

# Year 10-11 Drug education knowledge organiser

## Subject-specific vocabulary

<b>Substance</b>	This generic term includes alcohol and other drugs that may be legal or illegal.
<b>Substance use disorder or 'addiction'</b>	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.
<b>Dependency</b>	A state in which a person relies upon a substance to feel or function as normal. This can be physical and/or psychological.
<b>Problematic use</b>	This describes use of a substance in which a person is dependent or they use the substance recreationally in a way that increases the risk of harm.
<b>Trafficking</b>	The criminal act of trading illegal drugs. Discussion around this topic may raise discussion of exploitation.
<b>Cessation</b>	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.

## Influences on decision making

<b>Internal</b>	Influences that come from the person themselves such as: <ul style="list-style-type: none"> <li>• own perceptions, attitudes and beliefs</li> <li>• whether actions fit with one's own values or goals</li> <li>• trying to cope with, or forget about, other issues - often making these challenges worse</li> </ul>
<b>External</b>	Influences that come from a person's surroundings such as: <ul style="list-style-type: none"> <li>• actions/attitudes of friends or celebrities</li> <li>• culture, school ethos or family beliefs/expectations</li> <li>• media influences, such as being influenced by someone on social media</li> </ul>

## Managing risk and influence

<b>Self-regulation</b>	<ul style="list-style-type: none"> <li>• pacing drinking to reduce overall alcohol consumption</li> <li>• considering healthy coping strategies</li> <li>• choosing not to use substances</li> </ul>
<b>Social strategies</b>	<ul style="list-style-type: none"> <li>• assertive 'no thanks' to offers</li> <li>• establishing expectations with friends</li> <li>• staying in pairs in independent situations</li> <li>• assertive explanation of reasons for not using substances</li> </ul>
<b>Locate support</b>	<ul style="list-style-type: none"> <li>• locating first aid services</li> <li>• contacting law enforcement services</li> <li>• discussing support with parents/family</li> <li>• contacting young people's support services/organisations</li> <li>• knowing about testing facilities at events such as festivals</li> </ul>

## The drug trade

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

## External support services

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