

Year 8 Unit 1 PSHE

Lesson 1- What are drugs?

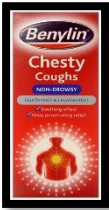
Task 1: A drug is a m_____ or other substance which has physiological e_____ when ingested or otherwise introduced into the b_____.

Task 2: Write a list of as many drugs as you can think of

Task 3: True or false

1. All drugs are harmful.
2. All drugs are illegal.
3. Drugs are chemical substances which change the way the body functions.
4. Drugs change the way a person behaves and feels.
5. Hallucinogens are drugs which change what a person sees and hears.
6. Illegal drugs are classified based on how dangerous they are.
7. Alcohol and tobacco kill more people than any other drugs.

Task 4: Guess the drug



Task 5: Using your list of drugs from task 2 and 4 put them in the table under the correct heading.

Legal	Illegal

Task 6: Complete the table below using the information

Drug	Describe	Risks
Cannabis		
Solvents		

Cannabis

Cannabis is the most widely used illegal drug in Britain.

Made from parts of the cannabis plant, it's a naturally occurring drug.

It is a mild sedative, causing people to feel chilled out or sleepy.

It's also a mild hallucinogenic.

The risks

People can become anxious, panicky, suspicious or paranoid.

Affects coordination.

Cannabis, like tobacco, has a lot of chemicals, which can cause lung disease and possibly cancer.

Solvents

Solvents cover a huge number of substances: gas lighter refills, aerosols containing hairspray, deodorants and air fresheners, tins or tubes of glue, some paints and correcting fluids, cleaning fluids, surgical spirit, dry-cleaning fluids and petroleum products. When inhaled, solvents have a similar effect to alcohol. They make people feel uninhibited and dizzy.

The risks

- People can experience vomiting and blackouts.
- There's a risk of fatal heart problems which have been known to kill users the very first time they sniff.
- Squirting gas products down the throat is a particularly dangerous way of taking the drug. It can make your throat swell so you can't breathe and slows down your heart.
- You risk suffocation if you inhale from a plastic bag over your head.
- Sniffing can seriously affect people's judgement, they can try something reckless.
- Damage the brain, liver and kidneys.

Lesson 2: Drugs

Task 1: https://www.youtube.com/watch?v=3nzqw_d2258#action=share

Use one word to describe your view on drugs

Is there ever a time when taking drugs is acceptable?

'All drugs should be illegal'. What do you think about this statement?

Task 2:

The Effects of Cannabis

What is Cannabis like?

Soft black resin (hash), furry green leaves (weed), hard brown lumps (skunk) or a dark stick substance (Cannabis Oil) –

but it all comes from cannabis plants. Cannabis has a musky, sweet smell. Some of the more potent types of

cannabis can have a stronger smell, but this isn't a reliable guide to the strength of any batch.

Physical health risks

Smoking cannabis can; make you wheeze and out of breath make you cough uncomfortably or painfully and make your asthma worse if you have it. There's been less research on it, but smoking cannabis is likely to have many of the long-term physical health risk as smoking tobacco (even if you don't mix the cannabis with tobacco). So, smoking cannabis can also; increase the risk of lung cancer increase your heart rate and affect your blood pressure, which makes it particularly harmful for people with heart disease reduce your sperm count if you're male, affecting your ability to have children suppress your ovulation if you're female, affecting your ability to have children increase the risk of your baby being born smaller than expected if you smoke it while pregnant.

Mental health risks

Using cannabis can: affect your motivation to do things impair your memory so you can't remember things or learn new information give you mood swings disturb your sleep and make you depressed make you anxious, panicky, or even aggressive make you see or hear things that aren't there (known as hallucinating or tripping) cause hours (or days) of anxiety, paranoia and hallucinations, which only settle down if the person stops taking it – and sometimes don't settle down at all cause a serious relapse for people with psychotic illnesses like schizophrenia increase your chances of developing illnesses like schizophrenia, especially if you have a family background of mental illness and you start smoking in your teenage years. If you mix cannabis with tobacco, you'll be taking on the same risks you get from smoking tobacco. These are: addiction to nicotine (the drug in tobacco), coughs, chest infections and in the longer-term, cancer and heart disease.

Name one form cannabis can be found in.

Give 3 examples of how Cannabis can affect your health.

How can cannabis effect your breathing?

What effects can cannabis have on mental health?

Summarise the information into three key bullet points.

Task 3: Research Task:

Use <https://www.talktofrank.com/> research (OR use the information leaflets) to each of the drug type below and complete the table.

Name Of Drug	Effect On The Person	Law	The Risks: Mental Health And Physical
Nitrous Oxide			

New Psychoactive Substances			
Cannabis	<u>Use the reading task to help complete this row</u>		
Prescription Drugs	https://Teens.Drugabuse.Gov/Drug-facts/Prescription-drugs		

Lesson 3: Ketamine and Managing Unhealthy behaviours

Using the information below, complete the table

Question	Answer
What is ketamine?	
How strong is it?	
What are the dangers of taking ketamine?	
Why do people take it?	

Is it illegal?	
Can you go to prison if you have it in your possession?	

Commonly known as a horse tranquilizer, it is used by medical staff for sedation during medical procedures. Ketamine is a powerful anaesthetic. Street Ketamine comes in powder form.

Purity can depend on what it is mixed with. Ketamine is often mixed with prescription drugs or taken with alcohol.

The immediate effects can be euphoria, the physical effects may include:

- Stomach cramps
- Nose bleeds
- Chest pains
- Bladder problems
- Regular usage can lead to addiction within a couple of months.
- loss of their septum (bottom of the nose)

Peer pressure and status can be influencing factors. People also use drugs as a way of coping with past trauma and negative experiences.

It is a class B DRUG; it is an offence to possess or supply ketamine and can lead to a criminal conviction. Possession of a class B drug could lead to 5 years in prison. If found dealing Ketamine you could face up to 14 years in prison.

Task: Design a poster outlining the effects and dangers of Ketamine.

