PSHE	Exploring Drugs & Alcohol	Year 8	Term

Week 1: Key words

Substance: This generic term includes alcohol and other drugs that may be legal or illegal.

Dependency: a state in which a person relies upon a substance to feel or function as normal, this can be physical and/or psychological.

Possession: When a person is found with a controlled drug for personal use. They don't have to be using it they just need to have it.

Intent to supply: When a person is planning to give controlled drugs to someone else including selling, sharing or giving for free

Supply: hen a person distributes or gives someone a controlled substance including selling, exchanging for reward or 'gifting.

2: Introduction to Drugs

Drugs : A substance which has a physiological effect when ingested or otherwise introduced into the body.

Types of drugs:

Depressants: Slow body systems, lower cognitive abilities and slow Reactions.

Stimulants: Speed up body systems; cause pleasure and increase energy

Hallucinogens: Alter perceptions or cause hallucinations, can cause anxiety or panic

Opioids: Cause pleasure or pain relief, can lead to loss of consciousness

Cannabinoids: Cause feelings of relaxation or giggliness, linked to paranoia and memory loss

3: Drugs and the law

You can get a fine or prison sentence if you take illegal drugs, make drugs, sell, deal or share drugs. The penalties depend on the type of drug or substance and the amount you have.

Class A drugs: Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, crystal meth. Penalty: Up to life in prison, an unlimited fine or both.

Class B: Amphetamines, barbiturates, cannabis, codeine, ketamine, synthetic cannabinoids. Penalty: Up to 14 years in prison, an unlimited fine or both.

Class C drugs: 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).

4: Tobacco and Vaping

Cigarettes: Smoking is harmful. It causes lung cancer, respiratory disease, heart disease and many cancers. Smoking reduces fertility.

E-cigarettes/ Vapes: Most e-cigarettes contain nicotine which is highly addictive and can harm adolescent brain development, they can contain other harmful substances besides nicotine. Young people who use e-cigarettes may be more likely to smoke in the future.

5: Alcohol and Cannabis

Alcohol:

- found in drinks such as beer, wine and spirits .
- An alcohol-free childhood is the healthiest option.
- Risks include accidents or judgement errors cancers; high blood pressure; harms to relationships.
- The law states that alcohol cannot be sold to under-18s

Cannabis:

- class B drug that is derived from a plant.
- Can be smoked, eaten or vaped
- Illegal to possess, grow, sell or give away.

6: Addiction and Managing influence

Types of influence:

- **Indirect**: When a person feels they have to join in even if no-one directly asks the person to do anything
- **Friendly:** Asked to do something by a friend, but it's okay to say no
- **Heavy**: Using/threatening violence or blackmailing Teasing Calling people names to make them feel embarrassed
- **Internal Pressure**: e from inside the person, e.g. wanting to be part of a group or look cool, or awareness of religious/cultural beliefs and expectations
- **Online**: Seeing things on social media/ the