

## Subject-specific vocabulary

<b>Substance</b>	This generic term includes alcohol and other drugs that may be legal or illegal
<b>Controlled substance</b>	Drugs for which the manufacture, possession or use is regulated by the government
<b>Medicines</b>	A drug or remedy that may be prescribed by a health professional or purchased over-the-counter
<b>Side effects</b>	An effect of a drug (including medicines) that is additional to its intended effect
<b>Dependency</b>	A state in which a person relies upon a substance to feel or function as normal, this can be physical and/or psychological
<b>Cessation</b>	The process of reducing and stopping the use of a substance. This may be done independently or with the support of others

## External support services

### FRANK

[talktofrank.com](http://talktofrank.com) 03001236600

Information, help and advice about drugs

### NHS Smokefree

[nhs.uk/smokefree](http://nhs.uk/smokefree)

NHS smoking cessation support service

### We Are With You

[wearewithyou.org.uk](http://wearewithyou.org.uk)

Help and advice to reduce or stop the use of alcohol and other drugs

### Turning Point

[turningpoint.co.uk](http://turningpoint.co.uk)

Support service for a range of issues including substances and mental health

### Nacoo

[nacoo.org.uk](http://nacoo.org.uk) 08003583456

Information and support for anyone affected by a parent's drinking

### Childline

[childline.org.uk](http://childline.org.uk) 0800 1111

Confidential support service

CALLS **DO NOT** APPEAR ON PHONE BILL

Addiction  
Support  
Worker  
Knowledge  
Organiser

## Substance-specific information

### Caffeine

- a stimulant drug often found in drinks such as tea, coffee, soft drinks and energy drinks
- it is advised that children should only consume caffeine in moderation
- caffeine is not necessary for a healthy, balanced diet
- daily intake up to 3mg/kg of body weight does not raise safety concerns

### Alcohol

- found in drinks such as beer, wine and spirits
- amounts of alcohol are measured in units
- an alcohol-free childhood is the healthiest option
- risks include accidents or judgement errors; cancers; high blood pressure; harms to relationships
- the law states that alcohol cannot be sold to under-18s

### Nicotine and tobacco

- nicotine is an addictive substance found in tobacco and other products such as e-cigarettes
- tobacco is used in cigarettes, pipes, cigars, chewing tobacco and shisha
- risks include cancers; heart attack; stroke; reduced fertility
- the law states that nicotine and tobacco products cannot be sold to under-18s

## Influences on decision-making

### Example of influences

- own perceptions, attitudes and beliefs
- curiosity or thrill-seeking
- whether actions fit with one's own values or goals
- the attitudes and actions of friends, role models and celebrities

- family or community religious/cultural beliefs and expectations
- social and cultural norms

### Strategies for managing peer influence

- assertive refusal with or without providing a further reason
- using humour to deflect from the situation
- removing oneself from the situation

- using an excuse to avoid using a substance
- telling a 'white lie'
- discussing intentions with a trusted friend so they can support in pressurised situations
- planning with family members to help by coming to pick them up if away from home
- organising alcohol-free social events

## Subject-specific vocabulary

Substance	Dependency	Problematic use	Cessation	Possession	Intent to supply	Supply
This generic term includes alcohol and other drugs that may be legal or illegal.	A state in which a person relies upon a substance to feel or function as normal, this can be physical and/or psychological.	This describes use of a substance in which a person is dependent or they use the substance recreationally in a way that increases the risk of harm.	The process of reducing and stopping the use of a substance. This may be done independently or with the support of a cessation service.	When a person is found with a controlled drug for personal use. They don't have to be using it they just need to have it.	When a person is planning to give controlled drugs to someone else including selling, sharing or giving for free.	When a person distributes or gives someone a controlled substance including selling, exchanging for reward or 'gifting'.

Addiction  
Support  
Worker  
Knowledge  
Organiser

## Types of influence

<b>Indirect</b>	When a person feels they have to join in even if no-one directly asks the person to do anything
<b>Friendly</b>	Asked to do something by a friend, but it's okay to say no
<b>Heavy</b>	Using/threatening violence or blackmailing
<b>Teasing</b>	Calling people names to make them feel embarrassed
<b>Internal</b>	Pressure from inside the person, e.g. wanting to be part of a group or look cool, or awareness of religious/cultural beliefs and expectations
<b>Online</b>	Seeing things on social media/ the internet that alters perception of substance use

## Substance-specific information

Alcohol	Cannabis
<input checked="" type="checkbox"/> found in drinks such as beer, wine and spirits	<input checked="" type="checkbox"/> a class B drug that is derived from a plant
<input checked="" type="checkbox"/> amounts of alcohol are measured in units	<input checked="" type="checkbox"/> can be smoked, eaten or vaped and can be a solid lump, oil or leaves
<input checked="" type="checkbox"/> an alcohol-free childhood is the healthiest option	<input checked="" type="checkbox"/> varies in strength and effects due to differing levels of CBD and THC
<input checked="" type="checkbox"/> risks include accidents or judgement errors; cancers; high blood pressure; harms to relationships	<input checked="" type="checkbox"/> illegal to possess, grow, sell or give away
<input checked="" type="checkbox"/> the law states that alcohol cannot be sold to under-18s	<input checked="" type="checkbox"/> cannabis-based medicines can be prescribed but these are tightly regulated and are produced by pharmaceutical companies

## Types of drugs

<b>Depressants</b>	Slow body systems, lower cognitive abilities and slow reactions
<b>Stimulants</b>	Speed up body systems; cause pleasure and increase energy
<b>Hallucinogens</b>	Alter perceptions or cause hallucinations, can cause anxiety or panic
<b>Dissociatives</b>	Create feeling of relaxation, numbness or disconnect from the body
<b>Opioids</b>	Cause pleasure or pain relief, can lead to loss of consciousness
<b>Steroids</b>	Increase muscle mass and speed recovery from exercise, linked to paranoia
<b>Cannabinoids</b>	Cause feelings of relaxation or giggliness, linked to paranoia and memory loss
<b>Empathogens</b>	Cause feelings of being 'loved up' or wanting to move and dance, linked to anxiety after use

## Maximum legal penalties for each drug classification

	Class A	Class B	Class C	Psychoactive substances
<b>Possession:</b>	7 Years	5 years	2 years	None unless in education/custodial settings
<b>(Intent to) supply</b>	Life sentence	Life sentence	14 years	7 years

## Subject-specific vocabulary

<b>Substance</b>	This generic term includes alcohol and other drugs that may be legal or illegal
<b>Substance use disorder or 'addiction'</b>	Substance use disorder is the clinical term used to describe what is commonly referred to as addiction. It features a cluster of symptoms including the strong internal drive to use substances or impaired ability to control substance use
<b>Dependency</b>	A state in which a person relies upon a substance to feel or function as normal. This can be physical and/or psychological
<b>Problematic use</b>	This describes use of a substance in which a person is dependent or they use the substance recreationally in a way that increases the risk of harm
<b>Trafficking</b>	The criminal act of trading illegal drugs. Discussion around this topic may raise discussion of exploitation
<b>Cessation</b>	The process of reducing and stopping the use of a substance. This may be done independently or with the support of a cessation service

## Effects of substances

### Production

- poor working conditions or pay for individuals in the production process
- environmental impacts including the energy requirements for cultivation

### Importation

- disproportionate exploitation of individuals from a position of socio-economic disadvantage
- environmental impacts of transport

### Supply

- exploitation of vulnerable groups including children
- damage to the reputation of communities in which substances are sold
- financing of other criminal activity

### Use

- varying levels of harm to health and wellbeing, finances and employment, relationships and safety
- legal consequences
- wider impacts upon legal and health services

## Managing risk and influence

### Self-regulation

- pacing drinking to reduce overall alcohol consumption
- considering healthy coping strategies
- choosing not to use substances

### Social strategies

- assertive 'no thanks' to offers
- establishing expectations with friends
- staying in pairs in independent situations
- assertive explanation of reasons for not using substances

### Locate support

- locating first aid services
- contacting law enforcement services
- discussing support with parents/family
- contacting young people's support services/organisations

## Influences on decision making

### Internal

Influences that come from the person themselves such as:

- own perceptions, attitudes and beliefs
- whether actions fit with one's own values or goals

### External

Influences that come from a person's surroundings such as:

- actions/attitudes of friends or celebrities
- culture, school ethos or family beliefs/expectations
- media influences

## What is a unit?



Units are sometimes hard to understand as most people don't drink in units, they drink by the glass.

Addiction  
Support  
Worker  
Knowledge  
Organiser