

## LEGAL CONSEQUENCES

- You are not entitled to a cannabis warning – Over 18's only (may well be arrested instead);
- You may be interviewed at a police station under caution with parents/ carers present;
- Decision made by a youth panel on the action you receive;
- May result in a criminal record, which could have long term consequences on employment / travel opportunities.

**YOU COULD BE EXCLUDED FROM SCHOOL IF FOUND WITH DRUGS ON SCHOOL PREMISES.**



## WHERE TO GO FOR HELP AND ADVICE:

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

**FRANK**

**fearless**  
.org



**drinkaware**



**YEAR 7**  
**Drugs and Alcohol**

**HELP AND ADVICE**

## WHAT IS A DRUG?

It is a substance that people take to change the way they feel, think or behave;

**THIS DOES NOT INCLUDE FOOD OR WATER.**



**LEGAL DRUGS** - these can be bought over the counter in shops like medicine or caffeine

**PRESCRIPTION DRUGS** - these are legal but only if they have been prescribed to you by a doctor

**ILLEGAL DRUGS** - These drugs are not like medicines to treat illness or disease. They are taken to get an effect from them. They are illegal because they are dangerous to your health and sometimes contain lots of harmful and nasty ingredients.

## ALCOHOL

Alcohol is a legal drug but there are restrictions and recommended limits on its use. Only adults (aged 18 or above) are allowed to buy alcohol

### RISKS

- Loss of impulse control - This means a person may do silly or dangerous things that they would not normally do;
- Loss of control over speech and movement;
- Memory loss;
- It can increase aggressive and violent behaviour;
- It can make people feel very unwell

## CANNABIS

Also known as marijuana, skunk, weed, hash, ganja, hemp, doobie, wacky backy

### RISKS

- Feeling anxious, panicky, suspicious and paranoid;
- Can lack motivation and feel tired;
- Risk of developing mental health problems.

## CIGARETTES

- There are 7000 chemicals in cigarettes;
- Many are known to cause cancer or are poisonous
- Age to buy cigarettes is 18 years old

## ECSTASY

Pure Ecstasy is a white crystal powder which scientists call MDMA, known as 'Molly';

- Can cause anxiety, panic attacks and confusion;
- Raises your body temperature and can cause your heart to beat faster;
- Drinking too quickly interferes with your body's salt balance, which can be as deadly as not drinking enough water.

## NOS – NITROUS OXIDE

(Laughing Gas)

The gas is inhaled through balloons

- Causes fits of giggles – hence the name laughing gas

### NOS CAN CAUSE:

- Headaches
- Vomiting
- Sleepiness
- It starves the brain of oxygen
- People have died from inhaling NOS

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