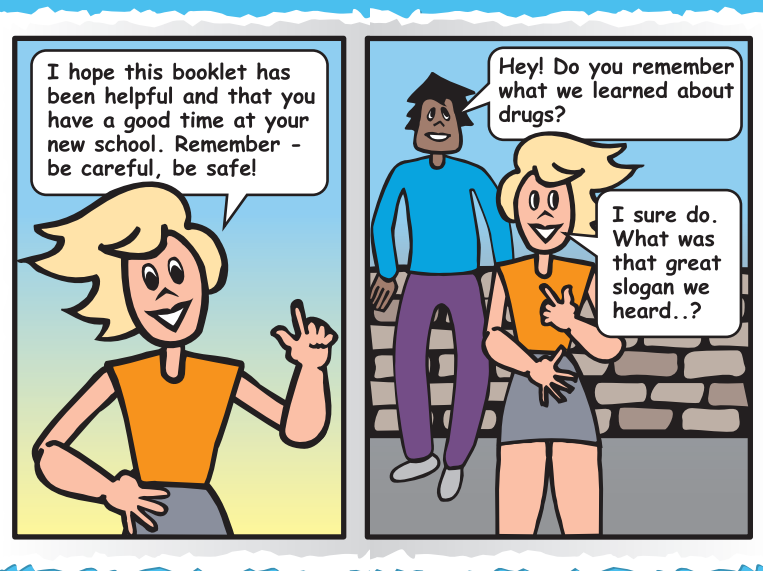


DRUGS

WHAT EVERY YEAR 6 PUPIL GOING TO
SECONDARY SCHOOL SHOULD KNOW!



A study booklet specially written and compiled
to help year 6 pupils avoid the dangers
related to medicines and drugs.

THIS BOOKLET BELONGS TO:

Name of School

This booklet was written and compiled by
Karen Summers and the Year 6 pupils at
St Albert the Great Catholic Primary School,
Hemel Hempstead.

Use this page to jot-down your own notes
and experiences, or paste in more pictures.
Remember to share your thoughts with others.

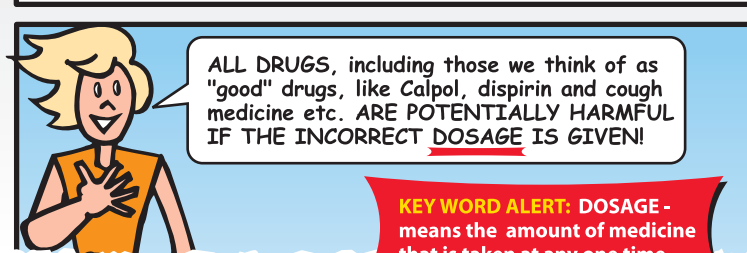
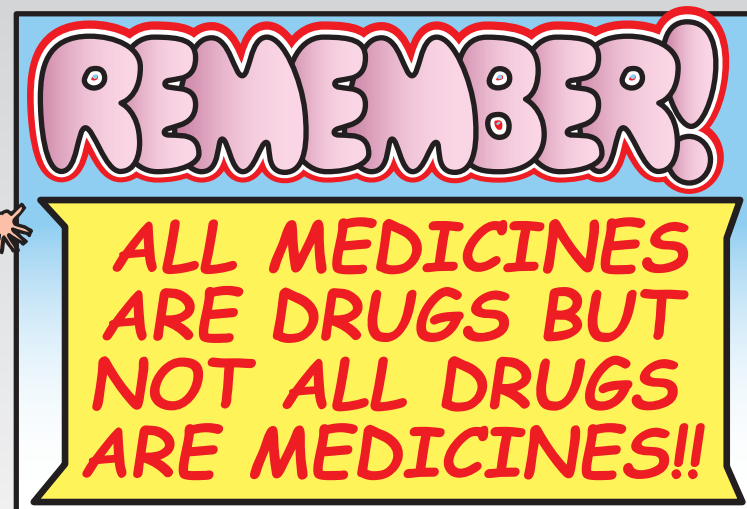
Once you've read this
booklet, why not use
this page to paste in
your own pictures and
reminders!!!!



How do you say "NO" if someone offers you drugs?

- ✓ It is the same as saying "no" to anything you know or feel is wrong or not safe
- ✓ Keep your body assertive, don't smile and make good eye contact
- ✓ Say "No, I'd rather..."
- ✓ Decide what you want to say and stick to it.
- ✓ Role play with someone else how to say "no" in different ways
- ✓ Avoid situations where you feel you may be offered drugs
- ✓ Be with friends that you know well and who share your views on drugs
- ✓ Remember the possible side effects, dangers and long-term problems you may have if you take drugs
- ✓ Talk to an adult you trust (parent, family member, teacher or police officer) and tell them if you are worried.

BE STRONG - BE SAFE!



KEY WORD ALERT: DOSAGE - means the amount of medicine that is taken at any one time.

What every year 6 pupil should know about drugs...

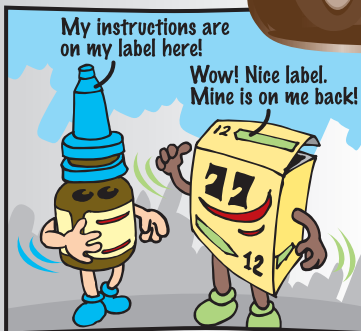
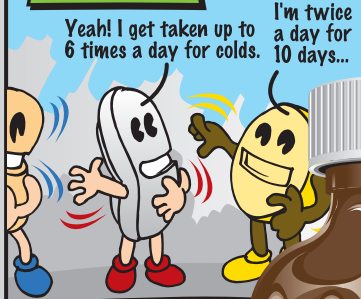
Use this booklet to help you understand the benefits and dangers of drugs. Understand the **Questions?** Look at the tips and the useful reminders and exercises on each page.

Add your own thoughts and slogans to the pages as you work through them. Think about what you find out and remember to never be afraid to ask any questions, or share your thoughts with others.

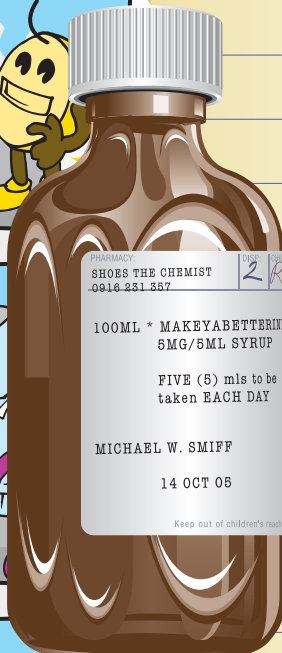
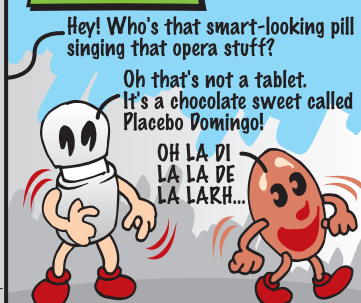
NOW OVER TO YOU
Please read this booklet carefully and if there is anything you don't understand, then please ask an adult you know and trust.

THE DRUG KULTURE KIDS

At the pill party...



The gatecrasher...



Which drugs are helpful to you?

If you are unwell, only the right medicines can help you get better. Here are some guidelines:

✓ Paracetamol, disprin, ibuprofen, asthma inhalers, Calpol, Immodium, cough medicines and many others.

They are **ALWAYS** labelled!

✓ Most of them can be bought over the counter in a chemists. Some need a doctors prescription first.

✓ You must follow the instructions shown, so that you only take the correct dosage for you.

✓ You should never take someone else's medicine.



KEY WORD ALERT: PRESCRIPTION - is a doctors instruction for the type and make-up of a medicine for a particular illness. Only a chemist or pharmacist can give you these types of medicines and drugs.



The best way of avoiding problems with drugs is:



Don't take something if you don't know what it is.



Don't take anything from a stranger - even if your friend offers you something, how do you know what it is?



Don't try drugs at all!

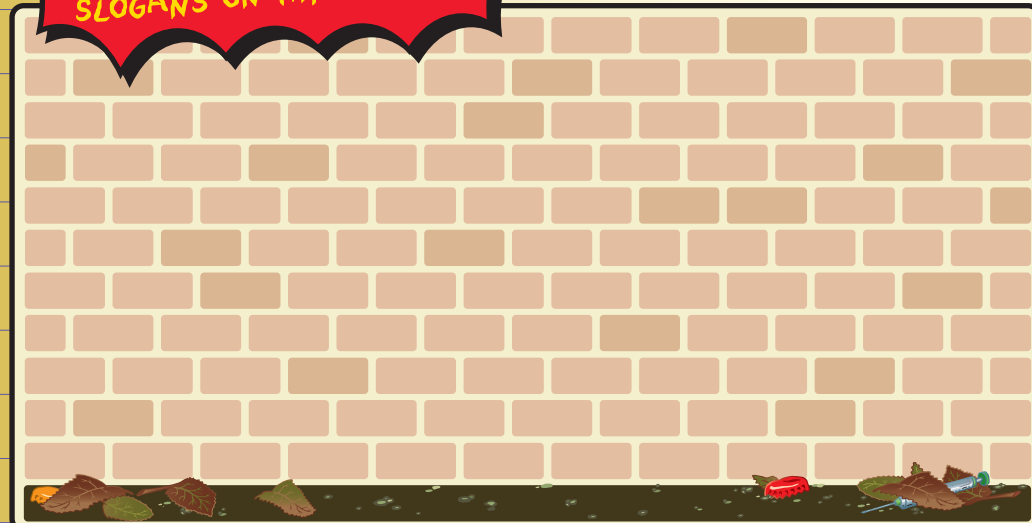


Tell an adult you know, and trust, if you are worried at all about drugs.

DRUG USERS ARE LOSERS!

DRUGS R 4 MUGS

GRAFFITI YOUR ANTI-DRUG SLOGANS ON THIS WALL...



Q Why would people take 'bad' drugs?

- ✓ They are scared to say 'NO'
- ✓ Afraid they may be laughed at and rejected
- ✓ They think it is safe and won't hurt them
- ✓ Boredom
- ✓ Curiosity
- ✓ They are available
- ✓ It is considered a **"cool"** thing to do
- ✓ They think it might be exciting
- ✓ They think they can afford them
- ✓ Like the feeling that taking the drug gives
- ✓ Want to experiment and take risks
- ✓ Become addicted
- ✓ Feel unsure about themselves
- ✓ People around them are taking them
- ✓ Think a small amount won't be harmful
- ✓ Feel it helps them to forget about problems.

Britain has strict laws against people having, selling or passing on many types of drugs. Some people end up stealing or committing crimes to get the money to pay for their drugs.

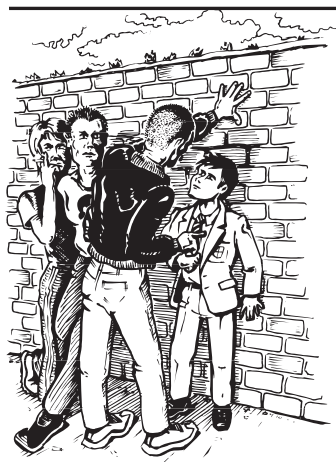
CHARLIE & THE BULLIES

A story of how one boy and his sister said NO! to drugs.

The first time it happened was only a week, or so, after they were back at school. Charlie and his sister, who was a year older, were walking out of the school gate at the end of the day when they were approached by a gang of three older children.

There were two boys and a girl. They weren't in their school uniforms, but Charlie's sister recognised them.

The gang followed them until they were out of sight of the school entrance. Then they forced Charlie up against a wall and started to tell him that they had something he might like to try.



They frightened him, but they couldn't make him change his mind.

Charlie was very frightened, but said "No thanks", and stuck to it.

Eventually, his sister came back with an older friend and the cowardly gang



10 MINUTES LATER..

I FEEL A LOT BETTER NOW.



Q How do drugs work?

They act on the body by lessening pain (e.g. headaches, backache), and making you feel better (e.g. if you have a blocked up nose, sore throat, tummy ache, etc). They can be taken as a medicine, a tablet or applied to the skin as a cream or lotion.

Q Which drugs are harmful?

There are lots of different drugs. Different drugs have different effects. What they do to you also depends on how much you take, how strong it is and the way you take it.



Drugs which are **ALWAYS** harmful usually have slang names. Names like "blow", "smack", "snow", "ice", "whizz" and many more.



I understood these pages:
☐ **YES** ☐ **NO**

If you want to tick NO, then please read the pages again, or speak to an adult you know and trust.



Who are 'the bad guys'?

The drugs that we tend to think of as 'the bad guys' are broadly divided into three main groups:

Drugs which act on the central nervous system and speed up activity. These include: Cocaine, Crack, Cannabis, Ecstasy, Anabolic Steroids, and Amphetamines. Even Tobacco and Caffeine are included.

These are known as **STIMULANTS**

Drugs which affect the mind, distorting the way users see and hear things. Drugs like: LSD, Magic Mushrooms and cannabis.

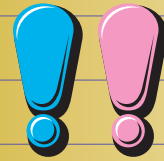
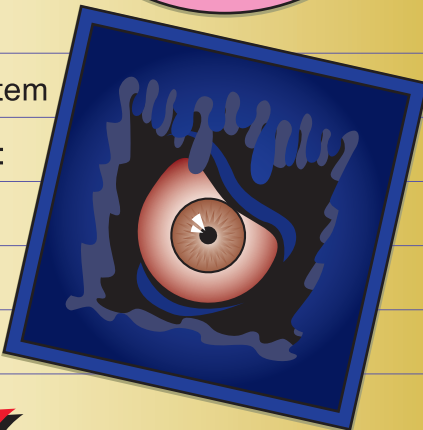
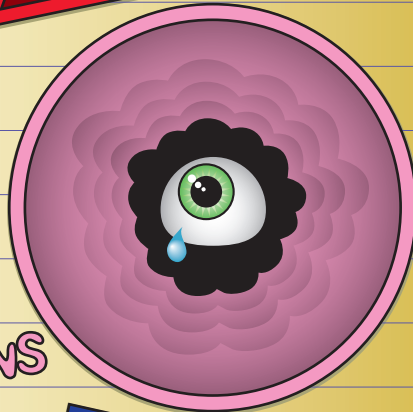
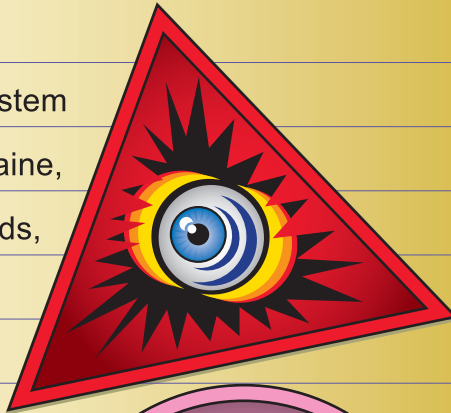
These are known as **HALLUCINOGENS**

Drugs which act on the central nervous system and slow down brain activity. These include:

Tranquillisers, Alcohol, Cannabis, Gases, Glues and Aerosols.

These are known as **DEPRESSANTS**

KEY WORD ALERT: **CAFFEINE** - is commonly found in coffee and tea. It can be found in small amounts in some chocolates and in many popular soft drinks, such as colas and sports drinks.



There are also hidden dangers with 'the bad guys'.

The drugs mentioned on the opposite page can either be smoked, or swallowed in tablet or powder form. They can be eaten in food, injected or sniffed. Sharing needles puts the user at further risk of becoming infected with hepatitis (a disease of the blood) or HIV - the virus which causes AIDS.



If YOU come across a needle or syringe - **DON'T TOUCH IT!** - Tell an adult.



Alcohol and tobacco are the two most popular drugs you will see people using. They are sold in shops, pubs and bars, but can cause serious health problems such as strokes, lung cancer and heart problems.

Solvents and glues are also sold in shops for work use. They give off fumes which are dangerous if breathed in. Even the empty containers contain these fumes.



Find out the meaning of **SOLVENTS** and write what you find out here:
