

# Year 9 Drug education knowledge organiser

## Types of drugs

<b>Depressants</b>	Slow body systems, lower cognitive abilities and slow reactions.
<b>Stimulants</b>	Speed up body systems; cause pleasure and increase energy.
<b>Hallucinogens</b>	Alter perceptions or cause hallucinations, can cause anxiety or panic.
<b>Dissociatives</b>	Create feeling of relaxation, numbness or disconnect from the body.
<b>Opioids</b>	Cause pleasure or pain relief, can lead to loss of consciousness.
<b>Steroids</b>	Increase muscle mass and speed recovery from exercise, linked to paranoia.
<b>Cannabinoids</b>	Cause feelings of relaxation or getting 'the giggles', linked to paranoia and memory loss.
<b>Empathogens</b>	Cause feelings of being 'loved up' or wanting to move and dance, linked to anxiety after use.

## Types of influence

<b>Indirect</b>	When a person feels they have to join in even if no-one directly asks the person to do anything.
<b>Friendly</b>	Asked to do something by a friend, but it's okay to say no.
<b>Heavy</b>	Using/threatening violence or blackmailing.
<b>Teasing</b>	Calling people names to make them feel embarrassed.
<b>Internal</b>	Pressure from inside the person, e.g. wanting to be part of a group or look cool, or awareness of religious/cultural beliefs and expectations.
<b>Online</b>	Seeing things on social media/the internet that alters perception of substance use, being approach on social media by drug sellers.

## Subject-specific vocabulary

<b>Substance</b>	This generic term includes alcohol and other drugs that may be legal or illegal.
<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>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.
<b>Possession</b>	When a person is found with a controlled drug for personal use. They don't have to be using it they just need to have it.
<b>Intent to supply</b>	When a person is planning to give controlled drugs to someone else including selling, sharing or giving for free.
<b>Supply</b>	When a person distributes or gives someone a controlled substance including selling, exchanging for reward or 'gifting'. loss

## Substance-specific information

<b>Alcohol</b>	<ul style="list-style-type: none"> <li>found in drinks such as beer, wine and spirits</li> <li>amounts of alcohol are measured in units</li> <li>an alcohol-free childhood is the healthiest option</li> <li>risks include accidents or judgement errors; cancers; high blood pressure; harms to relationships</li> <li>the law states that alcohol cannot be sold to under-18s</li> </ul>
<b>Vaping</b>	<ul style="list-style-type: none"> <li>'vapes' are also known as e-cigarettes</li> <li>they work by heating a liquid that can then be inhaled</li> <li>the liquid typically contains nicotine, propylene glycol, vegetable glycerine, and flavourings, but not tobacco</li> <li>vaping is substantially less harmful than smoking, but that does not mean that it is harmless</li> <li>vaping is only recommended to help adult smokers quit</li> </ul>
<b>Cannabis</b>	<ul style="list-style-type: none"> <li>a class B drug that is derived from a plant</li> <li>can be smoked, eaten or vaped and can be a solid lump, oil or leaves</li> <li>varies in strength and effects due to differing levels of CBD and THC</li> <li>illegal to possess, grow, sell or give away</li> <li>cannabis-based medicines can be prescribed but these are tightly regulated and are produced by pharmaceutical companies</li> </ul>

## Maximum legal penalties for each drug classification

	Possession	(Intent to) supply
<b>Class A</b>	7 years	2 years
<b>Class B</b>	Life sentence	14 years
<b>Class C</b>	2 years	14 years
<b>Psychoactive substances</b>	None for possession, unless in education/prison settings	7 years

## External support services

<b>FRANK</b>	<a href="http://talktofrank.com">talktofrank.com</a> 03001236600 Information, help and advice about drugs
<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>
<b>Fearless</b>	<a href="http://fearless.org">fearless.org</a> To anonymously report a crime