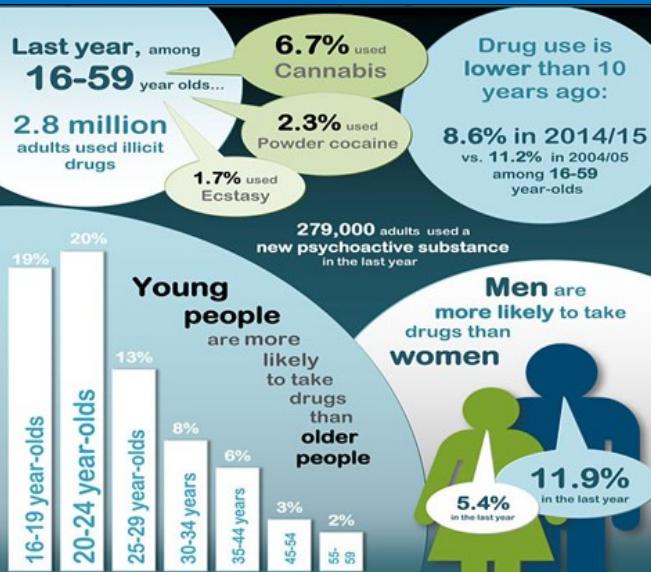


Week 1: Key Words	Week 2: Substance Misuse	Week 3: Substance misuse and effects
<ul style="list-style-type: none"> <li><b>Substance misuse</b>-using illegal/legal drugs for another purpose than intended</li> <li><b>Communication</b>-exchanging information</li> <li><b>Risk</b>-exposure to danger</li> <li><b>Exploitation</b>-treating someone unfairly to benefit from their work</li> <li><b>Anti-social behaviour</b>-actions causing distress to someone</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>-informal rules that govern a society</li> <li><b>Substances</b>- an intoxicating, stimulating, or narcotic chemical or drug, especially an illegal one</li> </ul>	 <p><b>Last year, among 16-59 year olds...</b></p> <ul style="list-style-type: none"> <li>6.7% used Cannabis</li> <li>2.3% used Powder cocaine</li> <li>1.7% used Ecstasy</li> </ul> <p><b>Drug use is lower than 10 years ago:</b></p> <p><b>8.6% in 2014/15</b> vs. 11.2% in 2004/05 among 16-59 year-olds</p> <p><b>Young people</b> are more likely to take drugs than older people</p> <p><b>Men are more likely to take drugs than women</b></p> <p><b>16-19 year-olds</b>: 20%</p> <p><b>20-24 year-olds</b>: 13%</p> <p><b>25-29 year-olds</b>: 8%</p> <p><b>30-34 years</b>: 6%</p> <p><b>35-44 years</b>: 3%</p> <p><b>45-54</b>: 2%</p> <p><b>55-69</b>: 11.9% (in the last year)</p> <p><b>5.4% in the last year</b></p>	<p>When affected by drugs:</p> <ul style="list-style-type: none"> <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 may develop an addiction</li> <li>You may have a higher risk of mental illness, depression, suicide and death</li> </ul> <ul style="list-style-type: none"> <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> <li><b>Cigarettes:</b> Smoking causes lung cancer, respiratory disease, heart disease and many cancers including lip, mouth, throat, bladder, kidney, stomach, liver and cervical cancer.</li> </ul>
<p><b>Healthy Friendship qualities</b></p> <p>Equality-Equally put their time and effort into the friendship</p> <p>Respect-Acknowledge and support each other</p> <p>Trust-Be able to confide in</p> <p>Encourage a healthier you-Supportive of your ideas of positive change</p> <p>Honour your additional friendships</p> <p><b>Unhealthy Friendship qualities</b></p> <p>Inequality-one person taking advantage of the other</p> <p>Constant criticism-Constant negativity</p> <p>Distrust-Being fearful to tell your secrets because they would share them</p>	<ul style="list-style-type: none"> <li>Specific dress style</li> <li>Associating with new groups of people, but giving little information about them</li> <li>Poor behaviour</li> <li>Talking differently – new slang or language with an aggressive tone</li> <li>Poor school results or skipping school</li> <li>Carrying weapons</li> <li>Unexplained injuries or sums of money/possessions</li> <li>Staying out unusually late, or not returning</li> <li>Graffiti style tags on possessions Interest in music which glorifies weapons/gang culture</li> <li>Changes in physical appearance</li> </ul>	<ul style="list-style-type: none"> <li>Knife crime includes: carrying a knife or trying to buy one if you're under 18, threatening someone with a knife, carrying a knife that's banned, a murder where the victim was stabbed with a knife, a robbery or burglary where a thief carried a knife as a weapon</li> <li>The law on knives says: it is illegal for anyone, including a shop, to sell a knife of any kind (including cutlery and kitchen knives) to anyone under the age of 18. If you're under 18, it's illegal to buy most types of knives. Anyone over 10 can be charged and taken to court if they're caught with an illegal knife – even if it's the first time they've been stopped by the police. If you're caught carrying a knife, you could receive a community sentence, a fine or be imprisoned.</li> <li>You could be searched at any time if a police officer thinks you may be carrying a knife. The maximum sentence for carrying a knife illegally is four years in prison and an unlimited fine.</li> </ul>