



Week 1: Key words	Week 2: Physical harm from drug use	Week 3: Types of drug
<ul style="list-style-type: none"> <li>• <b>Alcohol</b>-drinks that can make people drunk such as beer</li> <li>• <b>Recreational</b>-an activity done for enjoyment</li> <li>• <b>Drugs</b>-a drug is a chemical which is given to people in order to treat or prevent an illness or disease. Drugs are substances that some people take because of their effects, but which are sometimes illegal</li> <li>• <b>Nicotine</b>-a toxic liquid which is in tobacco</li> <li>• <b>Tobacco</b>-nicotine-rich leaves of a plant, for smoking</li> <li>• <b>Habit</b>-a regular practice, one that is hard to give up</li> <li>• <b>Addiction</b>-the fact or condition of being addicted (dependent on) to a particular substance or activity</li> <li>• <b>Social Norms</b>-behaviour that is typical, or standard in society</li> <li>• <b>Substances</b>- an intoxicating, stimulating, or narcotic chemical or drug, especially an illegal one</li> <li>• <b>Influence</b>-to have an effect on someone's behaviour</li> </ul>	<p>Drug use can lead to risky or out of character behaviour. When affected by drugs:</p> <ul style="list-style-type: none"> <li>• You are more likely to have an accident (at home/car)</li> <li>• You may be vulnerable to sexual assault</li> <li>• You could commit a crime</li> <li>• You could do harm to organs and systems in your body</li> <li>• You could get an infectious disease, from sharing needles</li> <li>• You could develop acne, or skin lesions if the drug you are taking causes you to pick or scratch at your skin</li> <li>• You could have needle marks and collapsed veins.</li> <li>• You could develop jaw and teeth issues due to clenching and grinding</li> <li>• You could have mood swings and erratic behaviour</li> <li>• You may develop an addiction</li> <li>• You might have an accidental overdose</li> <li>• You may have a higher risk of mental illness, depression, suicide and death</li> </ul>	<p><b>Stimulants</b>-These make you feel energetic, alert, talkative, active, very excited. They can be very dangerous (causing death) at high doses. Repeated use can cause psychosis and paranoia. They are also addictive. E.g. cocaine</p> <p><b>Depressants (sedatives)</b>-These make you feel, relaxed, chilled out, mellow. possible paradoxical effects such as anxiety, nightmares, aggression. They are dangerous at high doses. They are addictive. E.g. cannabis</p> <p><b>Opium-related painkillers</b>-These make you feel. a rush of pleasure, in a dreamy state, drowsy. They are very dangerous at high doses. They are addictive. E.g. heroin</p> <p><b>Hallucinogens</b>-These vary a lot. The same drug may have different effects at different times. These may make you feel, detached from your surroundings, mood swings, altered sense of space and time,</p>
Week 4: Drugs and the law	Week 5: Drugs and personal impact	Week 6: Tobacco and alcohol
<p>You can get a fine or prison sentence if you take illegal drugs, make drugs, sell, deal or share drugs (also called 'supplying' them). The penalties depend on the type of drug or substance, the amount you have, and whether you're also dealing or producing it.</p> <p><b>Class A drugs</b>= Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, crystal meth. Penalty: Up to life in prison, an unlimited fine or both</p> <p><b>Class B</b>= Amphetamines, barbiturates, cannabis, codeine, ketamine, synthetic cannabinoids. Penalty: Up to 14 years in prison, an unlimited fine or both</p> <p><b>Class C drugs</b>= Anabolic steroids. Penalty: Up to 2 years in prison, an unlimited fine or both (except anabolic steroids - it's not an offence to possess them for personal use).</p> <p><b>POM's &amp; OCM's-though legal both can be abused and can be dangerous</b></p> <p>POM's-Prescription only medicines (can be controlled substances) OCM's-There are restrictions on age and amount you can buy</p>	<p><b>Effects on the family:</b></p> <ul style="list-style-type: none"> <li>• Neglected responsibility</li> <li>• Difficulty in keeping a job</li> <li>• Financial difficulty due to addiction cost</li> <li>• Shame and embarrassment of other family members</li> <li>• Break up of family and loss of friends</li> </ul> <p><b>Effects on the community:</b></p> <ul style="list-style-type: none"> <li>• Increase in crime</li> <li>• Stealing to fund addiction</li> <li>• Pressure on the NHS</li> <li>• Less contribution to society, less likely to work</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cigarettes:</b> Smoking is harmful. It causes lung cancer, respiratory disease, heart disease and many cancers including lip, mouth, throat, bladder, kidney, stomach, liver and cervical cancer. Smoking reduces fertility.</li> <li>• <b>E-cigarettes:</b> The use of e-cigarettes is unsafe for young adults. Most e-cigarettes contain nicotine which is highly addictive and can harm adolescent brain development. E-cigarettes can contain other harmful substances besides nicotine. Young people who use e-cigarettes may be more likely to smoke in the future.</li> <li>• <b>Alcohol:</b> In the long term, it increases the risk of developing a long list of health conditions including cancers, heart disease, strokes and liver damage. A high alcohol intake can also damage our mental health, impair memory skills and reduce fertility.</li> </ul>