


# Starter:



Can you think of any drug related stories in the media recently?

[BBC News](#)

# Focus: What are the impacts of drugs and alcohol?

## **Objectives**

1. Describe the effects of drugs and alcohol
2. Explain reasons why some people choose to consume drugs and alcohol
3. Evaluate the risks of taking drugs and drinking alcohol

# Overview of the impacts of drug usage

- We have all read stories about first time users dying unexpectedly.
- We hear less about long term illnesses – both physical and mental, but they are more common than you think.
- Both short and long-term drugs can seriously damage your health, though we still don't know all the long-term effects and won't until it is too late.
- Besides the immediate unpleasant effects of headaches, nausea and vomiting, drugs can cause long-term organ damage and eventual death.
- There are also the added dangers of AIDS, HIV and Hepatitis.
- Drugs can also lead to the breakdown of relationships/friendships and cause mental health illnesses.

# Recap

## What is a drug?

- **A drug is any substance which alters the way the body functions.**


There are lots of different types of drugs.

- Some drugs are **legal**.
  - Many adults in the UK regularly drink alcohol and smoke tobacco.
  - Paracetamol and Ibuprofen are taken for pain relief
- Some drugs are **illegal** and sorted into different classifications depending on how dangerous they are.

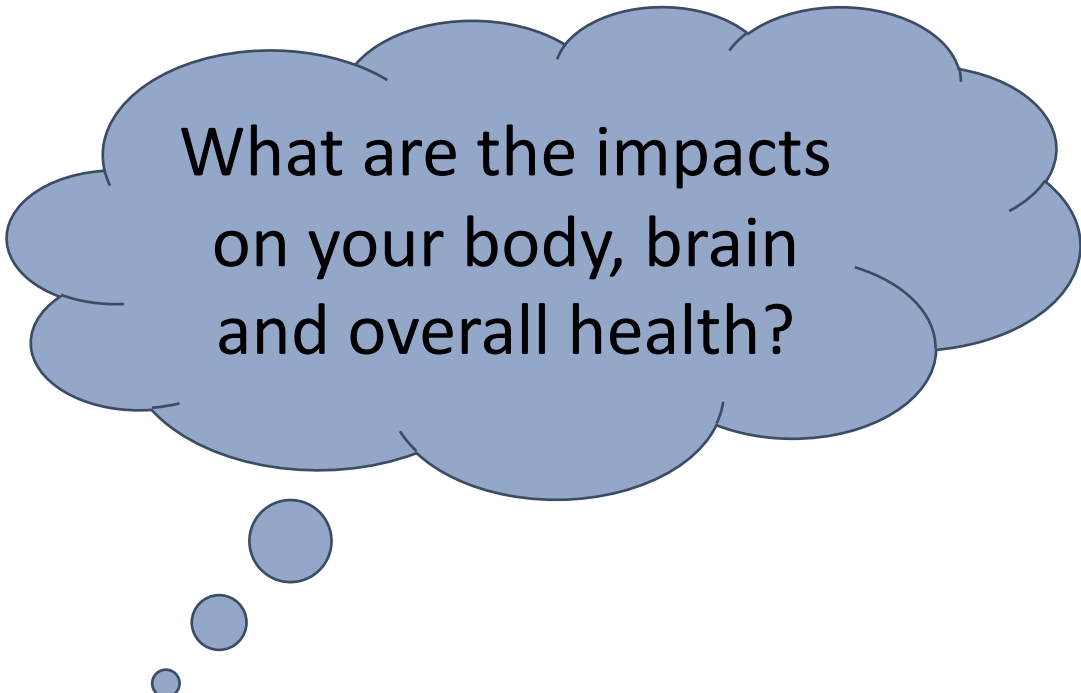
# What are the impacts of drugs and alcohol?

Using what we have studied so far, along with anything you have studied in Science or PE and your own knowledge. Add ideas around your own mind-maps in your books.

Now watch this [clip](#) about Sam's experience with Cannabis and Ketamine. Add to your mind-maps in a different colour.

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What are the impacts on your wellbeing and relationships?

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What are the impacts on your body, brain and overall health?

# Signs of trouble

- How can you tell if someone you know has a problem with drugs or alcohol?
- These are some signs to look out for:
  - Change in appetite or weight
  - Unusual behaviour
  - Sudden secretiveness
  - Persistent lying
  - Sudden violent temper
  - Mood swings
  - Relationship with family and friends is bad
  - Loss of interest in hobbies
  - Lack of grooming
  - Stealing.

**Task:** Write down four signs to look for.



# How can you help?

- It is important to understand that a person with a drug problem can only be helped if he or she *wants* to be helped.
- You can't deal with the problem for them, but there *are* some things that you can do.
- Let them know you're worried about them.
- If you're under 18, tell an adult you're worried about them.
- Remind them that you are there for them if they need you.
- Find out about some organisations that can help them, eg. NHS, Talk To Frank or Mind
- Offer to go with them to get help.



# Drugs: Why do people take illegal drugs?

**A**



*It's the only way I can get away from all things that are bothering me.*

**B**



*All my friends are doing drugs. If I don't take them I won't fit*

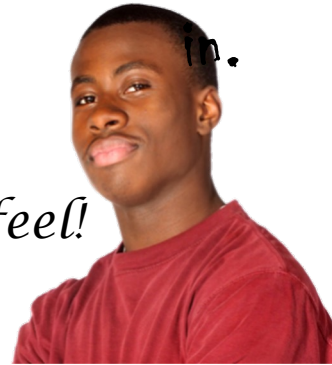
*My parents take drugs so why shouldn't I?*



**C**

*I like the way they make me feel!*

**D**



*I just wanted to know what they're like.*

**E**



**Task:** For each scenario above, write down the advice you would give them to discourage them from taking illegal drugs.



# Resourcefulness: Talk to Frank.....

- Log onto "Talk to Frank" website <https://www.talktofrank.com/>
- Navigate around website and investigate NOS, Ecstasy and Benzos
- Reflect..... what did you know, what have you learned?
- Read "Concerned about..... Pressure to take drugs"
- Read "Ecstasy, how do I know what I'm taking?"

Feedback and discussion.....

# Drugs: Is it worth the risk?

- To bring this topic together, with a partner talk through why people take drugs and the impacts of it.
- You should talk about:
  - Why people may choose to consume drugs/alcohol
  - The consequences/risks of consuming drugs/alcohol on themselves and others.
  - Conclusion – is it worth the risk in your opinion?

- Further info.....

<https://www.talktofrank.com/>

<https://www.nhsinform.scot/healthy-living/drugs-and-drug-use>