

Key stage 5 / Post-16 Drug education knowledge organiser

Subject-specific vocabulary

Substance	This generic term includes alcohol and other drugs that may be legal or illegal.
Adulteration	When a substance is mixed with other chemicals or substances, sometimes referred to as being 'cut'.
Substance use disorder or 'addiction'	Substance use disorder is the clinical term used to describe what is sometimes referred to as 'addiction'. It features a cluster of symptoms including the strong internal drive to use substances, or impaired ability to control substance use.
Dependency	A state in which a person relies upon a substance to feel, or function as, normal. This can be physical and/or psychological.
Trafficking	The criminal act of trading illegal drugs. Discussion around this topic may raise discussion of exploitation, including child criminal exploitation.
Cessation	The process of reducing and stopping the use of a substance. This may be done independently or with the support of a cessation service, such as through the NHS.

Risks of substances

illegal substances	All illegal drugs pose a risk to health. It can be very difficult, or sometimes impossible, to know if a drug has been adulterated with other harmful substances. The dosage of the drug may be higher than stated, leading to harmful effects.
Synthetic substances	These may contain other unknown synthetic chemicals, which can have powerful and unpredictable effects.

Managing risk and influence

Self-regulation	<ul style="list-style-type: none"> reducing overall alcohol consumption, including by pacing with non-alcoholic drinks considering healthy coping strategies choosing not to use substances
Social strategies	<ul style="list-style-type: none"> encouraging friends to engage in safe behaviours staying in pairs/groups or identifying safe and trusted exit strategies when in independent situations practicing assertive explanation of reasons for not using substances
Seeking support	<ul style="list-style-type: none"> locating first aid services contacting law enforcement services creating a plan for how to get help/support, and travel safely, before going out knowing about testing facilities at events such as festivals

The drug trade

Production	<ul style="list-style-type: none"> poor working conditions or pay for individuals in the production process, constituting exploitation environmental impacts including the energy required for cultivation
Importation	<ul style="list-style-type: none"> exploitation of vulnerable individuals environmental impacts of transportation
Supply	<ul style="list-style-type: none"> exploitation of vulnerable individuals damage to the reputation of communities in which substances are sold links to other criminal activity
Use	<ul style="list-style-type: none"> harm to health and wellbeing, finances and employment, relationships and safety legal consequences increased pressures on health services and the legal system

External support services

FRANK	talktofrank.com 03001236600 Information, help and advice about drugs including information on local support services
Better Health – Quit Smoking	https://www.nhs.uk/better-health/quit-smoking/ NHS smoking cessation support service
Nacoo	nacoo.org.uk 08003583456 Information and support for anyone affected by a parent's drinking
Childline	childline.org.uk 0800 1111 Confidential support service CALLS DO NOT APPEAR ON PHONE BILL