

## Substance Use Education

<b>Stage:</b> <b>Second</b>	<b>Lesson: How Do Drugs Affect the Body?</b>
<p><b>Expected national standards for each level:</b>          Gives examples of what can happen to the body as a result of smoking tobacco or drinking alcohol.          Knows the recommended alcohol intake advice.          Identifies the impact of risk taking behaviours on life choices and relationships, for example, job prospects, limited foreign travel, loss of driving licence, family.</p>	
<p><b>Substance Misuse Experiences and Outcomes:</b>  <b>HWB 2-38a</b> I understand the effect that a range of substances including tobacco and alcohol can have on the body.  <b>HWB 2-41a</b> I can identify the different kinds of risks associated with the use and misuse of a range of substances.</p>	
<p><b>Resources:</b> Drawing materials</p>	
<p>Ask the class - What are drugs?          Discuss that:</p> <ul style="list-style-type: none"> <li>• A drug is a chemical that is not food and that affects your body.</li> <li>• Some drugs are given to people by doctors to make them healthy. These are called medicines or prescription drugs, like antibiotics.</li> <li>• Other drugs are not given by a medical professional. Some are legal, but have restrictions as they can be dangerous to health. For example, alcohol and tobacco are only allowed to be sold to adults.</li> <li>• Other drugs are illegal which means it is against the law to buy, sell or use them.</li> <li>• Some drugs are addictive, which means that it is very hard to stop using them even when they are harming your body.</li> </ul>	
<p>Ask the class – Do you know what types of drugs there are?</p> <p><b>Stimulants</b>          Stimulants temporarily increase alertness and energy.          For example this could be caffeine or nicotine.</p> <p><b>Short-term effects can include</b></p> <ul style="list-style-type: none"> <li>• Loss of appetite</li> <li>• Increased heart rate, blood pressure, body temperature</li> <li>• Dilation of pupils</li> <li>• Disturbed sleep patterns</li> <li>• Nausea</li> <li>• Bizarre, erratic, sometimes violent behaviour</li> <li>• Irritability</li> <li>• Panic and psychosis</li> </ul> <p>Immediate and lasting exhaustion post use can quickly lead the stimulant user to want the drug again to have energy again.</p>	

### **Long-term effects can include**

- Permanent damage to blood vessels of heart and brain, high blood pressure leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory (breathing) problems if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Strong psychological dependence
- Psychosis
- Depression
- Damage to the brain including strokes and possibly epilepsy

### **Depressants**

Depressant drugs calm nerves and relax muscles. Depressants do exactly what the name suggests — they depress a person's nervous system.

For example this could be alcohol.

### **Short Term Effects can include**

- Drowsiness (even falling asleep at school or work)
- Confusion
- Headache
- Lack of self-control
- Dizziness
- Slurred speech and blurred vision
- Impaired judgment and mental functioning
- Nausea and vomiting
- Memory loss (depressants can cause users to have no memory of events that happened while they were under the influence)

Higher doses can cause impairment of memory, judgment and coordination, irritability, paranoia, and suicidal thoughts.

### **Long Term Effects can include**

When people use depressants over a long time, they can develop a tolerance to them.

- Insomnia and other sleep problems
- Breathing problems
- Convulsions (similar to seizures)
- Depression and other mental health issues

### **Activity – poem or poster**

Ask the children to develop a poem or poster about the effects on taking drugs e.g.:

#### **Drugs**

Some drugs are helpful  
Some drugs are bad  
Some make you better  
While others send you mad  
One thing is certain  
Make sure you're no fool  
Only what the doctor orders  
Should be your rule