

## PEER PRESSURE

### HOW CAN YOU SAY "NO"?

- Say it with confidence.
- Practise saying "NO" so that it's easier if someone tries to make you do something.
- Avoid situations which feel unsafe or uncomfortable.
- Spend time with friends who are confident at saying "NO".
- Suggest something else to do. If you don't feel comfortable doing what your friends are doing, why not suggest something different?

## THE TRIPLE TECHNIQUE

- 1 TELL THEM
- 2 TELL THEM YOU'VE TOLD THEM
- 3 TELL THEM AGAIN

## WHERE TO GO FOR HELP AND ADVICE:

childline

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

FRANK

fearless  
Part of Crimestoppers

GLOUCESTERSHIRE  
CONSTABULARY  
101  
IN AN  
EMERGENCY  
ALWAYS  
CALL 999

yst.



YEAR 6  
Drugs and Peer  
Pressure

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.

## RISKS WITH ILLEGAL DRUGS

- Breaking the law – having illegal drugs in your possession or selling them is a crime
- They affect everyone differently
- You don't know what you are taking
- Trying illegal drugs, even once, can make you very, very poorly

## ALCOHOL

- You have to be 18 to buy alcohol

## WHAT ARE THE PROBLEMS WITH DRINKING TOO MUCH?

- 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



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