

- 1. What percentage of 11-15-year-olds are 'regular smokers' (regular smokers means smoking at least one cigarette a week)?**
- 2. What percentage of 11-15-year-olds have never had an alcoholic drink?**
- 3. What percentage of 11-15-year-olds have tried cannabis?**
- 4. What percentage of 11-15-year-olds have tried nitrous oxide (balloons)?**
- 5. What percentage of 11-15-year-olds have used an illegal drug in the last month?**

Reasons **for**
using drugs

Reasons **against**
using drugs

Below are reasons a person might give for or against using drugs.

Choose one colour to circle or colour in the reasons a person might give **for** using drugs.

Choose a different colour to circle or colour in the reasons a person might give **against** using drugs.

Use the key to show which colour you are using for each type of reason.

Key:	
<input type="checkbox"/>	For
<input type="checkbox"/>	Against

The effects might feel good or relaxing	Curiosity or liking to take risks	Worries about health risks like hangovers or accidents
Preferring to lead a healthy lifestyle	Having a great time without using drugs	Not wanting to lose control or act in a way that isn't like themselves
Believing everyone else is taking drugs	Religious, cultural beliefs or family disapproval of drugs	Wanting to impress another person or group who use drugs
Wanting to feel better and use drugs to try to do this	Believing some drugs might change their appearance, strength or ability in a sport	Something else...?

Depressants

e.g. Alcohol or solvents

Initial pleasure or confidence before risk of losing consciousness at higher doses

Lowers cognitive abilities, slows reactions and risks blackouts

Stimulants

e.g. Amphetamine, MDMA or Cocaine

Increased energy, pleasure, dilated pupils and increased confidence

People can experience a clenched jaw and/or racing heart which increases the risk of heart attack

Hallucinogens

e.g. Magic mushrooms or LSD

Altered perception or hallucinations

Anxiety and panic, impaired decision making, 'bad trips'

Dissociatives

e.g. Ketamine or Nitrous oxide

Disconnected from body, floaty, relaxed or numb

Unable to move or protect self, unpleasant feeling of being detached from body

Opioids

e.g. Heroin

Pleasure, a sense of wellbeing, pain-relief and/or feeling invincible

Sleepiness and loss of consciousness, risk of injury while less able to feel pain

Steroids

e.g. Anabolic steroids

Over repeated doses, increased muscle mass and quicker recovery from exercise

Linked to paranoia and aggressive behaviour

Cannabinoids

e.g. Cannabis

Feeling 'chilled out' or giggly

Linked to paranoia, mood swings and loss of memory

Empathogens

e.g. MDMA

Wanting to make new friends, wanting to move and dance, feeling sexually aroused or 'loved up'

Afterwards people can experience lower mood, anxiety, isolation or a sense of emptiness



Depressants

e.g. Alcohol or solvents

Initial pleasure

Risk of losing consciousness

Stimulants

e.g. Amphetamine, MDMA or Cocaine

Increased energy

Risk of a heart attack

Hallucinogens

e.g. Magic mushrooms or LSD

Hallucinations

Anxiety and panic

Dissociatives

e.g. Ketamine or Nitrous oxide

Feeling floaty

Not able to move

Opioids

e.g. Heroin

Pleasure

Not feeling pain
(sometimes leading to injuries)**Steroids**

e.g. Anabolic steroids

Increased muscle mass with repeated use

Linked to paranoia

Cannabinoids

e.g. Cannabis

Feeling 'chilled out' or giggly

Linked to paranoia

Empathogens

e.g. MDMA

Feeling 'loved up'

Feeling lonely or anxious afterwards

