

This term we will be exploring...

*How can we keep
healthy as we grow?*

RECAP WITH YOUR PARTNER:

How can we manage the influence of friends and family on our healthy choices?



LO: to explain how legal and illegal drugs can affect health.

Thinking Together:

*What are drugs? Can you give any examples?

*Are all drugs bad? How do you know?



LO: to explain how legal and illegal drugs can affect health.

Drugs and Alcohol: The Facts

Legal Drugs



A drug is any substance that has an effect on your body when it enters your system.

Drugs contain chemicals which can come from natural sources or are man-made.



Legal drugs include medicines like cough syrup and substances like tea or coffee. These can be bought over the counter in shops.

If used properly, these are not substances that are considered harmful or have serious side effects. Side effects are negative effects that can occur for some people if they take a particular drug. However, even drugs you can buy in shops can be dangerous if you take too many of them.

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Drugs and Alcohol: The Facts

Prescribed Drugs

These drugs are legal but only if you have been prescribed them. Only a doctor can write a prescription and this appears on your medical record.

This is due to several factors:

- These drugs can have serious side effects.
- These drugs may not be suitable for some people, such as children or pregnant women.
- Medicines may not work or may cause harm if they are not taken at the correct dose.
- Some medicines, for example, sleeping tablets, contain substances which could become addictive.
- Certain drugs can cause serious health problems if they are taken at the same time. Before prescribing any medication a doctor needs to check if you are taking any other medicine to make sure that they don't cause serious side effects if taken together. This is why you should never take medicine that has been prescribed for anyone else.

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Drugs and Alcohol: The Facts

Illegal Drugs

We also call these recreational drugs. Unlike medicines, which are used to treat illness or disease, these drugs are taken by choice.

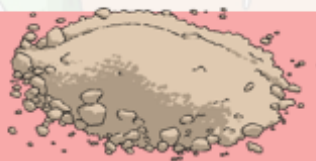
They are illegal to buy, take or sell.

People who sell drugs are known as 'drug dealers' and they are criminals.

Ecstasy comes in the form of a pill.



Cocaine is a white powder which is usually snorted through the nose but can be swallowed or injected.



Heroin is made from the poppy plant and comes as a brown-white powder that is usually smoked or injected.

Cannabis is a plant that is dried and smoked. It is also called Marijuana.



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Drugs and Alcohol: The Facts

Illegal Drugs

If these drugs are illegal, why do people use them?

There are many reasons why people take recreational drugs:

- For fun or excitement.
- Because they think it will temporarily make them feel good.
- Because they are bored.
- Because their friends or family take them.
- Because they are addicted to them.



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Drugs and Alcohol: The Facts

Alcohol

Alcohol is a drug produced from grains, fruits and vegetables when they are put through a process called fermentation.



Alcohol is a legal drug but there are restrictions and recommended limits on its use.

- Children under 5 should never drink alcohol unless it is in a prescribed medicine.
- It is not recommended that anyone under 15 drink at all.
- An adult may buy a drink for a 16 or 17 year old to drink with a meal.
- Only adults (aged 18 or above) are allowed to buy alcohol.

Why do people drink?

It can slow the body and make people feel more relaxed. It is seen as a sociable thing to do in some countries.

What are the positive effects?

Drinking small amounts of alcohol can have some health benefits for **adults** such as helping to prevent blood clots in arteries.

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Drugs and Alcohol: The Facts

Alcohol

What are the problems with drinking too much?

- 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 when the effects wear off. This is called a 'hangover'.

What can happen if you drink too much over many years?

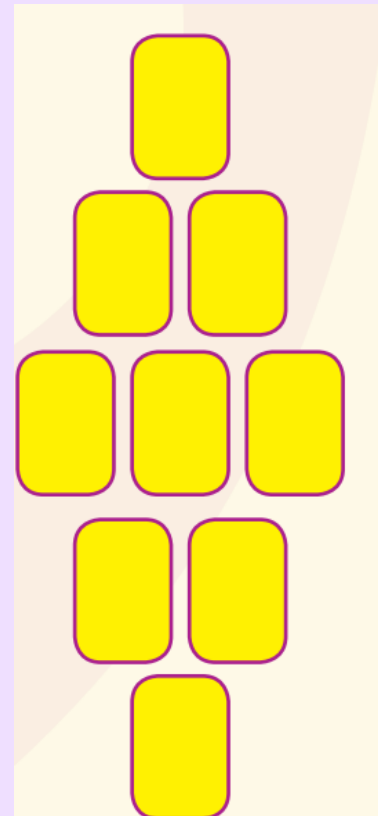
- High blood pressure.
- Stomach cancer.
- Liver damage or cirrhosis (liver failure).
- Addiction and withdrawal (the symptoms of which can be fatal).

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Alcohol (Diamond 9)

Look at the statements you have been given. Fill in your own danger in the empty box.

You are going to order the cards from the most serious danger to the least serious. To do this you are going to create a diamond shape on their table by placing your most serious danger at the top, followed by two in second place in the second row, three in third place, a further two and then the card that you believe is the least serious at the bottom.



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Smoking

Thinking Together:

- *What do you know about smoking?
- *Why might people smoke?
- *How does it affect your health?

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Smoking

Read the statements about the affects of smoking on your health on the next slide.

With your partner, rank the statements from the most significant health implication to the least.

Be ready to discuss your answers with the class.

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Skin wrinkles on the face, particularly around the lips.

Hair smells of smoke and can become discoloured.

Heart needs to pump harder. There is greater risk of heart disease and high blood pressure.

Fingers become stained where the cigarette has been held.

Lungs are damaged when tar remains on the lining of the lungs.

Taste buds are deadened, which leads to food not tasting as it should.

Nose becomes stuffy. The body is more prone to coughs and infections.

Teeth are stained and breath smells of smoke.

Clothes smell of stale smoke. Clothes could get burned.

Smoke goes into the lungs; they receive less oxygen and are damaged.

Cigarettes have cancer-causing chemicals.

Unborn babies can be harmed if mothers smoke when pregnant.

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Thinking Together:

With your partner complete the statements:

- The most important thing I have learned in today's lesson is
- One thing that still puzzles me is.....