

The background is a teal color with a white line-art illustration of various items associated with drug and substance misuse. These include two syringes, one at the top and one on the left; a pile of white powder in the center-right; a bottle labeled 'BEER' lying on its side in the middle-left; and a plastic bag containing white powder in the bottom-left. The text 'Drug and Substance Misuse' is centered in a large, white, bold font with a black outline.

Drug and Substance Misuse

twinkl

Categories of Drugs

There are four different categories to divide drugs into:

- Socially acceptable drugs
- Prescribed drugs
- Over the counter medicines
- Controlled drugs (illegal drugs)



Can you think of any drugs which might fit into these categories?

Socially Acceptable Drugs

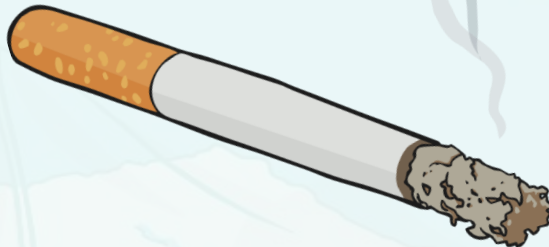
- Cigarettes – (nicotine)
- Alcohol
- Coffee – (caffeine)



Socially acceptable drugs are drugs which are legal to possess and are seen as acceptable to be taken in company. This doesn't mean they do not cause problems!

Cigarettes and Alcohol

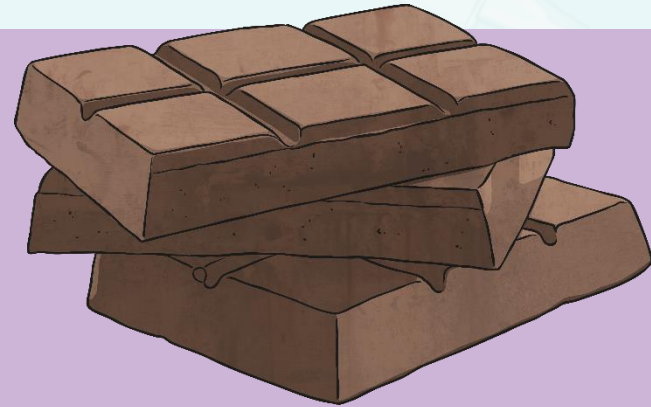
- Nicotine and alcohol are both socially acceptable drugs meaning they are legal. However, there are some scientists who believe that they are just as dangerous as illegal drugs. Alongside many other dangerous side effects.
- Smoking can damage your lungs.
- Drinking alcohol can damage your liver.



Caffeine

Caffeine is found in lots of everyday food and drinks, for example:

- Coffee
- Soft drinks
- Chocolate



It can even be advertised in some drinks or tablets to help boost your energy! However, while it can make you more alert for a short time, it can also increase your heart rate, increase your blood sugar level, cause headaches, dizziness and interrupt sleep patterns.

Prescribed Drugs

Prescribed drugs are drugs which require a prescription from a medical professional.

- Asthma Inhalers
- Penicillin
- Diclofenac

Can you name any others?



Over the Counter Medicines

Unlike prescription medicines, over the counter medicines can be bought in supermarkets or pharmacies without medical advice.

- Cough syrup
- Congestion relief
- Flu Relief medicine

Can you name any more?



Abusing Medicines

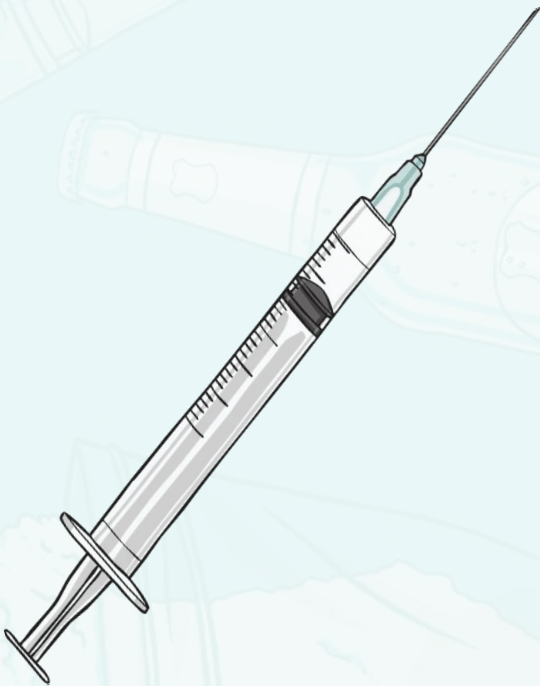
While over the counter and prescribed drugs are there to help us when we are unwell or in pain, some people can misuse them. These medicines can be highly addictive. They can also cause...

- allergic reactions;
- breathing difficulties;
- mental health problems.



Steroids

Some people use steroids for medical reasons. However, some people take steroids to enhance sporting performance. When professional athletes do this, it is known as doping and is a form of cheating. It is also very dangerous for the athlete.



- Stimulants are used to give more energy and stop athletes feeling tired but they are also very addictive and can cause heart failure.
- Hormones, like HGH (human growth hormone) can help build muscles but also cause arthritis, diabetes and heart disease.

Controlled Drugs (Illegal Drugs)

Illegal drugs are what most people think about when they start to discuss this topic. There are many different types, including:

- heroin;
- cannabis;
- cocaine.

Can you name any more?



Risks

- **Dirty needles** – some drugs are injected. If users share needles, then they increase the risk of passing on life-threatening diseases.
- **Not pure** – it is rare that a drug bought on the street will be pure. In order to make more money, drug dealers will mix drugs with other dangerous chemicals and substances. This can range from herbs and spices, to bleach, brick dust and gravel. You never know exactly what you are taking!
- **Breaking the law** – having class A drugs in your possession or selling them is a crime!

Heroin

What does it look like?

Heroin is a Class A drug which is a white powder, but on the streets it is usually mixed with other unknown chemicals and substances so can be brown in appearance.

How do people take it?

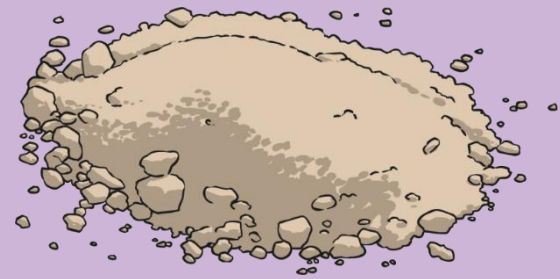
Heroin is either snorted or injected into your veins.

What does it do?

It can give users a happy and calm feeling. Bigger doses can make you sleepy and relaxed.

Does it have other names?

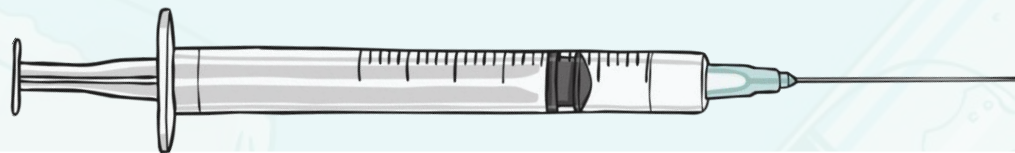
Heroin has lots of other names - smack, skag, horse, H, gear, brown.



Heroin

What are the risks?

- Becoming an addict. Heroin is extremely addictive and it can cost almost £100 a day to feed the habit!
- Overdosing with heroin can put you in a coma and can lead to death.
- Infections from needles: not only life-threatening diseases but also flesh infections which can lead to limbs being amputated.



Cannabis

What does it look like?

Cannabis is a Class B drug, which comes from a plant but has different forms. It can be a soft black or brown lump made from the resin of the plant or it can be the dried leaves of the plant and look like dried herbs.

How do people take it?

Cannabis is usually smoked but sometimes people take it mixed in with food.

What does it do?

Cannabis has lots of different side effects. People can hallucinate, feel relaxed, become very talkative and giggly or can feel like they have been slowed down.

Does it have other names?

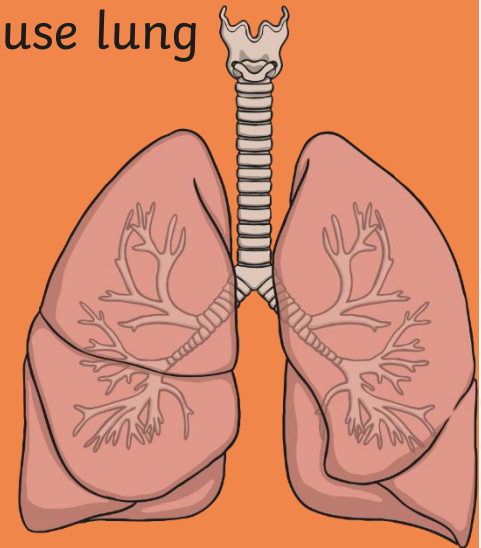
Cannabis has lots of other names such as weed.



Cannabis

What are the risks?

- For years, there have been arguments to legalise cannabis, with some people claiming that it is no more dangerous than smoking tobacco. However, not everybody agrees.
- Smoking cannabis, like tobacco, can also cause lung cancer and breathing problems.
- It also messes with your brain. Prolonged use of cannabis can cause mental illness, depression and anxiety. The hallucinations can be terrifying and disrupt people's sleep and daily lives.



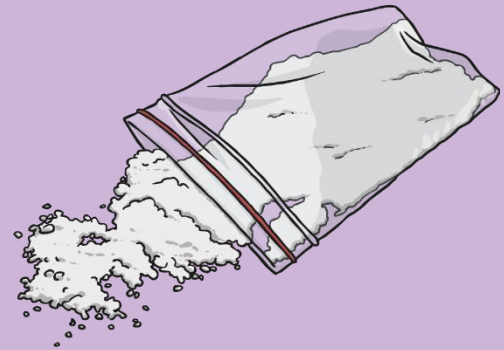
Cocaine

What does it look like?

Cocaine is a Class A drug which has different appearances. As coke, it will usually be a white powder. As crack, it will be in small white lumps or rocks.

How do people take it?

Cocaine can be snorted, smoked or injected.



What does it do?

It is said to give people a 'high', making them feel really confident and wide awake, but the effect can be over very quickly, meaning people want to take more.

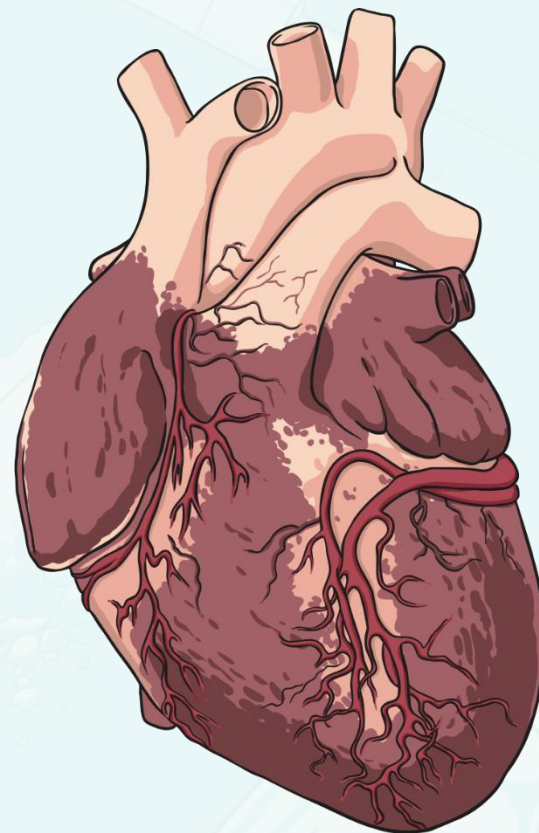
Does it have other names?

Cocaine has lots of other names - white, toot, stones, snow, rocks, pebbles, freebase, crack, coke, ching, charlie, chang, C.

Cocaine

What are the risks?

- Cocaine raises the body's temperature causing dehydration.
- It also increases the heart rate and can lead to heart attacks.
- When snorted, it can damage your nose cartilage causing an odd shaped nose.
- Sharing needles can cause the spread of dangerous disease.
- It is highly addictive. One gram of cocaine can cost £42 making it an expensive addiction.



When could medicines be harmful?

DO NOT forget that all drugs and medicines can be unsafe if they are misused or instructions are not followed. Medicines can be harmful if you:

- take too much (overdose);
- have an allergic reaction;
- take medicines that are not yours;
- take the wrong one;
- take them when they are out-of-date;
- don't store them correctly;
- take them when you don't need them.

TASK: Find out alternative ways to deal with a headache, rather than taking medicine.