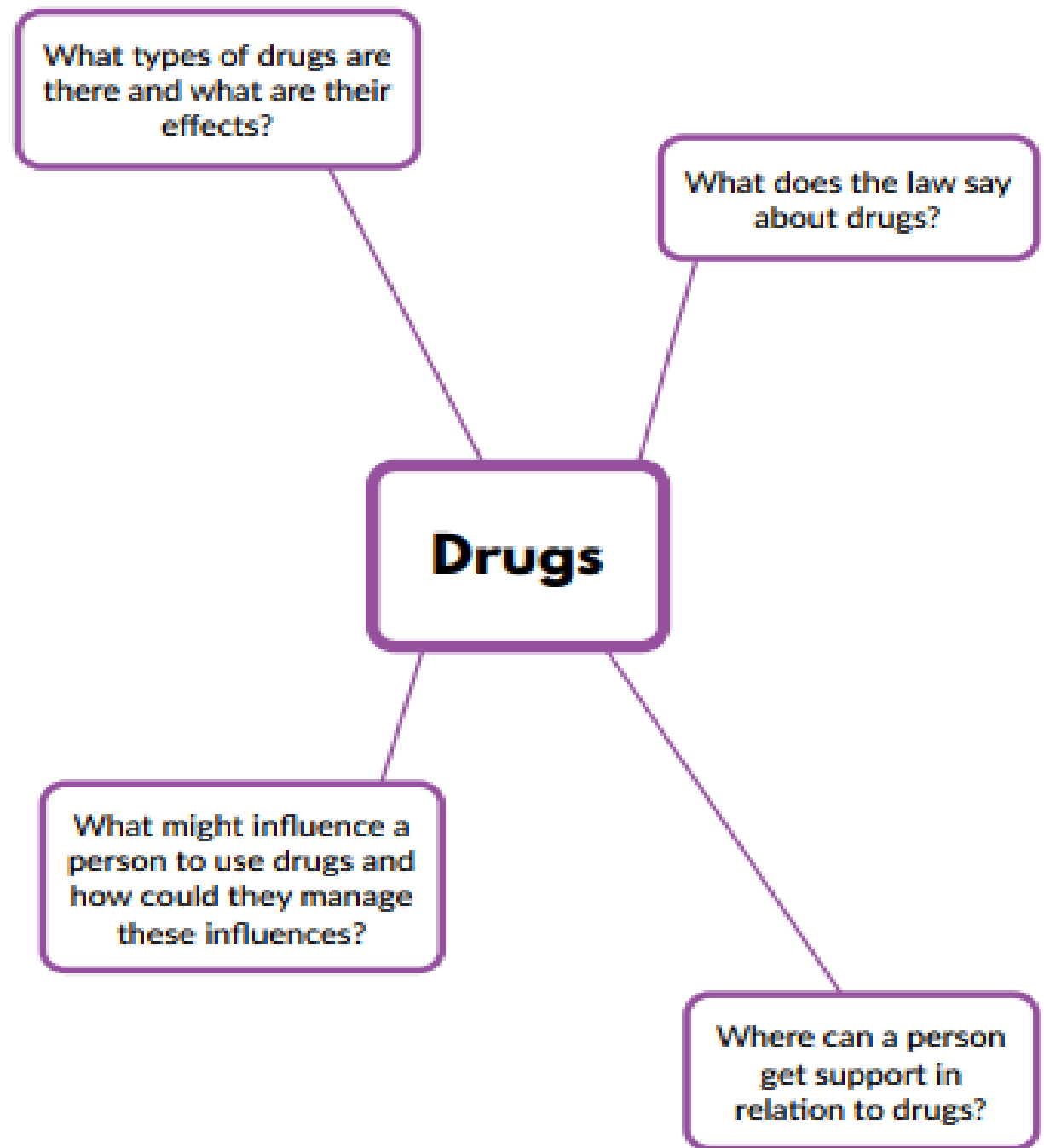


Drug education

These are the key issues that we are going to focus on.

Copy this and add information

Keep the sheet safe as you will need it again later.



Guess the statistic.

1. What percentage of 11-15 year olds are 'regular smokers' (regular smokers means smoking at least one cigarette a week)? **2%**
2. What percentage of 11 – 15 year olds have never had an alcoholic drink? **56%**
3. What percentage of 11-15 year olds have tried cannabis? **8%**
4. What percentage of 11-15 year olds have tried nitrous oxide (balloons)? **4%**
5. What percentage of 16-24 year olds have used an illegal drug in the last year? **20%**

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
Dissociatives	Create feeling of relaxation, numbness or disconnect from the body

Opioids	Cause pleasure or pain relief, can lead to loss of consciousness
Steroids	Increase muscle mass and speed recovery from exercise, linked to paranoia
Cannabinoids	Cause feelings of relaxation or giggliness, linked to paranoia and memory loss
Empathogens	Cause feelings of being 'loved up' or wanting to move and dance, linked to anxiety after use

Drug classes

	Drugs (including but not limited to)	Penalty for possession	Penalty for dealing/supply
Class A	Ecstasy, LSD, heroin, cocaine, crack cocaine, magic mushrooms, amphetamine (if prepared for injection)	Up to 7 years in prison or an unlimited fine or both	Up to life in prison or an unlimited fine or both
Class B	Amphetamine, cannabis, methylphenidate (Ritalin), pholcodine, mephedrone	Up to 5 years in prison or an unlimited fine or both	Up to 14 years in prison or an unlimited fine or both
Class C	Tranquilisers, some painkillers, gamma hydroxybutyrate (GHB), ketamine	Up to 2 years in prison or an unlimited fine or both	Up to 14 years in prison or an unlimited fine or both

Source: Home Office, 2009a

Which statement are **POSSESSION** and which are **SUPPLY**?

Smoking some cannabis in the park
(also known as weed, skunk, marijuana, green,
hash, pot, puff, ganja, grass)

Selling anabolic steroids to a stranger
(also known as roids, juice)

Having a small amount of cocaine in a plastic
bag
(also known as coke, Charlie, white, snow)

Picking up some magic mushrooms to drop
off at a friend's house later.
(also known as shrooms, mushies, magics,
liberty caps)

Keeping a few ecstasy pills in a school locker
(also known as pills, MDMA, E, Mandy, Molly,
Superman)

Giving a friend some LSD for a bit of extra
cash before a night out
(also known as acid, Lucy, trips, tab)

Sharing some nitrous oxide balloons with
friends at a house party
(also known as laughing gas, nos, noz,
balloons)

Giving some ketamine to a friend at a party.
(also known as Special K, K, ket)

	Possession	Intent to supply/Supply
Class A	<p>Having a small amount of cocaine in a plastic bag.</p> <p>Keeping a few ecstasy pills in a school locker.</p>	<p>Picking up some magic mushrooms to drop off at a friend's house later. (Intent to supply)</p> <p>Giving a friend some LSD for a bit of extra cash before a night out. (Supply)</p>
Class B	Smoking some cannabis in the park.	Giving some ketamine to a friend at a party. (Supply)
Class C		Selling anabolic steroids to a stranger. (Supply)
Psychoactive substance		Sharing some nitrous oxide balloons with friends at a house party. (Supply)

Reasons for and against drug use

Reasons for:

- *For fun, makes people feel happy/confident, they think drugs will relax them or give them an interesting experience*
- *To be accepted in a friendship group, peer pressure, to impress someone, want to seem 'cool'*
- *They believe everyone else is doing it, they have friends/family members who use drugs, influence of the media and it seems 'the norm'*
- *They are curious and/or like taking risks*
- *They want to escape reality, perhaps because of traumatic experiences and/or difficult feelings*

Reasons against

- *Concerns over health risks and short-term effects e.g. addiction, hangovers and heightened accident risks*
- *Valuing a healthy lifestyle in which drugs are not a feature*
- *Religious/cultural beliefs or family-based reasons such as family disapproval of drug use*
- *Pre-existing medical condition that means using drugs would be particularly harmful*
- *To avoid losing control or acting in unwanted ways while under the influence*
- *Having a great time without drugs*
- *Feeling comfortable making their own choices, so feeling able to resist peer influence.*
- *Worried about breaking the law or getting caught*



Are all drugs illegal?





- Caffeine is a stimulant often found in drinks such as tea, coffee, cola, energy drinks, sports drinks and some medicines.
- Energy drinks often contain high levels of caffeine and sugar, and may also contain other stimulants. They contain a higher amount of caffeine than many other beverages as they are aimed at boosting energy (caffeine causes a feeling of alertness).
- However, this is normally very short-lived and a person often finds they feel the need for further caffeine to address the energy 'slump' they experience afterwards.

Case study

Jordan started drinking energy drinks as he wanted to make the school first team but often felt too tired to stay for training. After using the drinks for a while, he found his energy levels and mood were very 'up and down' and he got in trouble at school for being disruptive. By bedtime he struggled to sleep and spent most of the night wide awake, anxious about how little sleep he was getting. But if he tried not to drink energy drinks, he felt too tired to do anything.

Questions

1. Why is Jordan drinking energy drinks?
2. How do you think they are affecting his health?
3. What are the risks if he continues to consume them?
4. Are there any laws or recommendations on caffeine Jordan should be aware of?
5. What advice could you give Jordan to help him reduce/stop drinking energy drinks?

Scenarios

Look at the picture carefully and discuss the following points.

1. What risks are present?
2. Who is most at risk in the picture?
3. Without intervention (from a police officer) what might happen next?











The person who has supplied the alcohol has broken the law and risks legal consequences. The police have the power to confiscate alcohol from anyone they suspect to be under 18 and ask for their name, address and date of birth. If the person doesn't give details or won't hand over the alcohol they are likely to be arrested.

- Alcohol can also leave a person more vulnerable to other risks due to incapacitation.
- The young person drinking may engage in more risky behaviours than they would without drinking as alcohol affects decision-making abilities.
- Overconsumption of alcohol could lead to health consequences such as vomiting or unconsciousness.



It is illegal to possess, and illegal to supply, cannabis. The young people in the picture are at risk of legal consequences including the confiscation of the cannabis, on-the-spot fines or the legal consequences discussed earlier in the lesson. A police officer attending the scene would stop and search all the young people there under the Misuse of Drugs Act.

- There may be mental health risks in the short and long-term for the young people using cannabis.
- There may be short term risks linked to the effects of cannabis on decision-making and risk-taking behaviours whilst under the influence
- There may be health risks such as cancers from the mixing of tobacco with cannabis.

The girl in the picture is at risk of legal consequences if she is caught with drugs in her bag. It is important, however, to avoid victim blaming. People who are targeted by others in this way are not to blame for what happens, however it is important to be aware of surroundings when out, for example by thinking about what they could do to reduce risks to personal safety (e.g. keeping an eye on personal belongings, keeping their handbag/pockets closed).

- The person intending on using the drugs is at increased risk due to the effects of the drugs, though it is important to note that we do not know what these might be as we do not know what drug it is.



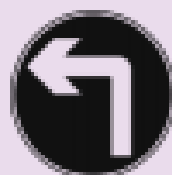
This picture could either be interpreted as: The person outside the car dealing drugs to those inside, OR the person in the car asking the person outside to be a 'runner' and deliver the drugs elsewhere. In either case, the person selling the substances is risking legal consequences and would be charged with supply.

- There would be risk to the individual using the substance, this risk would be exacerbated if the person were to drive under the influence. They would be at an increased risk of an accident, and would also risk legal consequences.
- This picture can also open up discussions around exploitation and county lines, the idea that a substance is being given as a 'gift' could indicate exploitative behaviours.





Signposting support



Remind students that they can access support at home, and both in school (through their form tutor, head of year, or school police officer) and out of school, through local and national organisations. Share the following websites and phone numbers with young people:

Childline – www.childline.org.uk Phone: 0800 1111

Talk to Frank – www.talktofrank.com/get-help