Drug Types and Effects

Learning Objective: To know about different categories of drugs including medicines (both prescribed and over-the-counter), legal recreational and illegal.

Most drugs are used to help someone get better if they're ill, and we call them **medicines.**

Medicines and drugs can be **harmful.** You should always check with a **doctor** or an adult you trust before taking them.

Some drugs can be **addictive.** This means they make you feel like you can’t live without them, even though they may be causing damage to your body.

Watch this video [BBC Bitesize medicines and drugs](https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zg982nb)

Can you come up with a list of drugs and put them under these headings?



* Medical/non-medical
* Prescribed/over the counter
* Legal/illegal
* Safe/unsafe

Glossary

|  |  |
| --- | --- |
| Medical | Used to make you feel better from an illness |
| Prescribed | Issued by a medical professional |
| Over the counter | Brought off the shelf in a shop |
| Legal | Allowed within the law |
| Safe | Will not cause harm |

All drugs can be unsafe if they are misused or the instructions are not followed correctly. Can you think of any times when medicines can be harmful?

Complete these phrases

It is easier to use paracetamol safely because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

It is difficult to use ecstasy safely because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Can you think of any possible alternatives to some medicines?

For example, what could you do to help relieve the symptoms of a headache without taking medicine?