







Drugs?




Lesson Aims

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- 1) To help you understand what a drug is.
 - 2) To understand the difference between legal and illegal drugs.
 - 3) To equip you with **knowledge** of **drugs** and their dangers to help you make informed choices.
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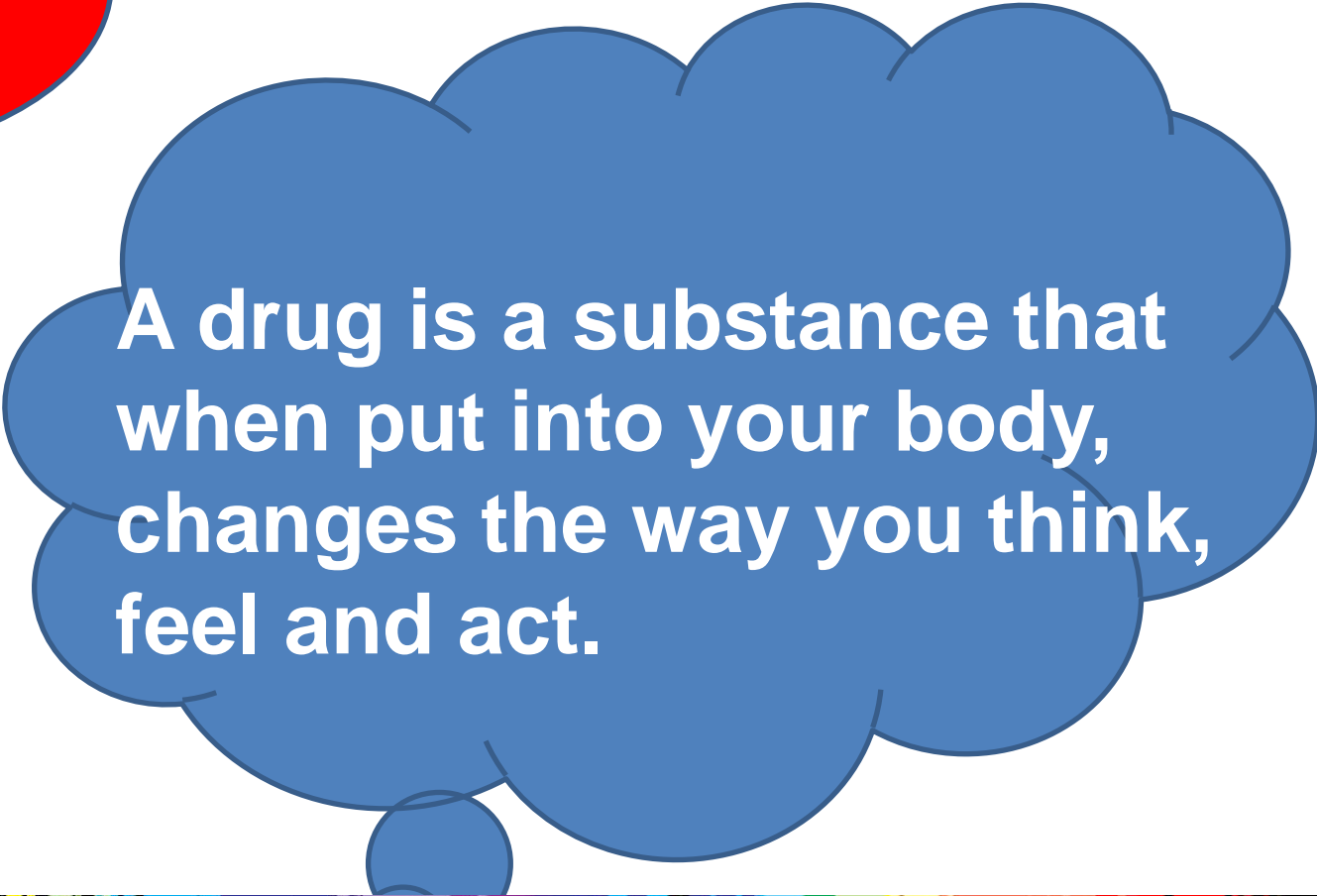
Ground
Rules




**What is
a drug?**



**A drug is a substance that
when put into your body,
changes the way you think,
feel and act.**





DRUGS

Legal Drugs Illegal Drugs

Alcohol
Tobacco
Caffeine



Cannabis
Cocaine



Glues & Gases

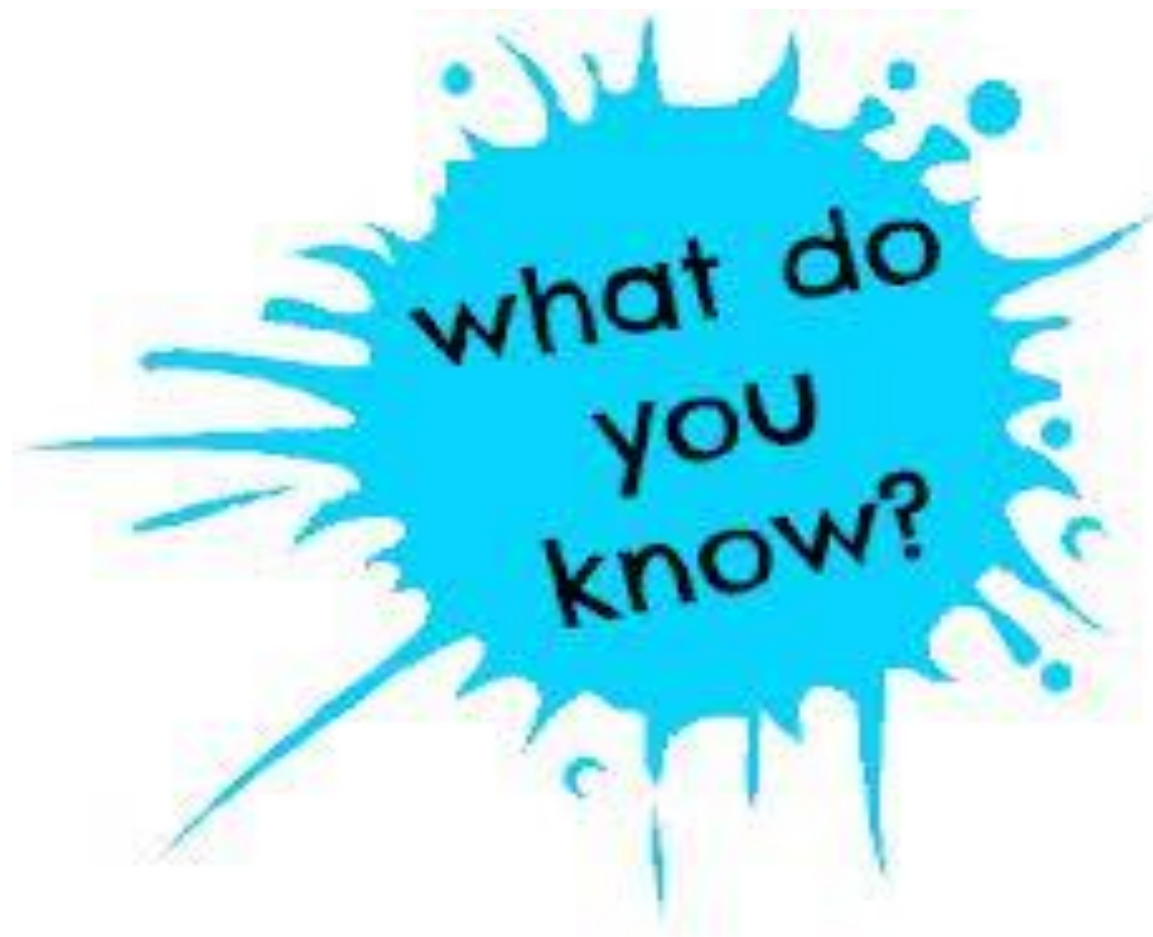
Heroin

Medicines



Ecstasy





CANNABIS

Most commonly used **illegal** drug in the UK

Sometimes called weed, pot, hash or skunk.

Usually smoked but can be eaten.

Is addictive.

Can make people feel anxious, panicky and suspicious.

Makes people more likely to have accidents.





Cocaine

Comes from a plant, the leaves are processed and made into a white powder.

The effects only last **15 – 20** minutes.

Makes people feel wide awake and confident.

Very addictive.

Can cause heart problems, make you panicky and afraid.



Caffeine

Caffeine is in tea, coffee,
chocolate and energy drinks.

Caffeine wakes you up, gives
you energy.



makes your heart beat faster.

Might make it difficult to get to
sleep





SOLVENTS

Solvents are chemicals found in glues and aerosols.

They slow down your bodies responses.



They make you feel drunk, dizzy and giggly.

They can make you aggressive and moody, and give a 'hangover'.

They are very dangerous, they can damage the brain, muscles, liver and kidneys.





ALCOHOL

Most popular choice of drug amongst teenagers.

Alcohol is a poison.

It **exaggerates** whatever mood you are in.

It takes between 5 and 10 minutes before it affects your brain.

Legal but has guidelines

It can lead to heart problems, liver, kidney and brain damage.

ECSTASY

Usually comes as a tablet.

Affects your mood and your feelings.

Makes you feel full of energy, alert and alive.

Can make you feel anxious and frightened.

You are never sure what is in them!!!



HEROIN

Heroin is a drug made from morphine and is a very strong painkiller.

Taking too much of this drug is very dangerous.



It is very addictive (physically)

Heroin gives a feeling of warmth and well-being, bigger doses can make people sleepy and very relaxed. It also slows down the way the body works.



tobacco



Each cigarette
contains 4000
chemicals.

Smoking can
cause cancer.

Smoking is expensive.

Smoking makes your teeth and
fingernails yellow.

Smoking affects your lungs and
heart.

Its really hard to stop smoking.





Medicines can be tablets, liquid, creams, inhalers or injections.

Medicines can make us better.

Too much medicine can make you poorly.

Always check with an adult before taking a medicine.

Never take tablets, or liquids that you find.



EFFECTS

&

RISKS





Quiz.



HAVE A
QUESTION?