

LEGAL CONSEQUENCES

- You are not entitled to a cannabis warning – Over 18's only (may well be arrested instead);
- You may be interviewed at a police station under caution with parents/ carers present;
- Decision made by a youth panel on the action you receive;
- May result in a criminal record, which could have long term consequences on employment / travel opportunities.

YOU COULD BE EXCLUDED FROM SCHOOL IF FOUND WITH DRUGS ON SCHOOL PREMISES.



WHERE TO GO FOR HELP AND ADVICE:

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

FRANK

fearless
Part of Crimestoppers

GLoucestershire
CONSTABULARY
101 IN AN
EMERGENCY
ALWAYS
CALL 999

drinkaware



YEAR 7
Drugs and Alcohol

HELP AND ADVICE

WHAT IS A DRUG?

It is a substance that people take to change the way they feel, think or behave;

THIS DOES NOT INCLUDE FOOD OR WATER.



LEGAL DRUGS - these can be bought over the counter in shops like medicine or caffeine

PRESCRIPTION DRUGS - these are legal but only if they have been prescribed to you by a doctor

ILLEGAL DRUGS - These drugs are not like medicines to treat illness or disease. They are taken to get an effect from them. They are illegal because they are dangerous to your health and sometimes contain lots of harmful and nasty ingredients.

ALCOHOL

Alcohol is a legal drug but there are restrictions and recommended limits on its use. Only adults (aged 18 or above) are allowed to buy alcohol

RISKS

- Loss of impulse control - This means a person may do silly or dangerous things that they would not normally do;
- Loss of control over speech and movement;
- Memory loss;
- It can increase aggressive and violent behaviour;
- It can make people feel very unwell

CANNABIS

Also known as marijuana, skunk, weed, hash, ganja, hemp, doobie, wacky backy

RISKS

- Feeling anxious, panicky, suspicious and paranoid;
- Can lack motivation and feel tired;
- Risk of developing mental health problems.

CIGARETTES

- There are 7000 chemicals in cigarettes;
- Many are known to cause cancer or are poisonous
- Age to buy cigarettes is 18 years old

VAPING

Vapes and vape liquids are illegal to sell to under 18's.

- Vaping was created to encourage people to give up smoking cigarettes.
- Research is only just being undertaken so we don't have a good understanding of the health impacts. Early research suggests that it is very harmful.
- Young people often begin vaping, thinking that it is a safe option, which is not the case. Vapes contain nicotine and other harmful chemicals and are very addictive.

NOS – NITROUS OXIDE

(Laughing Gas)

The gas is inhaled through balloons

- Causes fits of giggles – hence the name laughing gas

NOS CAN CAUSE:

- Headaches
- Vomiting
- Sleepiness
- It starves the brain of oxygen
- People have died from inhaling NOS

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