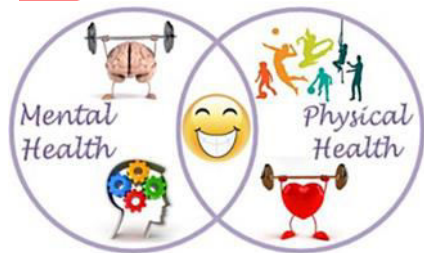


# Drug Education



Keeping Myself Healthy

# Scottish Schools Adolescent Lifestyle and Substance Use Survey Results 2016

3% of 13 year olds and 11% of 15 year olds reported using drugs in the last month

17% of 15 year olds had ever used cannabis. 5% of 15 year olds had ever taken ecstasy and 4% had ever taken cocaine.

The number of 15 year olds who have been offered ecstasy has increased from 9% in 2013 to 17% in 2015

A large majority of pupils do not take any substances regularly, 80% of 15 year olds and 95% of 13 year olds. This includes alcohol and nicotine.

# What are drugs?

A drug is a substance which, when taken into the body, alters the body's function either physically and/or psychologically.



# Fact or Fiction?

All drugs are illegal. **FALSE**

Alcohol is just as harmful as heroin. 

You can become addicted to drugs after trying once. 

Legal highs are not dangerous. **FALSE**

All people that use drugs are addicted. **FALSE**

# Task 1

Write down as many drugs as you can think of.

Highlight those which you think are illegal drugs.





Some drugs are harmless when taken in moderation.

Coffee, tea and chocolate all contain caffeine which is a stimulant drug. Most people consume caffeine.

Drugs are used to treat illnesses and pain. Paracetamol, antibiotics and painkillers will not do any harm if you follow the recommended dose.

# Legal and Illegal

## Legal

Alcohol

Nicotine

Caffeine

Prescription Drugs

## Illegal

Cannabis

Cocaine

Magic  
Mushrooms

GHB

Heroin

Ketamine

Amphetamines

Ecstasy

Methamphetamines

LSD

# Task 2

The different kinds of illegal drugs are divided into three different categories or classes.

These classes (A, B and C) carry different levels of penalty for possession and dealing.

A = Most dangerous, B = Dangerous, C = Least Dangerous

In your groups, read the fact file on each drug and decide which class you think it is.



# Drug Classification

## CLASS A

Drug	Possession	Supplying
Anabolic Steroids	Up to 2 years in prison, an unlimited fine or both (except anabolic steroids - it's not an offence to possess them for personal use)	Up to 14 years in prison, an unlimited fine or both
GHB and GBL		
Ketamine		
Tranquillisers		
LSD	7 years or both	both
Magic Mushrooms		
Methamphetamine		

Most drugs can be categorised as:

Stimulants

Depressants

Hallucinogens

Opioids/Opiates



# Task 3

Each group will be given a category to research.  
You will present your information to the class.

Include:

- Instant effects
- Long term effects
- Drugs which fall into that category

Plus any other information you want.

# Stimulants

Stimulants increase the release of chemicals in your body, in particular dopamine. You may experience:

- Increased heart rate
- Loss of appetite
- A boost in energy
- Increased body temperature



Drugs which are categorised as stimulants include: Caffeine, Nicotine, Taurine, Cocaine, Crack cocaine, Methamphetamine and Speed

# Stimulants

Long term effects of stimulants include:

- Extreme weight loss
- Muscle deterioration
- Chronic exhaustion
- Heart/Lung problems
- Strokes
- Stomach problems
- Seizures
- Anxiety
- Delusions
- Depression

# Depressants

Depressants temporarily diminish the normal function of the brain and central nervous system.

You may experience:

- Increased relaxed feeling
- Decreased heart rate
- Dilated pupils
- Tiredness



Drugs which are categorised as depressants include: Nicotine, Alcohol, Tranquillisers, Barbiturates, Benzodiazepines and Heroin.

# Depressants

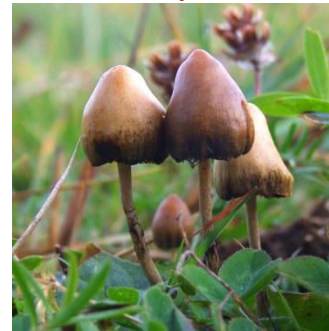
Long term effects of depressants include:

- Impaired memory
- Impaired speech
- Impaired coordination
- Heart/Lung problems
- Confusion
- Lowered concentration
- Delusions
- Anxiety
- Seizures

# Hallucinogens

Hallucinogens cause changes in a person's perception of reality. You may experience:

- Images or sensations that are not real
- A feeling of disconnection from your body
- Increased heart rate
- Excessive sweating



Drugs which are categorised as hallucinogens include: Ketamine, LSD, Magic Mushrooms and



# Hallucinogens

Long term effects of depressants include:

- Extreme weight gain
- Chronic fatigue
- Breathing difficulties
- Diabetes
- Poisoning
- Anxiety
- Delusions
- Depression
- Seizures

# Opioids/Opiates

Opioids/Opiates are drugs  
Which kill pain by blocking the opioid receptors in  
the body. You may experience:

- Pain relief
- A feeling of relaxations
- Sleepiness
- Reduced coughing



Drugs which are categorised as Opioids include:  
Heroin, Methadone, Morphine and Codeine.

# Opioids/Opiates

Long term effects of depressants include:

- Constipation
- Vomiting
- Breathing difficulties
- Kidney/Liver failure
- Poisoning
- Risk of blood clots
- Gangrene (injecting)
- BBV
- Severe addiction
- Coma