

# Drugs Facts Teacher Guide

This guide is designed to provide the teacher with some background information. It is not necessarily appropriate to share or read to the pupils. Answers need to be adapted to a level appropriate for the group.

## Needs Assessment (Lesson 1)

This unit of work needs to be tailored to match the range of drug knowledge of the pupils in the class. Lesson 1, Activity 2, Needs Assessment helps to do this.

- Question 1 reveals the extent to which pupils are aware of legal and illegal drugs and their understanding of how to keep safe.
- Question 2 is designed to consider any stereotypical images pupils have of drug users.
- Question 3 is designed to consider how pupils think drugs are distributed or used.
- Question 4 indicates each pupil's potential level of risk taking behaviour.

It is important that when you review these questions with the pupils, you reinforce that they should never touch the bag as they may put themselves at risk. They should tell an adult or call the police.

## Drugs Facts (Lesson 1)

Drug	Effects	Risks
Tobacco	<ul style="list-style-type: none"> <li>• This drug gets to the brain quickly.</li> <li>• Users say it helps them relax and feel less hungry.</li> <li>• This drug stimulates the heart to beat faster and cause blood pressure to rise.</li> </ul>	<ul style="list-style-type: none"> <li>• Long term use of this drug can damage the lungs, heart, stomach, circulation, bones, mouth and throat.</li> <li>• It can make the user look older, stain their fingers and teeth yellow.</li> <li>• Users may have a limited sense of taste and smell, bad breath and their clothes may smell.</li> <li>• This drug can cause cancer.</li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• This drug will often exaggerate whatever mood someone is in.</li> <li>• This drug makes a person relax so a small amount can make a person feel less anxious and more sociable.</li> <li>• This drug may make a person become irrational and aggressive. A user may take risks and do things they would not normally do</li> </ul>	<ul style="list-style-type: none"> <li>• This drug may make a person do things they might not normally do. Accidents often occur when using this drug.</li> <li>• Large amounts of this drug can make people be sick and forget things</li> <li>• This drug can damage the heart and liver and may cause cancer.</li> <li>• This drug can cause depression, memory loss, brain damage or dementia.</li> <li>• This drug is often linked to unwanted sexual activity.</li> </ul>
Volatile Substances	<ul style="list-style-type: none"> <li>• People say it's like being drunk, making them feel dizzy. It can be difficult to think straight.</li> <li>• Some people feel like they have a hangover after use. It can cause bad headaches and cause extreme tiredness.</li> <li>• Depending on the substance, it can leave a red rash around the mouth.</li> <li>• Users might hallucinate. This can last for up to 45 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• People can be physically sick and black out. Too much can result in a coma.</li> <li>• There's a risk of heart problems which have been known to kill users on first time use.</li> <li>• It can make the throat swell, which restricts breathing and slows down the heart rate.</li> <li>• This can affect judgment and can lead to dangerous risk taking.</li> <li>• Using this with alcohol can lead to an increased risk of death.</li> </ul>

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Cannabis	<ul style="list-style-type: none"> <li>• This drug may make someone feel relaxed and happy.</li> <li>• Some people get the giggles and may become more talkative.</li> <li>• Some will have one puff and feel sick.</li> <li>• Being hungry is common and is known as 'getting the munchies'.</li> <li>• Some people become more aware of their senses or get a feeling of slowing of time, which are due to its hallucinogenic effects.</li> </ul>	<ul style="list-style-type: none"> <li>• This drug can make someone become anxious, panicky, suspicious or paranoid.</li> <li>• There is a risk of developing mental health problems.</li> <li>• This drug can affect co-ordination.</li> <li>• It can cause a feeling of constant tiredness and lack of motivation.</li> <li>• Regular, heavy use makes it difficult to learn and concentrate.</li> <li>• If mixed with tobacco there are additional risks involved.</li> </ul>
Cocaine	<ul style="list-style-type: none"> <li>• This drug makes users feel wide-awake, confident and on top of their game.</li> <li>• This drug raises the body's temperature, makes the heart beat faster and stops people feeling hungry.</li> <li>• The effects last for about 20-30 minutes.</li> <li>• This drug is very addictive. It can be difficult to resist the craving due to changes in the brain.</li> </ul>	<ul style="list-style-type: none"> <li>• Some people are over-confident on this drug and so may take very careless risks.</li> <li>• Users have died from overdoses. Risk of overdosing increases if this drug is mixed with alcohol.</li> <li>• It can cause mental health problems.</li> <li>• This drug is highly risky for anybody with high blood pressure or a heart condition.</li> </ul>
Heroin	<ul style="list-style-type: none"> <li>• This drug slows down body functioning and reduces physical and mental pain.</li> <li>• Most users get a rush or buzz a few minutes after taking it. It gives the user a feeling of warmth and well-being. Bigger doses can make the user sleepy and very relaxed.</li> <li>• The first time you take this you may become dizzy and be sick.</li> <li>• This drug is highly addictive.</li> </ul>	<ul style="list-style-type: none"> <li>• Overdoses can lead to coma and even death, if breathing stops.</li> <li>• Overdose is more likely if this is taken with other drugs, including alcohol and medicines.</li> <li>• Sharing needles increases the risk of getting infections like hepatitis and HIV/AIDS.</li> </ul>
Ecstasy	<ul style="list-style-type: none"> <li>• This drug gives people an energy that makes them feel alert and alive.</li> <li>• It heightens senses; sounds and colours are more intense.</li> <li>• Users often feel great love for the people they're with and the strangers around them. On its own, it's not a drug that makes people violent.</li> <li>• It can make people talkative.</li> </ul>	<ul style="list-style-type: none"> <li>• This drug can cause anxiety, panic attacks, and confusion. It can make users feel down after use.</li> <li>• Raised body temperature increases the chances of overheating and dehydration. However, compensating by drinking too much can also be dangerous or even fatal.</li> <li>• This drug has been linked to liver, kidney and heart problems.</li> </ul>

# Drugs Facts Teacher Guide

## Drug User Facts

### Gender

- Women are less likely to use drugs than men.
- Men more likely to use illegal drugs in greater amounts.
- However, women are catching up with men, especially with alcohol.
- Women more likely to smoke cigarettes and use medicines.

### Age

- The vast majority of children do not use drugs. Children use medicines for illnesses, drink caffeine in cola, some taste alcohol at a young age.
- Not all teenagers drink and use drugs. By the age of 15, 4 out of 5 teenagers have never taken an illegal drug and half have never had an alcoholic drink.

### Disability

- Although disabled people may be prescribed medicines, some do use illegal drugs to self-medicate, for example cannabis for multiple sclerosis

### Ethnicity

- Black and African Caribbean people are no more likely to use drugs than white people.
- People from the Asian Sub-Continent are less likely to use drugs than other groups.

## Drugs Quiz Answers - Lesson 1 Additional Activities

1. This drug can be bought at many different shops even though it is a medicine	PAR
2. Many adults find it difficult to wake up in the morning when they have taken this drug.	ALC
3. In the last 15 years 60 -150 young people have died each year in the UK using this drug.	SOL
4. Taking a lot of this drug is one of the main ways young people attempt suicide.	PAR
5. More girls than boys now use this drug. It used to be more boys than girls.	TOB
6. This is the most commonly used illegal drug.	CAN
7. Some people take this drug to relieve the symptoms of multiple sclerosis.	CAN
8. In the late 1800s upper-class people held big parties where a type of this drug was released into the room.	SOL
9. 40% of 11 to 15 years olds have never used this drug. By age 15/16 95% of them have used it.	ALC
10. This drug causes more illness and death (over 120,000 deaths a year in the UK) than any other drug.	TOB

Alcohol = ALC Cannabis = CAN Paracetamol = PAR Solvents = SOL Tobacco = TOB

# Drugs Facts Teacher Guide

## Resisting Peer Pressure

### What is peer pressure?

- Pressure is the feeling that someone is being pushed towards making a certain choice—good or bad.
- A peer is someone in your own age group.
- Peer pressure is the feeling that someone your own age is pushing you toward making a certain choice, good or bad

### Your rights

If someone is pressuring you to do anything that's not right or good for you, you have the right to:

- Resist
- Say no
- Not to give a reason why
- Just walk away from a situation
- Talk to a trusted person

### Why do some people give into peer pressure?

- Afraid of being rejected by others
- Want to be liked and don't want to lose a friend
- Don't want to be made fun of
- Don't want to hurt someone's feelings
- Are not sure of what they really want
- Don't know how to get out of the situation

## Pressure Scenarios Teacher Notes (Lesson 3, Additional Activities)

- 1. On the way home from school a friend pulls out a canister of butane gas. He suggests you go to the park so you can both have a sniff.**  
Emphasise that this is a risk that should never be taken as there is a possibility of dying on first use. This is called sudden sniffing death syndrome.
- 2. You are at a family party and you spot a bottle of lager on the table. You have always wanted to know what it tastes like.**  
Explore the risk of drinking from a bottle whose contents you are unsure of. Remind them that alcohol can be more dangerous for children as children's bodies are not yet fully developed and the liver struggles to cope. This can lead to alcoholic poisoning.
- 3. You are playing in your house when you find your mum's cigarettes. Your friend wants you to try one.**  
Discuss that nicotine, the drug in a cigarette, is addictive. Also there are over 400 toxins in a cigarette which can damage health. Smoking related illness is the biggest cause of death in the UK.
- 4. You find a syringe in the park whilst playing with your friends.**  
Emphasize that a syringe should only be picked up by someone who is trained and is wearing protective gloves. This is because syringes may contain blood which can transmit infections including HIV.
- 5. Your older sister is in her room with some friends being very giggly. There is a funny smell coming from the room. You go in and they are sharing a big cigarette, one of them asks if you would like to try it.**  
This scenario suggests cannabis use. Discuss that cannabis is usually smoked as part of a cigarette so carries the same risks as tobacco. Cannabis use can also lead to mental health problems.
- 6. You are playing in the kitchen when one of your friends accidentally knocks over a bag. Some pills fall out, your friend tells you to try one of them.**  
Discuss the risks of taking a medicine that has not been prescribed for you.

# First Aid Teacher Guide

## First Aid for Choking



### COUGH IT OUT

Encourage them to cough. If this doesn't clear the obstruction, support their upper body with one hand and help them lean forward.



### SLAP IT OUT

Give up to five sharp back blows between their shoulder blades with the heel of your hand.



### SQUEEZE IT OUT

- If the obstruction has not cleared, stand behind them and put both arms around the upper part of the abdomen
- Clench your fist and place it between the navel and the bottom of their breastbone
- Grasp your fist firmly with your other hand
- Pull sharply inwards and upwards up to five times
- If this doesn't clear the obstruction repeat backslaps and abdominal thrusts up to three times.








### DIAL 999

If it still hasn't cleared, call 999/112 for emergency help. Continue until help arrives.

# First Aid Teacher Guide

## First Aid for someone who is unconscious

	<p><b>OPEN AIRWAY</b></p> <p>If they are unconscious, check their airway is open and clear.</p>
	<p><b>TILT HEAD</b></p> <p>Tilt the head and lift the chin to open the airway.</p>
	<p><b>CHECK FOR BREATHING</b></p> <p>Look along the chest, and listen and feel for breaths.</p>
	<p><b>IF NOT BREATHING</b></p> <p>If they are not breathing, their heart will stop. CPR must be started immediately.</p>
	<p><b>RECOVERY POSITION IF BREATHING</b></p> <p>If spinal injury is not suspected, put them in the recovery position.</p>



## Drugs Facts Teacher Guide

### National Contact List

#### Alateen

Alateen provides support for young people living with a problem drinker in the family.

Web: <http://www.al-anonuk.org.uk/alateen>

Tel: 020 7403 0888

#### Childline

Help and advice about a wide range of issues, talk to a counsellor online, send ChildLine an email or post on the message boards.

Web: [www.childline.org.uk/](http://www.childline.org.uk/)

Tel: 0800 1111

#### Drinkline

Confidential telephone help, info and advice on all aspects of alcohol use and abuse. Calls are free.

Tel: 0800 9178282 (9am - 11pm, Monday to Friday)

#### FRANK

Free confidential advice, information and help about drugs. Open 24 hours a day. They can refer you onto local drug services and send out free literature.

Web: [www.talktofrank.com](http://www.talktofrank.com)

Tel: 0800 776600

#### NACOA

National Association for Children of Alcoholics. Information, advice and support to children of alcoholics, or anyone else concerned for a friend or relative's drinking.

Web: [www.nacoa.org.uk/](http://www.nacoa.org.uk/)

Tel: 0800 358 3456

#### NHS Smoking Helpline

Don't give up giving up. Friendly advice and support from a specialist advisor about giving up smoking.

Web: [www.gosmokefree.nhs.uk/](http://www.gosmokefree.nhs.uk/)

Tel: 0800 022 4 332 (7am to 11pm, 7 Days a week)

#### Quitline

Helpline for smokers who want to stop & people trying to remain as ex-smokers.

Web: [www.quit.org.uk](http://www.quit.org.uk)

Tel: 0800 00 22 00

#### Supportline

Confidential and emotional support on the telephone for children, young adults and adults who are socially isolated, vulnerable, at risk and victims of any form of abuse.

Web: [www.supportline.org.uk](http://www.supportline.org.uk)

Tel: 020 8554 9004