

ALCOHOL AND SUBSTANCE MISUSE

WHAT IS A DRUG?

• A substance that alters the way your mind and body works.

FOUR CATEGORIES OF DRUGS

- **Socially Acceptable** a drug of any description which is legally available and widely used by society.
- Over the Counter drugs which can be bought by the public from the chemist or a shop to help treat minor illnesses.
- **Prescribed** drugs prescribed by a Doctor/Dentist to a patient to cure or treat an illness or condition.
- **Illegal Drugs** Those which should not be available for the public use and have not been prescribed by a Doctor.

Below is a table with some examples of the categories above

Socially	Over The	Prescribed	Illegal Drugs
Acceptable	Counter		
Tea	Paracetamol	Insulin	Cannabis
Coffee	Nurofen	Antibiotics	Cocaine
Energy Drinks	Aerosols	Penicillin	Diazepam
Alcohol	Cough Medicine	Diazepam	Methadone
Chocolate	Tobacco	Sleeping Aids	Ecstasy
			Heroin

CLASSES OF DRUGS

Law

It is against the law for any person to possess, sell or grow an illegal drug.

OFFICIAL

CLASS	DRUG	Supply	Possession
A	Heroin, Ecstasy, Cocaine,	Up to life in prison	Up to 7 years
	Methadone		in prison
В	Cannabis, Amphetamines	Up to 14 years in	Up to 5 years
		prison	in prison
C	Diazepam	Up to 14 years in	Up to 2 years
		prison	in prison

WHAT IS THE DIFFERENCE BETWEEN PRESCRIBED AND ILLEGAL DRUGS

Prescribed Drugs	Illegal Drugs	
 Come in a packet/bottle Has a label on the packet Patients name Instruction/Dosage Side effects/instruction List of Ingredients Warnings Given by a doctor/nurse/dentist 	 Comes in wraps Does not have instructions No warnings No list of side effects No name/label/dosage No list of ingredients Can contain harmful chemicals 	

MANUFACTURE

Prescribed drugs are manufactured under strict guidance, rules and are controlled, unlike illegal drugs which are often manufactured in poor conditions by dealers and have no guidance or rules.

Often illegal drugs are mixed with harmful substances.

SMOKING

It is against the law for a person under the age of 18 to buy/attempt to buy or to have bought for them tobacco (including E Cigarettes).

It also against the law for anyone under the age of 18 to be in possession of these items in a public place.

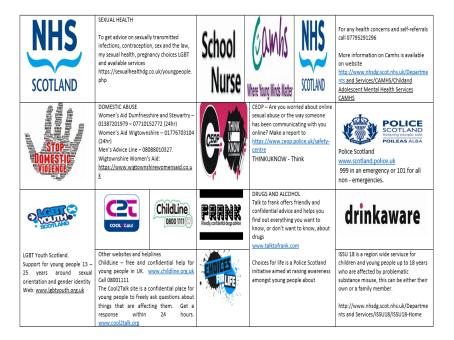
ALCOHOL

- It is against the law for anyone under the age of 18 years to buy or attempt to buy alcohol.
- It is against the law for anyone under the age of 18 years to drink/be served/alcohol in a Licenced premises, with the exception of over 16 who can have a small glass of beer, wine, cider, perry with a meal with permission of the Licensee and adult present.
- It is against the law for any person to buy alcohol to supply to someone under the age of 18 years to drink in a public place.

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If a Police Officer suspects that you are under 18 and in possession of alcohol, cigarettes, tobacco or cigarette papers in a public place then they can confiscate them.

Help and Support Information



WHO YOU CAN SPEAK TO

- Teachers/Support Teachers
- Police
- Doctor/School Nurse
- Family
- Someone you trust

There are also sites like Talk to Frank, Choices for Life and Know the Score which provide information about different drugs and the effect they can have on your body.

NEVER LEAVE ANYONE UNDER THE INFLUENCE OF DRUGS/ALCOHOL ON THEIR OWN.



OFFICIAL



What Should I Do if My Friend has a Bad Reaction to Drugs.

Taking drugs can be risky and dangerous. Even if you've tried them before or trust your supplier it's often difficult to know how they will affect you.

Remember: you won't get into trouble. Paramedics and doctors just want to make sure you and your mates are safe.

If someone has had a bad reaction to drugs they might be feeling anxious, tense, panicky, overheated, dehydrated or having difficulty breathing.

If they have taken drugs and have a bad reaction there are a number of things you should do to help them:

- If they are panicky then it's important for you to reassure them that everything is going to be fine.
- Try and figure out what it is they have taken.
- Keep your friend away from loud noises and bright lights, and stay with them.
- If your friend is breathing too quickly, or if they are gasping for breath, they might get dizzy and this can increase panic. Try to get them to breathe slowly and regularly.
- Don't scare, shout or do anything which could make them more anxious.
- If you're in a club take them to a cool and quiet place, give them plenty of water and sponge them down with cold water.

If they are sleepy and out of it

If your friend is drowsy but conscious it could be they've taken downer drugs, such as alcohol, tranquilizers or heroin, but it can also happen with solvents such as glue or an aerosol.

- Keep your mate awake and alert. Do not put them to bed.
- If they want a drink, give them sips of lukewarm water.
- Most importantly don't leave your friend on their own.

If they don't respond or are unconscious

If at any stage your mate becomes unconscious call an ambulance and place them in the <u>recovery position</u>. Stay with them until the ambulance has arrived and try to keep them calm. Here's what to do if you need to call 999.

Never leave someone on their own if they are under the influence of drugs or alcohol. Always stay with them and GET HELP!!!! YOU COULD SAVE THEIR LIFE!!!!