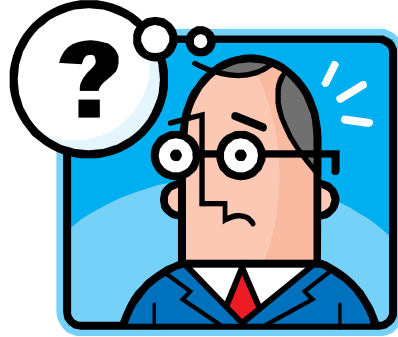


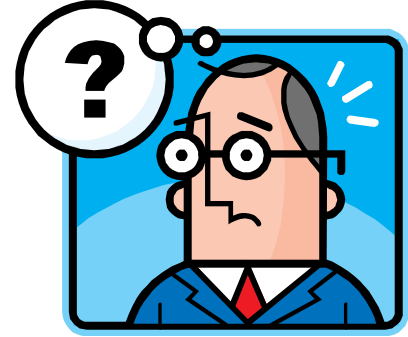


DRUGS





DRUGS



WHEN YOU HEAR
THE WORD "DRUGS"
WHAT DOES IT
MAKE YOU THINK OF?



DRUGS



CAN YOU THINK
OF ANY TYPES
OF DRUGS?

Three black circular icons with a blue question mark inside, positioned around the central yellow hexagon: one on the left, one on the right, and one at the bottom.



DRUGS



WHAT EFFECTS
CAN DRUGS HAVE?





A drug is.....

...any substance which causes a change in the way the body, or part of the body, works.

Coffee

Tea

Chocolate

Coca cola

Paracetamol

Aspirin

Cough syrup

Throat sweets


Antibiotics

Cigarettes

Alcoholic drinks

All of these
contain drugs.


Is it always
wrong to
use drugs?



Some drugs are harmless when consumed in moderation:

Coffee, tea, cola and chocolate all contain **CAFFEINE**.

This is a mild stimulant which can make us feel more awake, but, if we take in too much, it can make us irritable and give us headaches.



Doctors prescribe drugs, or what we more commonly call medicines, when you are ill.

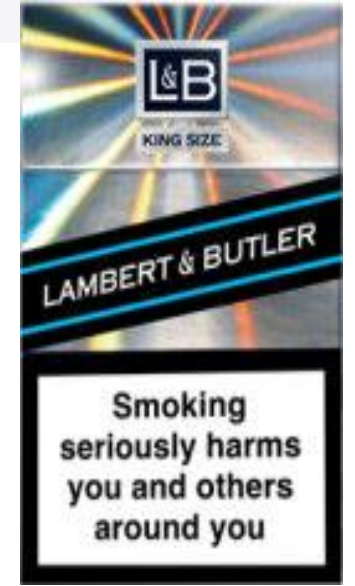
Always take the doctor's advice about how much to take and how often to take it.

Overdosing (taking more than the recommended dose) can make you ill.



SMOKING

- Smoking is legal in the UK at the moment.
- It is associated with blocked arteries which result in heart attacks as well as cancer of the lungs, throat and mouth. At the very least it leads to problems with breathing.



- The drug in tobacco is called nicotine. Nicotine is addictive and makes you unable to give up smoking easily once you start.
- The government has banned smoking in enclosed public places because it is worried about the effect that second hand smoke has on people working in them.
- Even non-smokers can be at risk from what is called passive smoking.

SMOKING



ALCOHOL

- *The use of alcohol is legal in the U.K.*
- *In small amounts it is not as harmful as smoking.*



ALCOHOL



- Alcohol makes you confident and slows down your reactions, so it makes you more likely to take a risk and less able to cope when things go wrong.
- Heavy drinking can cause liver failure and damage to the heart and liver as well as a rise in blood pressure making drinkers more likely to suffer from strokes.

Activity 1

- Look at the list of drugs on your activity sheet
- Use the Venn diagram to sort the drugs in to 3 categories:
 - Helpful drugs
 - Helpful but can also be harmful
 - Harmful drugs



Illegal Drugs

Some drugs are illegal because they are particularly harmful to the body or because they are particularly **ADDICTIVE**.



Substance/ Drug Abuse

When people take drugs which they don't really need (i.e. not for medical reasons) this is substance abuse.

People who do this often become **ADDICTED** to these drugs.

ADDICTION:

This is when drug-taking becomes a habit which is hard to break.

An addicted person feels as if they need drugs and may feel sick if they don't take them as the body has become physically addicted.

Once a person becomes addicted to a drug it is very hard to stop taking it.

They feel dependent on it and often find it hard to concentrate on anything but getting their next 'fix'.

How do drugs affect the body?

Drugs can change the people who use them in all kinds of ways.

Someone on drugs can have all sorts of mood swings from happy to angry, upset, sad, scared, excited, tired or paranoid.

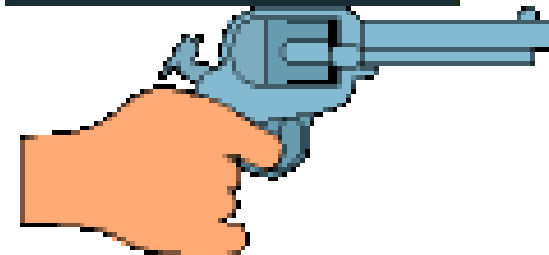
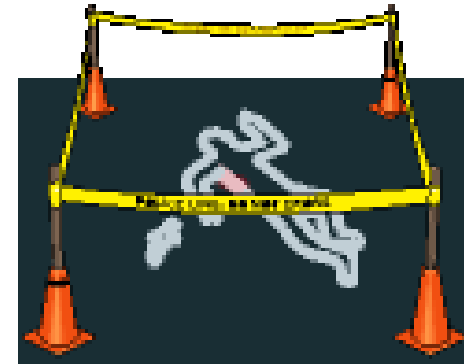
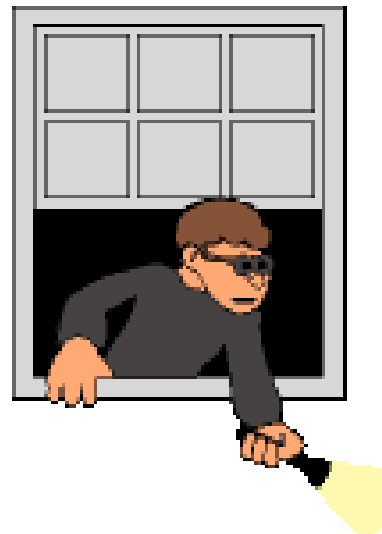
Eventually, even the person's body doesn't work the same (especially the brain, lungs & liver) and they could end up with physical problems.



Drug-related Crime and Accidents

Drugs often impair a person's ability to think clearly and make reasonable decisions.

Many crimes and accidents occur as a result of drug-taking.



Activity 2

- Imagine a friend has written to you asking you what illegal drugs are and how they affect the body
- You are going to write a response back to them telling them about what you have learnt about illegal drugs
- You could include the following:
 - What are illegal drugs?
 - What is substance abuse?
 - How do drugs affect the body?
 - What can be the result of taking illegal drugs?