

Substance Abuse

L.O: to explore the harmful impact of substance abuse including smoking, vaping and drugs.

DNA:

- *What does addiction mean?*
- *Why might someone become addicted to something?*
- *Are there ways to avoid becoming addicted to substances?*



What are drugs?

A drug is a substance that has an effect on the body.

- Medicines are drugs that help people suffering from pain or disease.
- Recreational drugs are taken by people because they like the effects they have on their bodies.

Some recreational drugs are legal, such as tobacco and alcohol. However, there are restrictions on who can buy them. Caffeine, found in coffee, is another recreational drug. Most other recreational drugs are illegal, and these include cannabis, ecstasy and heroin. Some medicines are misused and taken for recreational use, rather than for medical reasons.

They become illegal under these circumstances.



Facing the Consequences

Illegal drugs are classified from Class A to Class C. Class A drugs are most dangerous, with the most serious penalties for possession or dealing. Class C drugs are the least dangerous, with the lightest penalties, but this does not mean they are safe to take. Most recreational drugs can be addictive.

- **What do you think is the consequence of dealing or being found in possession of drugs?**
- **Do you think the consequence will change depending on the person's age?**

Answer:

- Up to seven years in prison or an unlimited fine (or both) for a Class A drug
 - Up to five years in prison or an unlimited fine (or both) for a Class B drug
 - Up to two years in prison or an unlimited fine (or both) for a Class C drug
- Sentences can increase if you are dealing drugs or supplying them - even if it's just to friends with no money changing hands.

Even if you are under the age of 17, you will still be tried by the Youth Court.



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Depressants Vs Stimulants

Drugs are categorised as either a stimulant or a depressant have one thing in common: they both act upon the central nervous system (CNS), including the brain. They do, however, have different effects on the individual

Fill in the table below with facts about depressants and stimulants using the prompts on the slide.

Depressants	Stimulants
<i>These slow down the body's central nervous system</i>	

The elevated blood pressure makes users feel alert and awake

These can cause seizures, anxiety and headaches

The user feels fatigued and tired

These speed up the body's functions

Alcohol, cannabis and heroine are examples.

These may cause unconsciousness, vomiting and even death.

Nicotine, cocaine and ecstasy are examples of these types of drugs.

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Self Assess your Answers

Depressants	Stimulants
<i>These slow down the body's central nervous system.</i>	<i>These speed up the body's functions.</i>
<i>Alcohol, cannabis and heroine are examples.</i>	<i>Nicotine, cocaine and ecstasy are examples of these types of drugs.</i>
<i>The user feels fatigued and tired.</i>	<i>The elevated blood pressure makes users feel alert and awake.</i>
<i>These may cause unconsciousness, vomiting and even death.</i>	<i>These can cause seizures, anxiety and headaches.</i>

Passive Smoking

Many people assume that passive, or second-hand smoke is not as dangerous as actual first hand smoking. But is this true?

<https://www.youtube.com/watch?v=8GdunZYw74s>

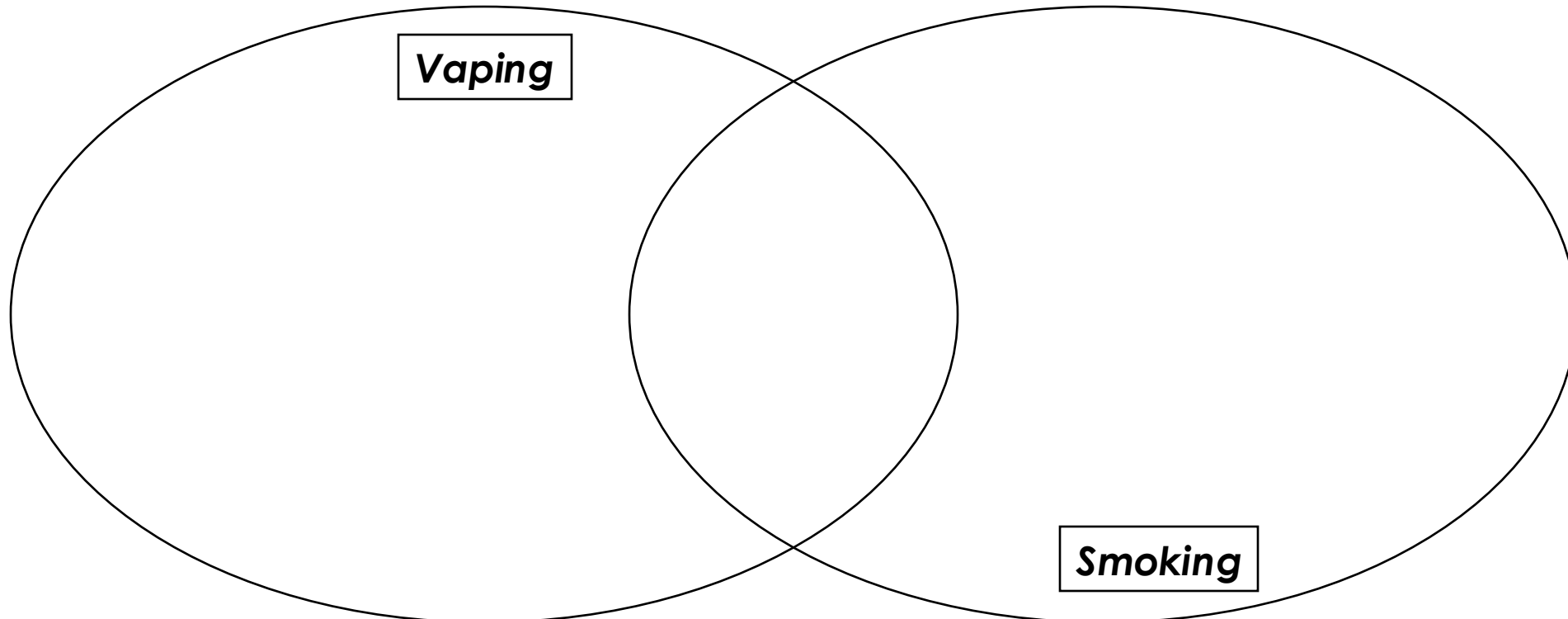


- Name three chemicals that are in second hand smoke.
- What are children who are more exposed to smoke at risk of?
- Why do fans not help to clear the air?
- Why does going outside to smoke still not protect children from the harmful effects of smoking?

Smoking vs Vaping

Some people have given up the habit of smoking and have now turned to vaping. There is the false assumption that vaping is better for you. However, the risks can be just as severe. Fill in the venn diagram to assess the similarities and differences of smoking and vaping.

https://www.youtube.com/watch?v=e_EEPjTcGZQ



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Exploring the Myths of Vaping

Many people think that vaping devices produce only water vapour, and therefore, they are safe to use. But this could not be further from the truth.

- E-liquids are aerosols which contain propylene glycol and glycerine solvents, toxic metallic particles like chromium, cadmium and lead and large amounts of nicotine. All of which very little is known about their safety following long-term inhalation exposure.
- The science on these devices has not been able to keep up with the rapid market growth, so regulations on the components of these devices and e-liquids are lagging.
- We should get out of the habit of automatically celebrating such new technology and get into the habit of looking at them with a critical eye, perhaps even through a medical lens.



Poor Advertising...

Tobacco products have not been **advertised** on **Formula 1** cars since **2006**. However, vaping products have been sponsors in **recent years**.



Class discussion

Should companies be allowed to advertise vaping products?

Should there be stricter regulations on what is advertised especially to a younger audience?

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Words of Advice

You will need to advise our Health Secretary about how to tackle the issue of vaping and smoking in schools.

What can we be done to ensure that the right message is being sent out?

How can you use media to ensure that young people are aware of the harmful impact of substance abuse?

Write your words of advice in the form of a letter.

Dear Health Secretary,

I am outraged that on our very own TV screens, our billboards, our social media we see vaping being glamorised...



Plenary

Who is brave enough to read their letters out to the class?



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