

**Health And wellbeing curriculum**

**SUBSTANCE MISUSE**

**PSE PACK**

**SECONDARY EDUCATION PACK**



Pack developed by The Greater Glasgow & Clyde Substance Misuse Education Working Group 2018

Based on original pack by East Dunbartonshire Council

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| **S3 LESSONS** | **Learning Outcomes** |
| Learner Activity 1 –  **Names, effects, benefits and potential harm of wide range of drugs** | * Be able to identify a wide range of drugs / substances along with their effects, benefits and potential harm * Understand that different drugs / substances can be easily confused with each other * Understand key facts about legal and illegal drugs / substances |
| Learner Activity 2 –  **Drugs and the Law** | * Understand the basic laws regarding commonly used drugs / substances |
| Learner Activity 3- **So what do you think about alcohol?** | * Examined their own attitudes towards the use of alcohol * Considered what other young people's attitudes are * Discussed differing attitudes towards the use of alcohol |
| Learner Activity 4-Why do people use drugs? | * Examined the issues that affect drug-use decisions * Considered the drug decisions of others * Challenged attitudes to drug use * Reinforced drug prevention messages |





**SUBSTANCE MISUSE PSE PACK**

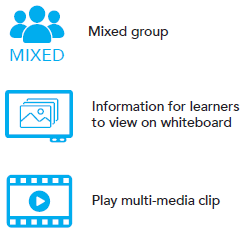
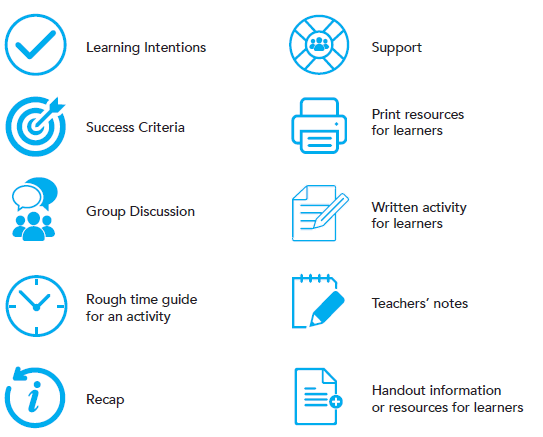
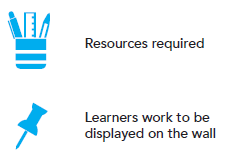
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| **LEARNER ACTIVITY 1** | **LEARNER ACTIVITY 3** |
| I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances.  **HWB 3-38a / HWB 4-38a** | I 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 3-38a / HWB 4-38a**  Through investigation, I can explain how images of substance use and misuse can influence people’s behaviour.  **HWB 4-39a**  I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure.  **HWB 3-40a / HWB 4-40a**  After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.  **HWB 3-41a / HWB 4-41a**  I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health.  **HWB 3-41b / HWB 4-41b**  I understand the impact that ongoing misuse of substances can have on a person’s health, future life choices and options.  **HWB 3-43a / HWB 4-43a** |
| **LEARNER ACTIVITY 2** | **LEARNER ACTIVITY 4** |
| I 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 3-38a / HWB 4-38a**  I know how to access information and support for substance-related issues.  **HWB 3-40b / HWB 4-40b**  After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.  **HWB 3-41a / HWB 4-41a**  I know the action I should take in the management of incidents and emergencies related to substance misuse.  **HWB 3-42a / HWB 4-42a** | I 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 3-38a / HWB 4-38a**  Through investigation, I can explain how images of substance use and misuse can influence people’s behaviour.  **HWB 4-39a**  After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.  **HWB 3-41a / HWB 4-41a**  I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health.  **HWB 3-41b / HWB 4-41b**  I understand the impact that ongoing misuse of substances can have on a person’s health, future life choices and options.  **HWB 3-43a / HWB 4-43a** |



**EXPERIENCES AND OUTCOMES THAT WILL BE EXPLORED**



|  |  |
| --- | --- |
| * **LESSON 1 RESOURCES** can be ordered here | **Drugs, Effects and Risks booklet**  [**www.phrd.scot.nhs.uk/HPAC/**](http://www.phrd.scot.nhs.uk/HPAC/) |
| * For more information on drugs discussed, effects, risks and legal status please refer to: | **Know the Score**  [**http://knowthescore.info/drugs-a-z/**](http://knowthescore.info/drugs-a-z/) |
| * Information about alcohol, its associated harm and how it affects different sections of society as well as briefings on key alcohol issues e.g. minimum pricing and licensing | [**Alcohol Focus Scotland**](file:///\\xggc-vrtl-04\home2$\mathegr623\My%20Docs\ALC%20STUFF\ABI%202013%20onwards\SMT\S%20Lesson%20Plans\BLOCKEDalcohol-focus-scotland%5b.%5dorg%5b.%5duk\BLOCKED)  [**http://www.alcohol-focus-scotland.org.uk/**](http://www.alcohol-focus-scotland.org.uk/) |
| * A suite of positive digital resources designed to support young people to use the internet, social media and mobile technologies to improve their mental health and wellbeing | [**Aye Mind**](file:///\\xggc-vrtl-04\home2$\mathegr623\My%20Docs\ALC%20STUFF\ABI%202013%20onwards\SMT\S%20Lesson%20Plans\BLOCKEDayemind%5b.%5dcom\BLOCKED)  [**http://ayemind.com/**](http://ayemind.com/) |
| * Contains information, advice and facts about drugs, alcohol, tobacco and online safety | [**Choices for life**](https://young.scot/choices-for-life/)  **https://young.scot/** |
| * Factual information and up-to-date advice on drugs, and a range of issues relating to substance use and misuse | [**Talk to Frank**](http://www.talktofrank.com/)  [**http://www.talktofrank.com/**](http://www.talktofrank.com/) |
| * Youth work essentials addressing tobacco prevention issues developed by Ash Scotland and Youth Scotland | [**Tobacco Free Generation**](http://www.youthworkessentials.org/youth-tobacco.aspx)  [**https://www.ashscotland.org.uk/what-we-do/children-young-people-and-tobacco/tobacco-free-youth-resources/**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ashscotland.org.uk%2Fwhat-we-do%2Fchildren-young-people-and-tobacco%2Ftobacco-free-youth-resources%2F&data=05%7C01%7CDonald.Boyle%40ggc.scot.nhs.uk%7C6c4a0114c8e441e5480408dbeb3d48a8%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638362420661660849%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kZgimvbUEsvrJFnAyZRbwzv83qQjI8lPp0KZ7pEZXF4%3D&reserved=0) |



**ICON GUIDE**

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**Names, effects, benefits and potential harm of wide range of drugs –**

**LEARNER ACTIVITY 1**

* Explain to the pupils that they will be matching the drug picture, law card and effects/risks card to each drug name card.
* Have a look at the answer table and see how well you have done. Keep a score of how many cards you had in the correct position. Make a note of any cards you have put in the wrong position and try to work out why you may have got some wrong.
* Encourage pupils to make notes of questions to ask. Different drugs can be easily confused with each other.
* Give the pupils 20 minutes to do this game.
* Discuss how well they did, any new things learnt and which drugs they would like to find out more about and how they can go about finding out more.
* This can be an effective way to gauge the knowledge and understanding of the class and what information needs to be highlighted in future lessons.

**Key Messages**

* It is important to be able to identify the effects, benefits and potential harm of a wide range of drugs / substances to enable you to make positive healthy choices in your life.
* There are lots of confusing myths and facts about drugs / substances which can make the differentiation between drugs confusing for people.
* Sometimes it's confusing to understand which drugs which are legal and illegal.
* It’s important to have an understanding of the risks and consequences of using drugs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Drug Name Card** | **Drug Picture** | **Law** | **Drug Effects/Risks** |
| Alcohol | 16 | 17 | 9 |
| Amphetamine | 13 | 9 | 17 |
| Benzodiazepines | 12 | 6 | 10 |
| Caffeine | 5 | 12 | 3 |
| Cannabis | 10 | 3 | 12 |
| Cocaine | 6 | 14 | 1 |
| Ecstasy | 11 | 1 | 14 |
| Heroin | 7 | 4 | 8 |
| Ketamine | 3 | 10 | 6 |
| LSD | 2 | 8 | 4 |
| Magic Mushrooms | 14 | 15 | 2 |
| Methadone | 15 | 5 | 13 |
| New Psychoactive Substances | 9 | 13 | 5 |
| Poppers | 8 | 2 | 15 |
| Solvents | 4 | 7 | 11 |
| Synthetic Cannabinoids | 17 | 16 | 16 |
| Tobacco | 1 | 11 | 7 |

**Drug Facts Cards Answer Table**

**Drug NAME CARDS 1**

**CAFFEINE**

**BENZODIAZEPINES**

**ALCOHOL**

**AMPHETAMINE**

**Drug NAME CARDS 2**

**HEROIN**

**ECSTASY**

**COCAINE**

**CANNABIS**

**Drug NAME CARDS 3**

**METHADONE**

**MAGIC MUSHROOMS**

**LSD**

**KETAMINE**

**Drug NAME CARDS 4**

**SYNTHETIC**

**CANNABINOIDS**

**POPPERS**

**NEW PSYCHOACTIVE SUBSTANCES**

**SOLVENTS**

**Drug NAME CARDS 5**

**TOBACCO**

 **ALCOHOL**

**16**

**Alcohol**

Booze / Drink / Bevy /Swally

* Depressant drug
* Swallowed as a drink

**Law 17**

**Unclassified Drug**

* In most situations it is illegal for someone to sell it to anyone under 18 years of age
* The police can confiscate it from young people under 18 who use it on the streets

**Drug Effects 9**

* It is a depressant and generally slows down brain activity
* A small amount can reduce feelings of anxiety and reduce inhibitions, which can help you feel more sociable
* It can exaggerate whatever mood you're in when you start
* The short-term effects can last for a day or two; depending on how much you take, including any hangover
* Long-term effects include damage to the brain, body and organs

**Drug Risks 9**

* Can leave you feeling out of control – slurring your words, losing your balance, having accidents and vomiting
* It can make you take risks that you normally wouldn’t take when you’re sober, such as unprotected sex
* Far too much on a single occasion can lead to alcohol poisoning which could put you in a coma or even kill you
* Long-term risks come from regularly using over a long time can lead to illnesses, such as cancer, liver disease, and damage to your brain

 **AMPHETAMINE**

**Law 9**

**Class B Drug**

* Possession can get you up to five years in jail and an unlimited fine
* Supplying someone else, including your friends, can get you up to 14 years and an unlimited fine

**Drug Effects 17**

* Effects can last for up to 6 hours
* Increased confidence
* Increased energy
* Increase heart rate and blood pressure and can raise the risk of heart attack – the higher the dose, the greater these effects

**Drug Risks 17**

* Can cause feelings of paranoia
* Effects may be followed by a long, slow comedown which can make users feel irritable and depressed
* Can disrupt sleep patterns
* Can put a strain on your heart

**13**

**Amphetamine**

Speed / Whizz / Sulph

* Stimulant drug
* Most commonly comes in the form an off-white powder
* Can be sniffed, swallowed or injected

 **BENZODIAZEPINES**

**12**

**Drug Effects 10**

* Often prescribed to promote sleep, reduce anxiety, stop fits or relax muscles
* Can cause drowsiness and have a disinhibiting effect
* Can have various effects on the brain, ranging from short term memory loss to delirium

**Drug Risks 10**

* Use can cause over sedation and unpredictable behaviour especially when mixed with alcohol or other drugs, potentially leading to violence and aggression
* Withdrawal can result in tremors, nausea, headaches, panic attacks and depression, even psychosis

**Law 6**

**Class C Drug**

* This drug is not illegal if it is prescribed to you.
* Unauthorised possession (i.e. without a prescription) could result in a prison sentence of up to 2 years and an unlimited fine
* Supplying, which includes giving some to your friends, could mean up to 14 years in prison and an unlimited fine

**Benzodiazepines**

Vallies / Blues

* Depressant drug
* Various types of tranquillisers are available with varying strengths including diazepam, temazepam, nitrazepam and phenazepam
* Most commonly come as tablets or capsules that are swallowed

 **CAFFEINE**

**Law 12**

**Unclassified Drug**

This drug has no legal restrictions on its use or supply

**Drug Effects 3**

* Central nervous system stimulant
* When it reaches your brain, the most noticeable effect is alertness
* You’ll feel more awake and less tired

**Drug Risks 3**

* Insomnia
* Nervousness and restlessness
* Stomach irritation
* Nausea and vomiting
* Increased heart rate and respiration

**5**

**Caffeine**

Cuppa / Brew

* Stimulant drug
* Swallowed in a drink, confectionery or pills.
* Found in tea, coffee, some soft drinks, chocolate, medicines, energy drinks

 **CANNABIS**

**Drug Effects 12**

* Users may experience objects and reality in a distorted way
* Feelings of relaxation and happiness
* Users may feel the urge to eat, known as the munchies

**Drug Risks 12**

* Can reduce motivation
* Can increase feelings of anxiety and paranoia
* May be linked to mental health problems however link has not been defined
* Linked to various types of cancers including throat, mouth and lung cancer

**Law 3**

**Class B Drug**

* Possession is illegal whatever you’re using it for, including pain relief. The penalty is up to five years in jail although possession of small amounts is most likely to be dealt with by a caution, or on the spot fine.
* Supplying someone else can get you fourteen years and an unlimited fine
* Supplying your mates, even if you give it away, is also considered ‘supplying’ under the law

**10**

**Cannabis**

Weed / Green / Skunk /

Grass / Marijuana / Hash

* Depressant / hallucinogenic drug
* Comes in solid resin or herbal form, more rarely available as an oil
* Most commonly smoked with tobacco in a joint or in a pipe or bong. Can be eaten.

 **COCAINE**

**Law 14**

**Class A Drug**

* Possession can get you up to seven years in jail
* Supplying someone else, including your friends, can get you life and an unlimited fine

**6**

**Cocaine**

Coke / Charlie / Snow / Prop

* Stimulant drug
* Most commonly comes in the form a white powder which can be snorted
* Also come in small rocks, known as crack cocaine

**Drug Effects 1**

* Effects last approximately 30 minutes
* Increased confidence
* Increased energy
* Makes the heart beat faster

**Drug Risks 1**

* Can cause heart problems and/or nose damage
* Can cause nausea and blurred vision
* Feelings of depression once effects wear off especially after prolonged use
* Can disturb sleep patterns
* This drug is highly risky for anybody with high blood pressure or a heart condition. Even perfectly healthy, young people can have a fit or heart attack after taking too much
* A habit can cost a lot of money

 **ECSTASY**

**11**

**Ecstasy**

E / MDMA / Eccy / Mandy / pills

Hallucinogenic / stimulant drug

* Most commonly comes in pill form which is swallowed
* Also comes in crystal form known as MDMA crystals which can be swallowed

**Law 1**

**Class A Drug**

* Possession can get you up to seven years in jail
* Supplying someone else, including your friends, can get you life and an unlimited fine

**Drug Effects 14**

* Effects are expected to begin within 30 minutes and can last for anything between 3-6 hours
* Can make sounds and colours more intense and
* May make users feel chatty and affectionate
* Increased energy and feelings of wellbeing

**Drug Risks 14**

* Can cause dehydration, users should drink water but be aware that too much water can also be dangerous. Recommendation is small sips and no more than 1 litre per hour or preferably drink sports/energy drinks instead of water (i.e. electrolyte containing liquids).
* Strength and/or chemical content can vary causing effects to be unpredictable
* Can cause sleep problems. Can cause jaw muscles to tighten.

 **HEROIN**

**7**

**Heroin**

Smack / Kit / Brown

* Depressant drug
* Made from opium poppy, usually comes as a brown or grey powder
* Can be smoked, injected or sniffed

**Law 4**

**Class A Drug**

* Possession can get you up to seven years in jail
* Supplying someone else, including your friends, can get you life and an unlimited fine

**Drug Effects 8**

* Feelings of warmth and well being
* Decreases feelings of emotional pain
* Very strong painkiller

**Drug Risks 8**

* Slows down the central nervous system leading to decrease in normal functions such as breathing and heart rate which can lead to coma or respiratory failure
* Users can experience very strong cravings and very unpleasant withdrawals when not using the drug
* High risk of dependency

 **KETAMINE**

**3**

**Law 10**

**Class B Drug**

* Possession could now get you up to five years in jail and an unlimited fine
* Supplying to someone else could get you up to 14 years in jail and an unlimited fine

**Ketamine**

Ket / Special K / K

* Depressant / hallucinogenic drug
* Grainy, white powder but can also come as tablets, liquid or crystals
* Can be swallowed or snorted

**Drug Effects 6**

* Reduces sensations in the body giving users a floating feeling as if the mind and body have been separated
* Can also distort reality changing how people see and hear things

**Drug Risks 6**

* Linked to abdominal cramps and serious bladder problems
* Can cause loss of feelings and paralysis of muscles
* Risk of hurting yourself whilst using as cannot fully feel body parts
* Can cause confusion, panic attacks, and depression and when taken in large doses
* Can make existing mental health problems worse

 **LSD**

**2**

**LSD**

Acid / Tab / Trips

* Hallucinogenic drug
* LSD is a man made drug. Only tiny amounts are needed to get an effect
* Commonly swallowed in small blotting paper squares dipped in LSD

**Law 8**

**Class A Drug**

* Illegal to have, give away or sell
* Possession is illegal and can get you up to seven years in jail and /or an unlimited fine
* Supplying someone else, even your friends, can get you up to life imprisonment and/or an unlimited fine

**Drug Effects 4**

* Effects can last for anything between 6 – 12 hours
* Heightened perception of the world around you
* Distortion of reality, changes how people see and hear things

**Drug Risks 4**

* There is no way of knowing beforehand whether a trip will be good or bad
* Altered perception can lead to increased risk taking
* Can lead to feelings of anxiety and paranoia
* Some users may experience flashbacks after effects of the drug wear off

 **MAGIC MUSHROOMS**

**Drug Effects 2**

* Can cause a good trip or a bad trip similar to LSD
* Can distort colours, sounds and objects
* Can speed up and slow down sense of time and movement
* Can last for around 4 hours

**Drug Risks 2**

* Danger of eating poisonous ones by mistake
* Can cause stomach pains, sickness, and diarrhoea
* Altered perception can lead to feelings of anxiety and paranoia

**Magic Mushrooms**

Mushies / Shrooms / Magics

* Hallucinogenic drug
* Most commonly eaten fresh or dried or made into tea

**Law 15**

**Class A Drug**

* Both fresh and prepared forms are illegal
* Possession can get you up to seven years in jail
* Supplying someone else, including your friends, can get you life and an unlimited fine

**14**

 **METHADONE**

**Law 5**

**Class A Drug**

* This drug is not illegal if it is prescribed to you.
* Unauthorised possession (i.e. without a prescription) can get you up to seven years in jail.
* Supplying someone else, including your friends, can get you life and an unlimited fine.

**Drug Effects 13**

* Used as a painkiller and as substitute opiate in the treatment of heroin addiction
* Decreases feelings of emotional pain
* Can cause feelings of warmth, relaxation and detachment
* Slows down the central nervous system leading to decrease in normal functions such as breathing and heart rate

**Drug Risks 13**

* Can cause sickness, constipation, skin rash, sweating and water retention
* Can lead to coma or respiratory failure
* Risk of dependency.
* Users can experience very strong cravings and very unpleasant withdrawals when not using the drug

**15**

**Methadone**

Meth / Jungle Juice / Script

* Depressant drug
* Synthetic opiate, most commonly comes in liquid form which is swallowed

**NEW PSYCHOACTIVE SUBSTANCES**

**9**

**Drug Effects 5**

* Effects may be stimulant, hallucinogenic, depressant, psychedelic, empathogenic or dissociative, depending on content
* The experience may be very intense and not very pleasant
* Negative effects may include drowsiness, nausea, agitation, insomnia, vivid hallucinations, paranoia, overheating, seizures, breathing difficulties, heart problems.
* If mixed with other drugs and/or alcohol the risks are increased.
* Although often designed to mimic the effects of other drugs they are less predictable

**Drug Risks 5**

* Possibility of adverse effects due to differences in strength /dosage
* NPS have not been tested, short and long term risks are unknown
* There is no way of knowing what effect a substance will have

**Law 13**

**Class A Drug**

Since the Psychoactive Substances Act came into effect on 26 May 2016, none of these drugs are legal to produce, supply or import (even for personal use, e.g. over the internet) for human consumption. This includes selling them or giving them away for free (even to friends) when they are going to be taken to get high

**New Psychoactive Substances**

NPS / Legal Highs / Research Chemicals / Plant Food

* Could be a stimulant, depressant or hallucinogen
* NPS are a range of herbal and / or chemical substances often producing similar effects to other controlled drugs. They are usually sold as powders, tablets or crystals
* NPS covers a wide range of substances and can also be opiods, dissociatives, psychedelics, empathogens and cannabinoids

 **POPPERS**

**Drug Effects 15**

* Lasts 2-5 minutes
* Instant head rush
* Flushed face and neck

**Drug Risks 15**

* Throbbing headache
* Nausea, dizziness
* Bulging eyes

**Law 2**

**Unclassified Drug**

* This drug has few legal restrictions on its use or supply
* Some types are illegal to supply but these drugs are not illegal to be in possession of or use

**8**

**Poppers**

Liquid Gold / Amyl Nitrite

* Depressant drug
* Comes as a liquid in a small bottle
* Vapour is breathed in through nose or mouth

 **SOLVENTS**

**Drug Effects 11**

* Causes sensation similar to being drunk
* Dizziness and light headedness
* Lasts for up to 30 minutes

**Drug Risks 11**

* Nausea and vomiting
* Blackouts
* Sores around mouth and nose
* Squirting straight in to the mouth can cause death

**Law 7**

**Unclassified Drug**

* Under Scottish law you can be prosecuted for 'recklessly' selling substances to any age group if you suspect they're going to inhale them

**4**

**Solvents**

Gas / Glue / Buzz

* Depressant / hallucinogenic drug
* Butane gas, aerosol sprays, glue
* Sniffed or breathed in through a cloth

 **SYNTHETIC CANNABINOIDS**

**Synthetic Cannabinoids**

SPICE / Black Mamba / K2

* Depressant / Hallucinogenic drug
* Vegetable matter sprayed with man-made chemicals similar to THC which is the active ingredient in cannabis. The chemicals are not the same as those found in cannabis but are known as synthetic cannabinoids as they work on the cannabinoid receptors in the brain.



**Law 16**

**Class B Drug**

* While many of these drugs were once legal, with the advent of the Psychoactive Substances Act 2016 it is now illegal to produce, supply, or import them for human consumption – including for personal use.
* Possession for personal use is not an offence, unless in prison.

**Drug Effects 16**

* Mimic the effects of cannabis but they are often far more powerful than cannabis leading to a more intense and not always pleasant experience
* More likely to be associated with hallucinations than natural cannabis

**Drug Risks 16**

* Brand names on packaging do not indicate what the chemicals are inside; contents may vary from supplier to supplier and from batch to batch
* Panic, anxiety, disorientation, confusion and / or palpitations
* Can cause psychotic episodes, which in extreme cases could last for weeks

**17**

 **TOBACCO**

**Tobacco**

Cigs / Fags / Snout / Baccy

* The main drug in it is nicotine which is a stimulant
* Tobacco is made from the leaves of the tobacco plant
* Usually smoked but sometimes chewed or sniffed up the nose

**Law 11**

**Unclassified Drug**

It is illegal for a shopkeeper to sell it to young people under the age of 18 years old

The legal vaping age in the UK is 18. You must be 18 years of age to purchase e-cigarettes or e-liquids from any UK vape shop or online store

**Drug Effects 7**

* Regular users believe that the drug helps them to relax, to handle stress and to feel less hungry

**Drug Risks 7**

* Makes your clothes and hair smell
* A habit can cost a lot of money
* Can lead to premature aging, meaning more wrinkles and a so-called ‘cats bum’ mouth
* Can increase your blood pressure and the heart rate, which can damage the heart and circulation and contribute to heart attacks, strokes and cause cancer.
* Long-term use could leave you with cancer, emphysema or heart disease

**1**

**drugs and the law - LEARNER ACTIVITY 2**

* Ask for examples of things that are against the law.
* Discuss what we mean by something being 'illegal' and 'against the law'.
* Ask for and discuss what happens when people are found to have broken the law.
* Focus on commonly used drugs such as caffeine, alcohol, tobacco, solvents, medicines like paracetamol or aspirin and cannabis and other controlled drugs. Ask the group what they know about laws associated with these substances. Discuss their general ideas without (at this stage) correcting any misinformation.
* Have a group discussion on potential life consequences of being caught with illegal drugs as a young person. (e.g. work experience, choice of career, college or university source, travel visa to certain foreign countries.
* If you need more information about drugs laws refer to the information given in the attached factsheets. Identify any areas of confusion or where the group feels they need more information.

**Further activities:**

* Consider inviting a local police officer to come to talk to the group about drug laws and the way they operate in the area. Prepare with the group before-hand, including identifying questions to ask.
* Invite pairs to choose one drug law they would change. Ask them to prepare a case for how they would change the law and why. Discuss the pair's ideas with the whole group.
* Hold a formal debate about a specific law change. Examples could be 'Cannabis should be treated the same as alcohol' or 'Young people should be able to buy alcohol at 16 years old'. First hold a vote on how many people are for and against. Then divide the group in two and ask each half to prepare a case for and against. Hold the debate. Finally take another vote and see if anyone has changed their mind as a consequence of the debate.

**Key Messages**

* Importance of knowing your rights in terms of the law in relation to drugs
* There can be long term consequences for a young people if caught in possession of drugs or supplying. For example; it can affect future employment prospects and may restrict travel opportunities.

**are these people breaking the law?**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| 1. A 15 year old gives some cannabis to a friend |  |  |
| 1. A shopkeeper sells butane lighter fuel to a 17 year old who says he is buying it for his dad |  |  |
| 1. A shopkeeper sells lager to a 17 year old who says he is buying it for his dad |  |  |
| 1. A shopkeeper sells cigarettes to a 15 year old |  |  |
| 1. A landlord allows a 14 year old to come into their pub alone and buy a cola |  |  |
| 1. A landlord sells lager to a 16 year old that is in their pub having a meal with their parents. |  |  |
| 1. A chemist sells 50 paracetamol to an 18 year old. |  |  |
| 1. A 17 year old grows a cannabis plant in their bedroom |  |  |
| 1. A 17 year old gets some ecstasy tablets for a friend with money the friend gave to them? |  |  |
| 1. Ali picks a load of magic mushrooms, takes them home, brews them into tea and dries some out to keep them. |  |  |
| 1. Fiona's friends all give her £3 to go and get the some ecstasy tablets. Fiona goes off and buys the tablets for her friends. Can Fiona be done for supplying drugs? |  |  |
| 1. James' parents are out for the night and he lets his mates smoke cannabis in the house? |  |  |

**are these people breaking the law? answers**

|  |  |
| --- | --- |
| 1. Yes | The friend who gets the cannabis *could* be charged with supplying a controlled drug. The friend who receives the cannabis is also breaking the law by being in possession.  *Note: Small amounts of cannabis for personal use, including a plant, are more likely to be given a caution or on the spot fine.* |
| 1. Yes | The shopkeeper is committing an offence if they sell butane lighter fuel to someone known to be under 18. |
| 1. Yes | It’s against the law for anyone under 18 to buy alcohol in a pub, off-licence or supermarket or online. The shopkeeper is committing an offence by selling alcohol to under-18's. They could be fined and lose their licence to sell alcohol. |
| 1. Yes | The shopkeeper is committing an offence by selling cigarettes to an under-18. They could be fined. The young person is also committing an offence. |
| 1. Yes | Children aged under 16 must be accompanied by an adult in a pub or bar. |
| 1. No | It’s illegal for an adult to buy alcohol for someone aged under 18. The exception to this is where they are buying beer, wine or cider for someone aged 16 or 17 to be drunk with a table meal where an adult is present. |
| 1. No | However, new guidelines have been introduced recommending that a maximum of 32 paracetamol tablets are sold to people at any one time. This is because of the danger of people taking too many in one go, which can result in fatal overdose. |
| 1. Yes | Yes, even if the young person does not harvest or use the cannabis.  *Note: Small amounts of cannabis for personal use, including a plant, are more likely to be given a caution or on the spot fine.* |
| 1. Yes | They could be prosecuted for supplying ecstasy, even if it was not their money and they made no profit from it. Supplying ecstasy is a serious offence (on a par with heroin and cocaine) and can easily result in a prison sentence. |
| 1. Yes | It is against the law to pick, eat brew cook, dry out or be in possession of magic mushrooms. |
| 1. Yes | Yes, even if she makes no profit and uses her friend’s money to buy the tablets. |
| 1. Yes | Yes it is an offence to knowingly allow premises you own or occupy to be used for smoking cannabis. As a result his parents could also be charged. |

**Drugs and the Law Factsheet (source: Know the Score 2017)**

**Supply (Dealing)**   
You don't have to be a big-time drug dealer to be charged with supply-related offences. If you're caught with drugs and it looks like you've bought them to sell, or give to your friends, you could be charged with 'possession with intent to supply' or 'supplying drugs'. Either offence can mean up to life imprisonment or an unlimited fine or both.

**Possession**  
This is where you get caught with drugs that you're going to use yourself. A report will be sent to the Procurator Fiscal to decide whether to prosecute you or not. Depending on the Class of drug you're caught with and individual circumstances, you may get up to 7 years imprisonment or an unlimited fine or both.

|  |  |  |  |
| --- | --- | --- | --- |
| **The Consequences** | | | |
| **Class** | **Drug** | **Possession** | **Supply and production** |
| A | Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, methamphetamine (crystal meth) | Up to 7 years in prison, an unlimited fine or both | Up to life in prison, an unlimited fine or both |
| B | Amphetamines, barbiturates, cannabis, codeine, ketamine, methylphenidate (Ritalin), synthetic cannabinoids, synthetic cathinones (eg mephedrone, methoxetamine) | Up to 5 years in prison, an unlimited fine or both | Up to 14 years in prison, an unlimited fine or both |
| C | Anabolic steroids, benzodiazepines (diazepam), gamma hydroxybutyrate (GHB), gamma-butyrolactone (GBL), piperazines (BZP), khat | Up to 2 years 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 |

**So called ‘legal highs’ and New Psychoactive Substances (NPS)**

**The** *Psychoactive Substances Act 2016* makes it an offence to produce, supply, offer to supply, possess with intent to supply, possess on custodial premises, import or export psychoactive substances; that is, any substance intended for human consumption that is capable of producing a psychoactive effect. The maximum sentence will be 7 years’ imprisonment.

Possession **is not an offence**, except in a ‘custodial institution’ (prison, young offender centre, removal centre etc.).

**Life consequences**

A drugs conviction has many consequences and can have a huge effect on every aspect of your life. It could affect your education, your future career plans and could even prevent you from going on holiday to certain countries.

**Drugs and studying**

Some people think that taking certain drugs enables you to stay awake, and so helps you to cram in hours of studying. In actual fact, most drugs will have an adverse effect and could have an impact on your memory and concentration. Each school, college and university has its own policies and practices about what will happen if you are caught with illegal substances. You will be dealt will appropriately by the establishment and in most cases you could be excluded.

**Drugs and future employment**

An increasing number of professions automatically exclude individuals with past convictions related to drugs. You could be asked about previous convictions on your application and may also be required to do a drugs test for a job interview or at random intervals during your employment, even if you do not have a record. Lying about something like this could hinder your application.

**Drugs and driving**

It is an offence to drive or be in charge of a motor vehicle when unfit through drugs. If you are found guilty of driving when under the influence of drugs, there’s an obligatory 12 months disqualification and a fine. In cases involving accidents then longer disqualifications, stiffer fines and imprisonment can apply.

**Drugs and travelling abroad**

You are required to admit past substance use and offences when completing visa forms for travel to certain countries.With a previous conviction you could be refused entry to certain countries, or even sent back.

You also need to be aware of the different laws around drug use and smuggling in other countries. Some countries have more severe penalties than the UK including the death penalty. Individual embassies can provide you with more information about travelling. Visit the Foreign and [Commonwealth Office website](http://www.fco.gov.uk/) for further information.

**Drug Driving**

## **It is **your legal duty** to ensure you're fit to drive -** <https://roadsafety.scot/topics/drug-driving>

Lots of drugs can affect your ability to drive safely including some over-the-counter medicines (like cough and hay-fever medicines) and many prescribed drugs. Always read the information leaflets that come with medicines carefully or ask a pharmacist or your doctor for advice.

Read on to find out how drugs affect driving and the consequences of getting caught.

**Drugs and Driving: The Effects**

Driving under the influence of drugs can seriously affect your driving and increase the danger of having an accident. The effects of driving under the influence of drugs include:

* Slower reaction times
* Impaired co-ordination
* Blurred vision
* Over-confidence
* Loss of concentration
* Increased risk-taking behaviour
* Inappropriate driving
* Not being able to judge distances and speeds properly

**Drugs and Driving: The Law**

It is an offence to drive a motor vehicle whilst impaired through the use of drugs.

Causing death by dangerous driving whilst under the influence of drink or drugs will result in a maximum 14-year jail sentence and a minimum 2-year driving ban.

**Police in Scotland can carry out immediate roadside testing using a ‘Drug Wipe’. Drivers found to be under the influence of drugs will be arrested and taken to a nearby police station where a blood sample will be required which will be subject to subsequent laboratory analysis. Even drivers that pass the test can still be arrested if police think their driving is impaired.**

**Consequences of drink or drug-driving**

The amount of drinks or drugs you have taken makes no difference. Whether you're just over the limit or well over the limit, in the eyes of the law you are still a convicted drunk-driver or drug-driver and the consequences are exactly the same. If caught drunk-driving over the limit the 'next morning, motorists face the same consequences as if they had been caught the night before.

Drug-driving is a criminal offence. It’s just as dangerous as drink driving and you face equally tough penalties – even if it’s your first offence: A minimum 12-month driving ban, 3-11 penalty points on your driving licence, Up to 6 months in prison, An unlimited fine, An offence which stays on your licence for 11 years, a criminal record for a lengthy period of time, Potential loss of your vehicle.

Causing death by careless driving whilst under the influence of drugs will result in a maximum 14-year jail sentence and a minimum driving ban of two years

Police Scotland has officers in every area of the country who are trained to detect drug-drivers. If a Police officer suspects a driver is under the influence, they can be taken to a police station where a doctor will take a blood sample for testing.  Driving, or attempting to drive, whilst over the limit or while under the influence of drugs will result in:

* Loss of your licence with an automatic 12-month driving ban
* A fine of up to £5,000
* A criminal record for a minimum of 20 years
* An offence which stays on your licence for 11 years
* Potential loss of your vehicle

**Drug Rape**

**Some victims of rape and sexual assault report having been deliberately drugged or 'spiked'.**

Willingly taken or not, one danger of drugs is that they reduce people's ability to sense when a situation isn't safe and can mean they take risks they wouldn't normally take.

**Drugs and personal safety**

Being under the influence of drugs can make it difficult to judge people's character and intentions and make it much harder to make good decisions about personal safety. If a person is forced to take part in unwanted sexual activity, the fact that they were under the influence of drugs makes no difference - the law still says a crime has been committed.

**Rape and the Law**

The legal penalties for 'drug rape' - where a person was raped, sexually assaulted or sexually coerced after being drugged or while under the influence of drugs - are the same as for any other kind of rape. A conviction for rape can mean up to life imprisonment.

Read more about Sex and The Law at [Sexual Health Scotland](http://www.sexualhealthscotland.co.uk/sex-relationships/sex-the-law)

**Have you been affected by rape or sexual violence?**

Rape Crisis Scotland provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened. The helpline is open from 6pm to midnight, 7 days a week.

Call **08088 01 03 02** (free from landlines, mobile charges may vary) - <https://www.rapecrisisscotland.org.uk/contact-support/>

**so what do you think about alcohol? – learner activity 3**

Either:

* Give pupils the ‘So what do you think about alcohol?” question sheet, ask them to complete this individually and then compare statements with a partner.

*Or/and then*

* Place one of the four labelled sheets in separate comers of the room and play game below:

1. Read out each statement and ask the young people to move to the comer of the room that matches their response.
2. When in their comer, ask the young people in each of the comers to justify their opinion. Ask for any counter arguments.
3. Ask the young people if they would like to change comers in light if the discussion?

*(Note: this activity needs particularly sensitive handling as it asks the young people to express their opinions, thoughts and feelings on a range of alcohol-related issues. As with the other activities, it is essential to have a safe and accepting learning environment).*

## Ask the young people some of the following questions:

* What surprised you about the way in which you answered some of the statements?
* What surprised you about the way in which some of the others answered the questions?
* Have you changed any of your opinions as a result of this session?
* What opinions have changed?
* What would make you change some of your opinions about alcohol?
* Anything else?

## Reflection / Review:

* Ask the young people in turn to complete the following statement:

**“If I drink alcohol in the future I am going to make sure that I…”**

**Key Messages**

* It is important to consider your own and other people’s attitudes towards alcohol and related issues

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| A party is no good without alcohol |  |  |  |  |
| 1. You drink to get drunk |  |  |  |  |
| 1. It's NOT ok for girls to get drunk |  |  |  |  |
| 1. It's ok for boys to get drunk |  |  |  |  |
| 1. The more you can drink the more respect you get from others |  |  |  |  |
| 1. If you get drunk nothing serious can happen |  |  |  |  |
| 1. It's great to get a younger kid drunk |  |  |  |  |
| 1. Everybody drinks alcohol |  |  |  |  |
| 1. Drinking alcohol makes you look cool |  |  |  |  |
| 1. Nobody ever got hurt from drinking alcohol |  |  |  |  |
| 1. You should be at least 16 before you're allowed to drink alcohol |  |  |  |  |
| 1. Drinking and driving is not on |  |  |  |  |
| 1. You should always look after your mates when you are drunk |  |  |  |  |
| 1. You should treat alcohol with respect |  |  |  |  |

**so what do you think about alcohol?**

**STRONGLY**

**AGREE**

**STRONGLY**

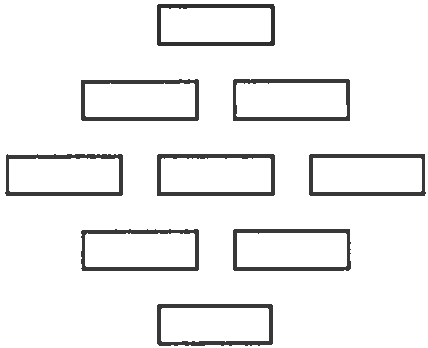
**DISAGREE**

**AGREE**

**DISAGREE**

**why do people use drugs? – learner activity 4**

1. Using **Prompt Cards Set 1 – Why do People Use Drugs?** Ask the groups to select the nine cards that, in their opinion, represent the most powerful pressures, temptations or reasons a young person start drug use or for an existing user to continue to use.
2. There are blank cards which the pupils can use if they feel a reason has been omitted.
3. The group should arrange the cards in a 'Diamond 9’ layout' as shown.



1. The top position should be the most powerful reason to start or continue drug use. And the bottom position is filled by the card that contains the least important reason.
2. The groups should feedback their 'diamond layout' to the class.
3. Encourage discussion why they chose to place a particular card where they did and justify leaving out certain cards or placing them in lower positions.
4. Repeat with **Prompt Card – Set 2 - Reasons to Stop or Not to Start Drug Use.**

## Teacher's notes

1. There are no totally right or wrong answers in the exercise. It is an opportunity for participants to discuss their views and, having come to an agreement, indicate their reasons.
2. Where a group is unable to agree a particular placing, then a simple vote will resolve this.

**Key messages**

* It is important to understand the powerful pressures, temptations or reasons young people start and continue drug use
* Everyone is unique and different and it is important to understand that people's attitudes towards drug use will be different
* Everyone will have different views on drug use and it is important to come to an agreement to reinforce the drug prevention messages.

**Prompt Card Set 1 – why do people use drugs?**

Pressure

from friends

To help forget problems

The thrill of doing something illegal

To be like everyone else

The excitement of risk taking

Experimenting out of curiosity

**Prompt Card Set 1 – why do people use drugs?**

Because just trying them never hurt anyone

You only get a caution if you get caught

To join in

with a group

Just to have

a good time

Everyone

is doing it

**Prompt Card Set 2 - Reasons to Stop or Not to Start Drug Use**

Media reports of drug use

Financial cost

A bad personal drugs experience

Parents

finding out

Getting caught by the police

A girlfriend / boyfriend who dissapproves

**Prompt Card Set 2 - Reasons to Stop or Not to Start Drug Use**

Fear

of addiction

Disapproval

of friends

Health Risks

The death

of a friend

Risk to

education, career or

travel

Risky sexual behaviour