

# Drugs

Year Group 8

Experience **The Street**

24 Alcorn Close, Sutton, SM3 9PX

T: 020 8296 1287, F: 020 8296 1284

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## Setting the scene...

An older brother and his friend Dan are in his bedroom rolling a joint. His younger brother comes into the bedroom and watches what is going on. The two lads don't notice him.

**Younger brother** "I know what you're doing – you can smell it outside the door..."

**Older brother** is startled; he tries to hide what's going on.

**Older brother** "Shut up – mum might hear – smoking this can get you arrested."

**Dan** (to older brother) "We'll just say your little brother was smoking it too, so I don't think he'll tell."

**Older brother** (to little brother) "Do you want to try?"

**Dan** "Hang on, only if he stashes this (holds up tiny bag of cannabis) in his room."

**Younger brother** "Shh! Did you hear something?"

**Dan** "Chill-ax. Sounds like you need this more than me. Go on... stash that (holds up bag) and you get a bang on that (holds up joint). What's it to be?"

**Younger brother voiceover** *Should I have a puff and hide their gear in my room? But that would be breaking the law – I could get arrested.*

**Dan voiceover** *I hope his kid brother looks after it for me. I don't want to carry it home – cannabis is a class B drug.*

**Older brother voiceover** *I'm not sure I should let my kid brother smoke this stuff. It can really mess with his head, but I don't want to look stupid in front of Dan.*

**Dan** "Well... you going to stash the gear for me or not?"

**Younger brother voiceover** *We can all choose to stay out of trouble. We can choose to say 'no'. What would you choose?*

## Know the facts...

If you're caught with cannabis the police will always take action. If you're 10 or over you can be arrested. Don't use and don't be used.



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## Drugs lesson plan

### 1 What are the effects of drugs?

- a. As a whole class, ask for volunteers to come to the front of the class and hold up one of the drug cards.
- b. The rest of the class then decides, by moving the volunteers around which:
  1. Drug costs the most to the government in terms of ill-health?
  2. Drug costs the most in terms of human lives?
  3. Drug is most commonly used by young people?

#### Answers:

1. Tobacco
2. Tobacco
3. Cannabis, alcohol, tobacco

### 2 What effect do drugs have on the body?

- a. Divide the class into small groups.
- b. Each group is given a piece of flip chart paper divided into three sections with the following categories listed:
  - Hallucinogenic
  - Depressant
  - StimulantClarify the meaning of each category.
- c. Using the drug card list, the groups decide which category each drug belongs to.
- d. Hold a whole group discussion about any surprises and or challenging discussions that resulted from this question.

### 3 What is a risk?

- a. Divide the class into small groups.
- b. Each group is given six scenarios from the attached list and decides whether each scenario is considered a risky or non-risky behaviour. The group then explains why they have come to that conclusion.
- c. Hold a whole class discussion to clarify what is a risk.

### 4 Plenary

What are the key messages that have been learnt in the lesson and what could be the challenges for you as a young person not to use drugs.



approximately 1 hour

**Anabolic  
Steroids**

**Magic  
Mushrooms**

**Amphetamines**

**Khat**

**Ketamine**

**Barbiturates**

**Poppers**

**Tranquillisers**

**Crack**

**Caffeine**

**Solvents**

**Ecstasy**

**Cocaine**

**LSD**

**Alcohol**

**Cannabis**

**Tobacco**

**Steroids**

**Heroin**



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## Drugs lesson plan – Drug Categories

Which of these three categories applies to the drugs below

**H** Hallucinogenic   **S** Stimulant   **D** Depressant

Amphetamines	<b>H</b>	<b>S</b>	<b>D</b>	LSD	<b>H</b>	<b>S</b>	<b>D</b>
Khat	<b>H</b>	<b>S</b>	<b>D</b>	Tobacco	<b>H</b>	<b>S</b>	<b>D</b>
Ketamine	<b>H</b>	<b>S</b>	<b>D</b>	Cannabis	<b>H</b>	<b>S</b>	<b>D</b>
Anabolic Steroids	<b>H</b>	<b>S</b>	<b>D</b>	Heroin	<b>H</b>	<b>S</b>	<b>D</b>
Poppers	<b>H</b>	<b>S</b>	<b>D</b>	Magic Mushrooms	<b>H</b>	<b>S</b>	<b>D</b>
Barbiturates	<b>H</b>	<b>S</b>	<b>D</b>	Steroids	<b>H</b>	<b>S</b>	<b>D</b>
Crack	<b>H</b>	<b>S</b>	<b>D</b>				
Tranquillisers	<b>H</b>	<b>S</b>	<b>D</b>				
Solvents	<b>H</b>	<b>S</b>	<b>D</b>				
Caffeine	<b>H</b>	<b>S</b>	<b>D</b>				
Cocaine	<b>H</b>	<b>S</b>	<b>D</b>				
Ecstasy	<b>H</b>	<b>S</b>	<b>D</b>				
Alcohol	<b>H</b>	<b>S</b>	<b>D</b>				

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## Drugs lesson plan – Risk Scenarios

- 1 A young person goes to the gym 5 times a week & doesn't smoke, drink or take drugs. **High Risk** **Low Risk**
- 2 A 19 year lad uses crack at weekends only. **High Risk** **Low Risk**
- 3 A group of girls only drink at weekends, but do have quite a lot and sometimes pass out and have to be taken to hospital. **High Risk** **Low Risk**
- 4 I smoke cannabis as it makes me sociable and relaxed. **High Risk** **Low Risk**
- 5 I only smoke when I drink. **High Risk** **Low Risk**
- 6 I smoke 20 a day. **High Risk** **Low Risk**
- 7 Sam had a few drinks at weekends with friends and they do a few things, only small things, like graffiti and nicking CDs. Sam usually smokes a bit of cannabis everyday. **High Risk** **Low Risk**
- 8 Mitch only drinks at weekends but then has loads and gets really drunk sometimes and throws-up. **High Risk** **Low Risk**
- 9 Paul smokes cannabis as he thinks it makes him sociable and relaxed and he thinks it's legal anyway! **High Risk** **Low Risk**