

# Delivery Notes

Timing (mins)	Activity	Facilitator-led, individual or group work	Timing running total	Resources needed
5	Introduction	Facilitator-led	15	PowerPoint
10	What are drugs and why do people take them?	Pair discussion then share	25	PowerPoint
15	Types of Drugs, categories and the Law	Facilitator-led	40	PowerPoint
10	Drugs match up	Groups	50	PowerPoint
15	Scenarios	Pairs/ whole class	60	PowerPoint
5	Key messages, signposting	Facilitator-led	60	PowerPoint, YouTube video
5	Evaluation, take-away from today's lesson?	Facilitator-led	60	Evaluation forms

# Drugs, The Law & The Effects

# Working Agreement

Be Respectful

Confidentiality

Knowledge doesn't equal experience

Listen to the person who is speaking

Challenge the statement not the  
person

No personal comments

# In this lesson...

- Explore different types of drugs
  - The law surrounding drugs
  - Identifying drug risks
- Discuss why people may take drugs
- Discuss what type of person takes drugs

# What is a drug & what are the effects of drugs?

A drug is a chemical that changes the way you **think**, **feel** or **behave**

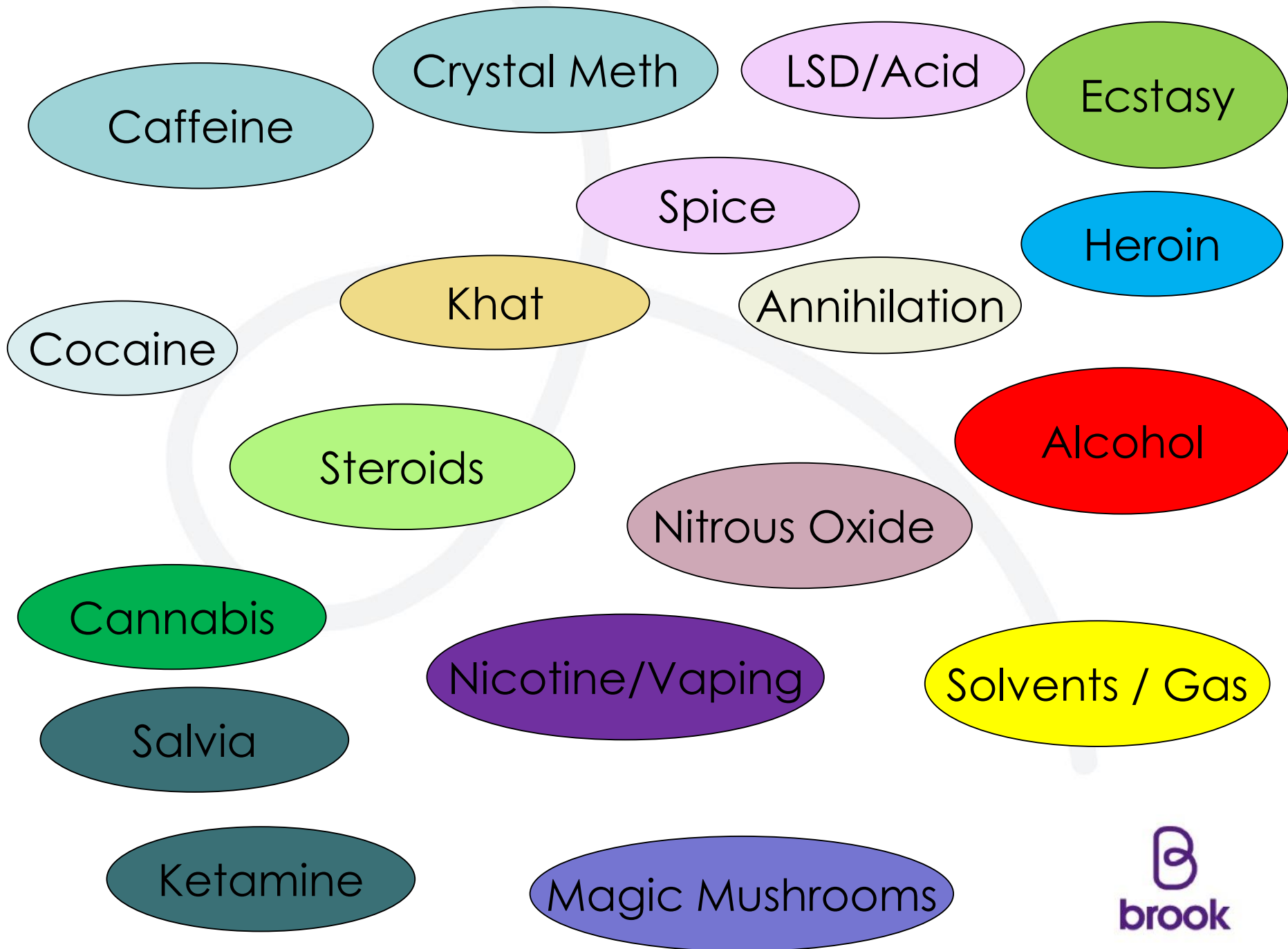


# Why do people take drugs?



What type of person takes drugs? – what do they look like, what do they do etc?

**List all the  
Drugs you can  
think of**





# Effects of Drugs on the Body

**Stimulant** – Speeds up the way the body works eg rapid breathing, faster heart rate.

Ecstasy, Speed, Crystal Meth, Cocaine, Crack ,  
Cocaine, Nicotine (Tobacco)

**Depressant** – Slows down the way the body works.  
Makes people feel more relaxed

Cannabis, Inhalants, Heroin, Codeine, Morphine.

**Hallucinogen** – Affects how you perceive  
the world.

LSD, Magic Mushrooms. Ketamine.

# Want to know more about drugs and their effects?

talk to

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)

Friendly, confidential drugs advice

# Drugs and The Law

- Drugs are placed into one of 3 classes - **A**, **B** or **C**. This is broadly based on the harms they cause either to the user or to society when they are misused.
- The class into which a drug is placed affects the maximum penalty for an offence involving the drug. For example, Class A drugs attract the most severe penalty as they are considered likely to cause the most serious harm. Drugs controlled under the Misuse of Drugs Act are illegal to have, produce, give away or sell.



# No such thing as 'Legal Highs'

The Psychoactive Substances Act 2016 means there is no such thing as 'legal highs' in the UK. Things like spice and NOS (laughing gas) are classified as psychoactive substances.

It is illegal to make, sell, or give (for free) any psychoactive substance. **Up to 7 years in prison, an unlimited fine or both**



# Imagine you are baking a cake



# Activity

In groups or pairs, group the cut-outs of drugs under the following categories:

1. Class A
2. Class B
3. Class C
4. Illegal under the 'Psychoactive Substances Act 2016'

Optional:

5. Legal
6. Legal when age restrictions are met

Class	Drug	Possession	Supply and Production
<b>A</b>	Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, methamphetamine (crystal meth)	Up to <b>7 years</b> in prison, an <b>unlimited fine</b> or both	<b>Up to life in prison</b> , an unlimited fine or both
<b>B</b>	Amphetamines, barbiturates, cannabis, codeine, ketamine, methylphenidate (Ritalin), synthetic cannabinoids, synthetic cathinones (eg mephedrone, methoxetamine)	Up to <b>5 years</b> in prison, an <b>unlimited fine</b> or both	Up to <b>14 years in prison</b> , an <b>unlimited fine</b> or both
<b>C</b>	Anabolic steroids, benzodiazepines (diazepam), gamma hydroxybutyrate (GHB), gamma-butyrolactone (GBL), piperazines (BZP), khat	Up to <b>2 years</b> in prison, an unlimited fine or both (except anabolic steroids - it's not an offence to possess them for personal use)	Up to 14 years in prison, an unlimited fine or both

**These are the laws in the  
UK, what are the laws in  
other countries?**

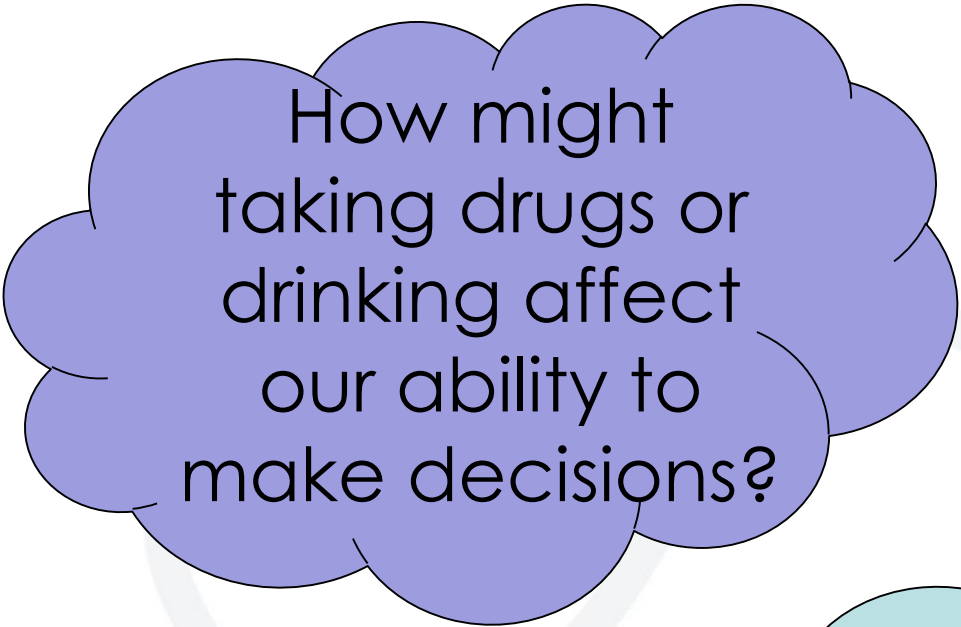


## **Important to remember!**


**While some drugs are illegal you should never be afraid to seek medical attention if you, your friend or someone you see is having a bad reaction to drugs!**

**In the UK healthcare professionals have a duty of care. Their first priority is to make sure you are okay, not arrest you.**





How might  
taking drugs or  
drinking affect  
our ability to  
make decisions?



What about  
decisions to  
have sex?

**Choice –**

**The ability to say yes or no to sex;**  
You actually want to have sex.

**Consent**

The English legal definition of consent in relation to sexual activity is: A person consents if he or she agrees by **choice**, and has the **freedom** and **capacity** to make that choice. **Sexual Offences Act (2003)**

**Freedom –**

**The freedom to consent to sex.** The following is not consensual: Being kidnapped, forced, pinned down, coerced, pressured to have sex. You feel like you can't say no or are too scared

**Capacity –**

**The mental capacity to consent to sex.** If you are drunk, drugged, sleeping, unconscious, under age or have a learning disability affecting competency, you cannot consent to sex.

# Activity: Staying Safe

In groups or as a class discuss how risky a situation is and why.

Low risk: Minor injury may occur, like bumping into things, spraining an ankle etc. May lead to embarrassing situations.

High risk: Consequences could be fatal, really serious, could affect your life significantly after incident

## Scenario 1:

Milly has cycled to her friends house. Whilst she was there she smoked a joint (cannabis). After smoking she feels very relaxed and her movements and reaction times are slower.

Milly is still high but needs to go home. Milly rides her bike back home.



## Scenario 2:

It is the last day of exams at school. Aleksa (15) has brought in a bottle of fizzy wine to drink with a couple of her friends in the park after school.

Aleksa and her two friends finish the bottle of wine between them in the park. The group of friends are laughing and are feeling very relaxed.



### Scenario 3:

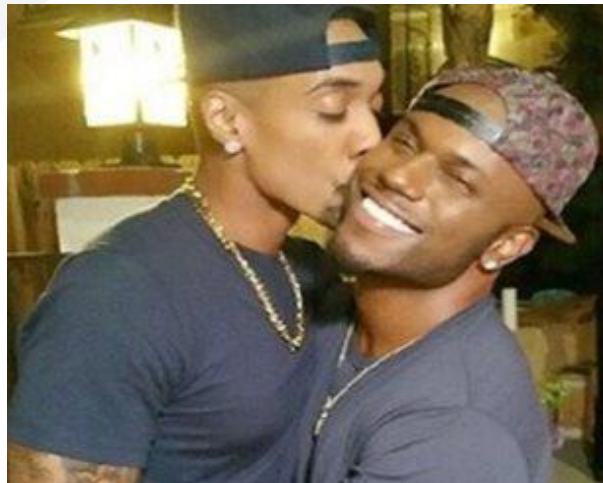
Nyree is at a party and has already had a lot to drink. A person at the party offers her MDMA. She has never taken MDMA before and does not know anything about it other than it's a party drug. She is curious what MDMA is like so takes it. She does not tell any of her friends at the party that she has taken it, as she is worried they will judge her. She carries on partying the night away. The dancing and MDMA raises her body temperature and she starts drinking a lot of water to combat her dehydration.





## Scenario 4:

Malakai met Tom at a party they got on really well and Malakai asked Tom back to his. When they get there they start kissing. Tom sounds a little tipsy “H-h-h-heeeeeeey! Wheeeere you goin’? You’re so niceshh...I’m schleepy...”.





- We understand there is pressure on young people to try drugs whether it be legal or illegal.
- Think about your own personal boundaries and how you can communicate that with friends, family or partners.
- You should never be made to feel you have to take drugs.
- We understand some people just enjoy or are happy with the drug they are taking, if this is the case it's just about being safe & aware!

# Remember...

- You can never be 100% sure what you are being given, often drugs can be mixed with other drugs meaning they will have a different affect.
- If someone is going to try a drug it is important that they are not by themselves. It is definitely more safe to be around people you trust and in a place that you feel safe in.
- Drugs effect everyone in different ways
- Be aware that drug laws change over time and depending on the country you are in

# Where to get help/advice.

**FRANK**


0800 77 66 00 [talktofrank.com](http://talktofrank.com)  
Friendly, confidential drugs advice

**childline**

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 

**THE MIX**  
Essential support for under 25s

 Freephone 0808 808 4994

 1-2-1 Chat

**NHS**

**choices** Your health, your choices

  
**brook**

# Evaluation

Please complete the evaluation form.

You do not need to write your name.