

PSHE
Year 9
Autumn 2: **Drugs Education**

Key vocabulary:

Drug – A medicine or substance that has an affect on the body.

Unit of Alcohol – Amount of alcohol in a drink

Prescription drugs – Medicines given to patients by doctors

Blood doping – Using drugs to enhance performance

Addiction – Being 'hooked' to something and finding it hard to stop

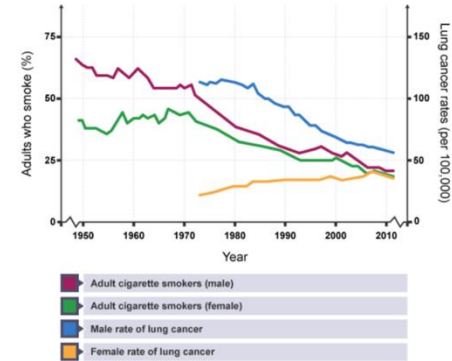
Rehabilitation – Getting over an addiction or getting better

Some of the things a cigarette contains are listed below:

- Cadmium – Found in batteries
- Stearic acid – Found in candle wax
- Hexamine – found in barbecue lighter fluid
- Nicotene – Found in insecticide
- Ammonia – Found in toilet cleaner
- Arsenic – A type of poison
- Methane – Found in decomposing poo
- Butane – Found in lighter fluid

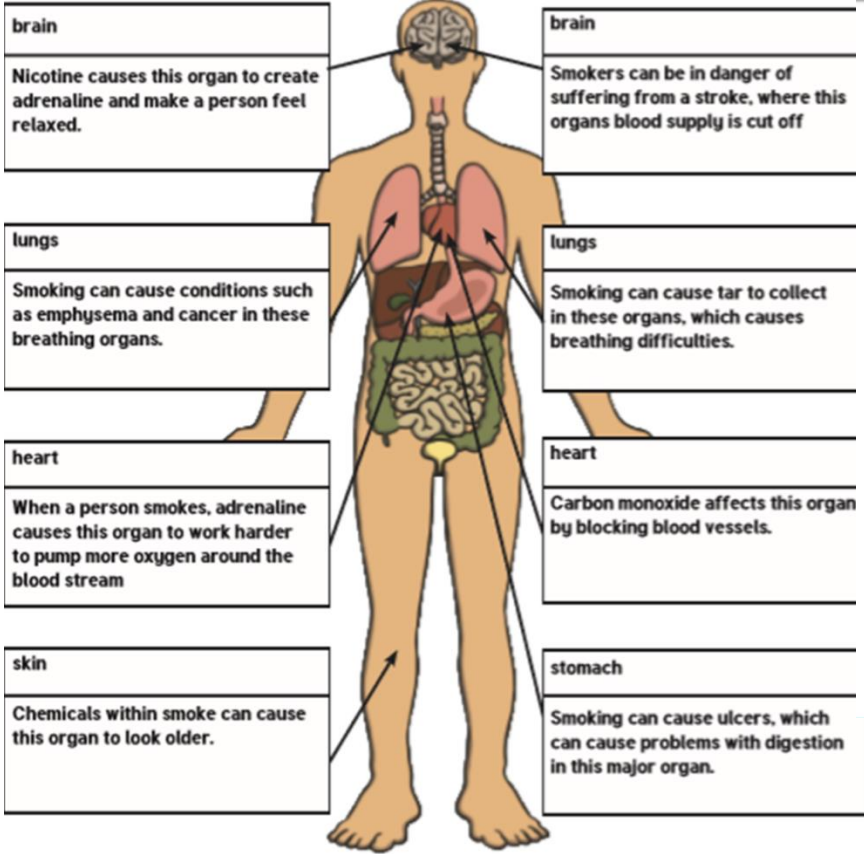
Class	Drug	Possession	Supply & Production
A	Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, methamphetamine (crystal meth)	Up to 7 years in prison, an unlimited fine or both	Up to life in prison, an unlimited fine or both
B	Amphetamines, barbiturates, cannabis, codeine, methylphenidate (Ritalin), synthetic cannabinoids, synthetic cathinones (e.g. mephedrone, methoxetamine), ketamine	Up to 5 years in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both
C	Anabolic steroids, benzodiazepines (diazepam), gamma hydroxybutyrate (GHB), gamma-butyrolactone (GBL), piperazines (BZP), khat	Up to 2 years in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both

Victory Vals



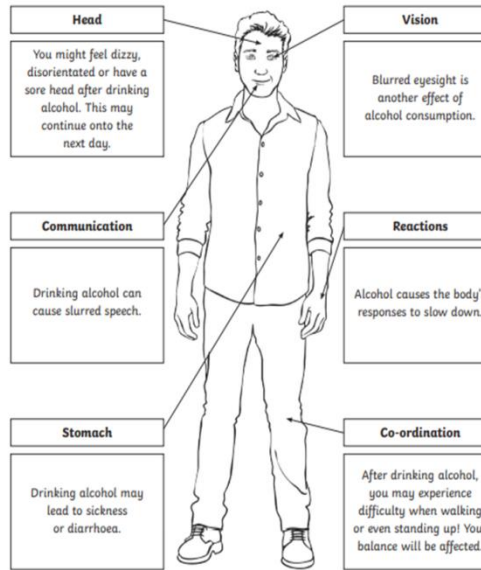
	Illegal		Legal – Prescription (if misused then they are illegal)
	Legal		Legal – Over the counter (some may be age restricted)
	Legal – Age restricted		

Caffeine	Anti-biotics	Paracetamol
Cocaine	Tranquillisers	Ketamine
Sleeping tablets	Alcohol	Amphetamine (Speed)
LSD	Ecstasy	Heroin
Nicotene	Anti depressants	Steroids
Nitrous oxide	Methadone	Diazepam
Ibuprofen	Cannabis	Asprin



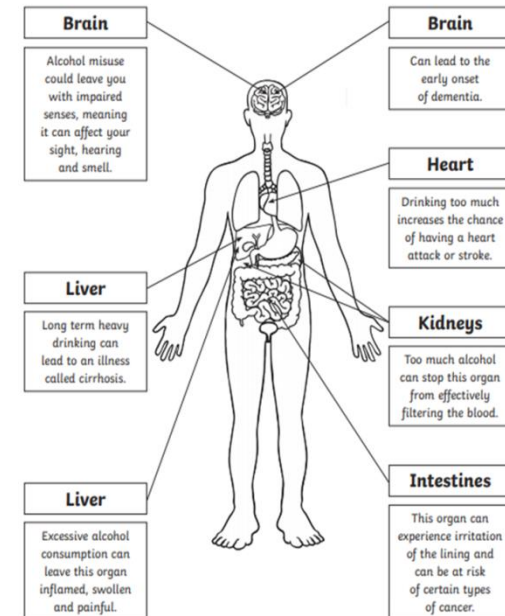
The Short-Term Effects of Alcohol Consumption

Answers



The Dangers of Alcohol Misuse

Answers



How many units in these drinks?

1 x shot of vodka	1 x small glass of red wine	1 x bottle of lager	1 x can of cider	1 x bottle of Smirnoff	1 x pint of lager
1 unit	1.5 units	2 units	2 units	1.5 units	2-3 units

Opioids/Painkillers - Prescribed to help with pain management
 Depressants - Slow down nerve and brain activity
 Performance enhancers - Improve muscle development
 Stimulant - Increases nerve and brain activity

Codeine	Beta blockers	Aspirin	Temazepam
Diazepam	Sleeping tablets	Morphine	Ritalin
Paracetamol	Steroids	Valium	Depression medication