Students
DISABLE CONSTRAINT ALL; -- Disable all constraints on the table
ALTER TABLE Students
ENABLE CONSTRAINT ALL; -- Enable all constraints on the table
```

7. Checking Constraints:

```
SELECT constraint_name, constraint_type, table_name
FROM information_schema.table_constraints
WHERE table_name = 'Students';
```