



PSHE Knowledge Organiser



An Introduction to Drugs

Year 7
Term 4

Communication

Definitions

Drugs are substances that change a person's mental or physical state.

An illegal drug is a substance that is against the law to use, possess, give to others, or sell.

A legal drug is one that you can buy/be prescribed but there will be restrictions e.g. suggested limits, age restrictions

Vaping



Vaping/ E-Cigarettes were originally used to help smokers decrease their intake of nicotine. While vaping is less harmful than smoking, Vaping has not been around for long enough to know the risks of long-term use. It is unlikely to be totally harmless and there is evidence to suggest that it will impact health in a similar way to tobacco smoking. The healthiest option is not to smoke or vape.

Alcohol

If you're under 18, it's against the law:



- for someone to sell you alcohol
- to buy or try to buy alcohol
- for an adult to buy or try to buy alcohol for you
- to drink alcohol in licensed premises such as a pub or restaurant (16+ may have alcohol with a meal)

<https://www.gov.uk/alcohol-young-people-law>

Alcohol content is measured in units and the NHS recommend that adults stick to 14 units. Regular drinking and/or binge drinking alcohol increase your chances of:

- mouth cancer, throat cancer and breast cancer
- stroke
- heart disease
- liver disease
- brain damage
- damage to the nervous system
- Poor mental health

<https://www.nhs.uk/live-well/alcohol-advice/the-risks-of-drinking-too-much/>

The law on drugs

Illegal drugs are classified into Classes A,B,C and psychoactive substances. The categories relate to the severity of risks and punishment - Class A being the most severe.

Smoking



Smoking can cause many different illnesses. The main one being lung cancer, However, it can also cause throat cancer, heart disease and brain damage as well as many other health issues.



Further help and advice

NHS- <https://www.nhs.uk/>

Talk to FRANK-
<https://www.talktofrank.com/>

Mind- Mental health support for young people - <https://www.mind.org.uk/for-young-people/>