

Substance Use Education

Stage: Third to Fourth	Lesson: Drugs on the Brain
<p>Expected national standards for each level: Explains the potential impact of short and long term substance use on health and life, including legal implications. Knows how to access, local and national support services.</p>	
<p>Substance Misuse Experiences and Outcomes: HWB 3-38a / 4-38a understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 4-40b I know how to access information and support for substance related issues.</p>	
<p>Resources Required for Lesson: Internet access, paper and pens/ PowerPoint package</p>	
<p>Main Activities:</p> <p>First, get the young people to match up the drug descriptions with the correct name. These could be cut out and given to small groups, or voiced in a large group.</p> <p>Now, show and read this page on the Know the Score website about How Drugs Work and Their Effects.</p> <p>Next, divide the young people into 6 groups, and ask them to create a presentation, PowerPoint, storyboard for a film, or poster about the effects of each of the drugs used in the matching exercise (cannabis, heroin, LSD, Ecstasy, Cocaine and NPS. It might be useful to divide NPS into three groups to cover the categories of NPS; stimulant, depressant, hallucinogenic.)</p> <p>Advise the young people to use information from reputable sources such as Know the Score, Crew, Talk to Frank, and others accessed via the H-SAT.</p> <p>Get the young people to present their work to the whole group.</p> <p>Are there any similarities between the various drugs? [They all affect the brain, they all have effects that are not guaranteed, etc]. Where could they look for help if they had any issues with these substances? [Information at the websites recommended earlier – local support details available in the H-SAT, see Get Advice including the Prevention and Intervention Model]</p> <p>End with a random round of ‘one thing I learned from this was...’</p>	

<p style="text-align: center;">Cannabis</p>	<p>Most widely used illegal drug Class B Can make people feel chilled out, relaxed / happy, and may get the giggles, and / or feelings of anxiety, suspicion, panic and paranoia Depressant / Hallucinogenic</p>
<p style="text-align: center;">Heroin</p>	<p>Often a brown / brownish white powder Class A People can feel warm, sleepy and very relaxed. It also slows down breathing and heart rate, and is a very strong pain-killer. Depressant</p>
<p style="text-align: center;">LSD</p>	<p>Class A Can make people feel relaxed and happy, with pleasant hallucinations. Or can make people feel agitated and confused, with unpleasant and scary hallucinations Hallucinogenic</p>
<p style="text-align: center;">Ecstasy</p>	<p>Class A Usually in pill form with logo imprint Makes people feel 'in tune' with their surroundings, and can make music and colours more intense. Can make people feel anxious, panicky, confused and paranoid. Stimulant</p>
<p style="text-align: center;">Cocaine</p>	<p>Usually a white powder Class A Makes people feel wide-awake and confident, raises body temperature, makes the heart beat faster Stimulant</p>
<p style="text-align: center;">NPS</p>	<p>Most are controlled under the Psychoactive Substances Act and therefore don't have a 'Class' status (as drugs controlled under the Misuse of Drugs Act (1971) have). Mimic the effects of 'traditional' drugs Are often more potent than 'traditional' drugs Usually come in colourful packaging</p>