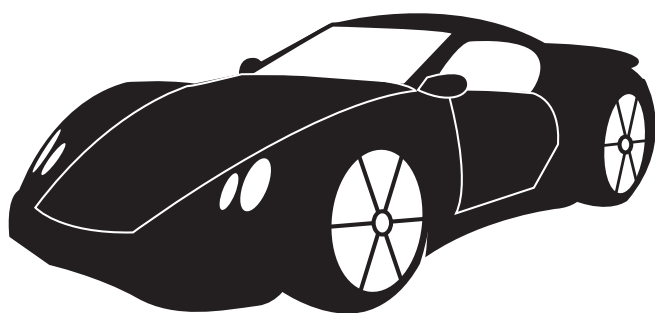


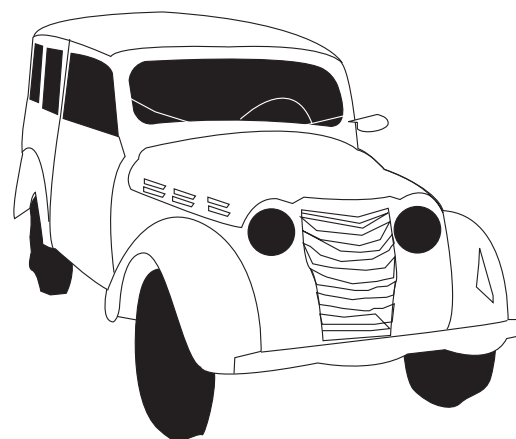
## Resource 1 (Activity 1) Categories Of Drugs

In Year 8, a car was used as an example to describe the four categories of drugs.

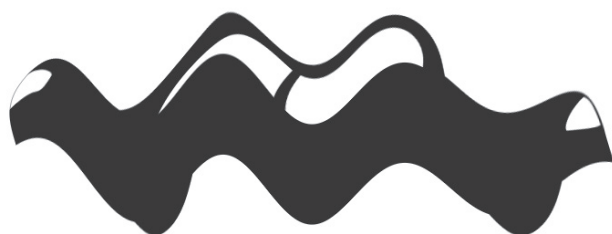
- Drugs that slow the body down were like the brakes (depressants).
- Drugs that speed the body up were like the accelerator (stimulants).
- Drugs that make it seem like there is oil over the windscreen and change the way we see things (hallucinogens).
- Drugs that block pain like the airbag (opiates).



Stimulants



Depressants



Hallucinogens



Opiates

## Resource 2 (Activity 1) Types Of Drugs Match

Draw a line from the drugs named on the left hand side to the category you think they belong to.

Drug Names	Category
Alcohol	Stimulants
Nicotine	Depressants
Speed	Hallucinogens
Ecstasy	Opiates
Heroin	
Cocaine	
LSD	
Cannabis	
Solvents	
Caffeine	

**Resource 2 (Activity 1)****Types Of Drugs - Answer Sheet (1 of 2)**

**Alcohol (Depressant)** Initially gives you a feeling of relaxation and confidence. It is addictive if used regularly. There are serious physical health effects if you drink regularly or binge drink. It can affect the liver, nervous system and brain. There are no known safe limits for children and teenagers. Young people can get themselves into dangerous situations if they are drunk, e.g. fighting, having unprotected sex, etc.

**Nicotine (Stimulant)** is highly addictive and causes diseases such as cancer, heart disease and high blood pressure.

**Speed (Stimulant)** also known as Amphetamines, speed, uppers, whizz, sulphate, comes as a powder (orangey yellow or a dirty white) or as tablets. Amphetamines can be swallowed, sniffed, smoked or injected. Sometimes they are made into a liquid to drink. People feel as if they have lots of energy, 'buzzy' and often talk a lot. But, again, you can also feel very scared and anxious or grumpy and some people hallucinate.

**Heroin (Opiate)** also known as H, smack, skag, horse, junk, brown, is a brown-white powder. It is smoked, sniffed or injected and makes people feel very relaxed, content, and cut off from the world. It is highly addictive, even if not injected. There is also the extra risk of getting liver disease (hepatitis) or HIV infection, which can lead to aids. Over-the-counter codeine medication is in the same family of drugs.

**Cocaine (Stimulant)** also known as, coke, snow, Charlie, C and crack cocaine (rock, wash, stone) makes people feel confident and lively, but can also make them feel tired, scared, unable to sleep and can cause damage to the chest and nose. Cocaine can also lead to agitation, convulsions, fits and overdose. Cocaine is a white powder that is sniffed up the nose, and can be dissolved and injected. Crack cocaine comes as crystals (rocks) the size of a baked bean. It is smoked and has similar effects to cocaine powder, but these effects are more rapid and intense, and wear off quickly.

**Ecstasy (Stimulant with "psychedelic" effect)** also known as, E, pills, brownies, disco biscuits, hug drug, Mitsubishis, Doves, XTC comes in tablets in lots of different colours and shapes. They make people feel happy, lively and very friendly. But some people feel anxious and scared. If you take it while dancing a lot, it is easy to become dehydrated and this can be fatal.

**LSD Hallucinogen** also known as, acid, trips, tabs, microdots, stamps comes on small pieces of paper impregnated with the drug. The little squares have pictures on them. LSD is eaten or sucked. The effect is to hallucinate (trip) and see odd shapes or colours or hear noises. Trips can be pleasant or terrifying and can last for several hours. You can also have 'flashbacks' several months later, when you have similar experiences to the trip, even though you haven't taken LSD for weeks.

**Resource 2 (Activity 1)****Types Of Drugs - Answer Sheet (2 of 2)**

**Cannabis (Depressant with hallucinogenic properties)** also known as marijuana, grass, dope, weed, skunk hemp is currently the most commonly used illegal drug among young people. Cannabis resin looks like a gravy-browning cube, or cannabis/marijuana can look like dried herbs or seeds. It is usually rolled into a 'joint' and smoked like a cigarette or through a special pipe. It can also be baked in cakes. Most people find it makes them feel relaxed, and they may feel they want to talk or laugh a lot. It can also make you feel panicky and nervous, confused, tired and hungry. It can cause lung diseases, just like cigarettes do. For some people, cannabis use can trigger schizophrenia.

**Solvents (Depressant)** such as glue, butane gas, and aerosols can be sniffed, sprayed into the mouth/nose, or the fumes breathed in using a gas-filled bag. It makes people feel 'high'. These substances can make people do things that they wouldn't normally have the courage to do, and they may hallucinate. The heart can stop and this can lead to death, even when tried for the first time.

**Caffeine (Stimulant)** the drug found in coffee and tea. Makes people feel more alert. Too much and/or withdrawal can cause headaches, shakes and heart palpitations. While not on the work sheet for pupils, tranquillisers are depressants (e.g. valium or diazepam, temazepam, tranx, jellies). They come as capsules and tablets of differing colours and shapes. They are eaten or injected. People feel relaxed and may fall asleep. Although often prescribed by GPs, they are often misused. They are highly addictive.

**Resource 3 (Activity 1)**

Most / Least Dangerous Drug (1 of 2)

alcohol

nicotine

speed

heroin

cocaine

ecstasy

LSD

cannabis

solvents

### Resource 3 (Activity 1)

## Most / Least Dangerous Drug - Answer Sheet (2 of 2)

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There is no absolute answer.

Different drugs are dangerous in different ways.

- Most addictive - **Heroin**
- Kills most people - **Nicotine** ( In 2005 there were 111,000 deaths reported in the UK)
- 1 out of 4 people die the first time they take it - **Solvents**
- Most effect on society, causing social problems - cost Northern Ireland £777 million in 2005 - **Alcohol**
- Can cause severe psychological problems and sleep problems - **Speed**
- Can create increased agitation and convulsions and overdose if mixed with other drugs - **Cocaine**
- Will create temporary thought disturbance, and the effects can be repeated without warning (Flashbacks) - **LSD**
- Increases body temperature, dehydrates body and is associated with anxiety and panic attacks - **Ecstasy**
- Can make you feel scared, sick and forgetful. May also cause harm to throat, lungs and other body parts. Some people end up not being able to stop using it, implications for mental health services - **Cannabis**

### Resource 4 (Activity 1)

# How Drugs Work On The Brain (1 of 3)

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#### **How Drugs Work in the Body**

The definition of a drug we used in year 8 was “A drug is a substance which alters the way the body works or changes the way a person behaves feels, perceives or thinks”. When we put a mood-altering drug into our bodies, our bloodstream carries these chemicals to the brain. In the brain, drugs sets off a complex reaction that produces a mood changing effect. When someone takes a mood-altering drug a lot, it can change the way the brain works. We believe it is important to have a grasp of this to understand the risks involved.

#### **Learning about the Brain**

During every thing we do, eat, drink, play, move, think, talk, there is a series of electrical and chemical actions in the brain. The brain is made up of different parts and millions of nerve cells called neurons that must communicate to each other for the brain to function. There are millions of these nerve cells in your brain, spine and nerves throughout your whole body. These nerve cells are firing messages to each other at unbelievable speeds. They do this through the release of chemicals known as neurotransmitters.

**Resource 4 (Activity 1)****How Drugs Work On The Brain (2 of 3)**

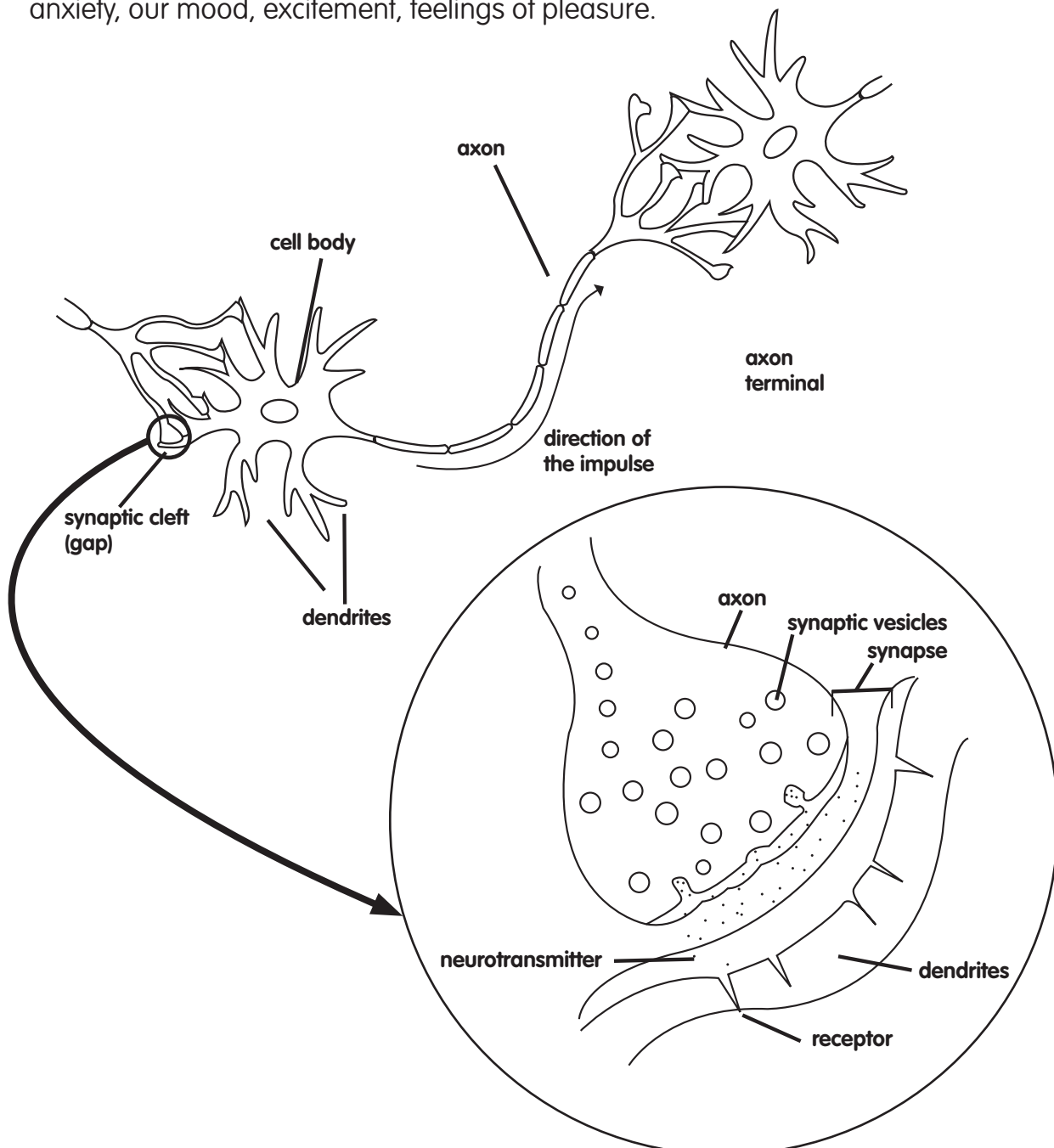
Let's look at an example:

If you stub your toe, the signal of pain must pass from your toe, to the brain, and back to your foot. It must pass over millions of nerve cells.

Neurotransmitters are needed to help that signal pass from one nerve cell to another.

Sounds complicated? It is!

Different neurotransmitters control different things, like our thoughts, anxiety, our mood, excitement, feelings of pleasure.





### Resource 4 (Activity 1)

# How Drugs Work On The Brain (3 of 3)

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#### **Changes in Brain Chemistry Lead to Changes in Moods**

When it comes to drugs, neurotransmitters are important. Alcohol and other drugs produce many of their effects by changing the actions of neurotransmitters. Drug use including alcohol can change the way that nerve cells produce, release and receive neurotransmitters. They can also imitate, block or enhance the effect of a neurotransmitter. When such changes happen in your brain, your moods change as well. We use the phrase mood-altering drugs for a reason. These drugs change the way you feel.

#### **The Brain and Drugs**

Exposing your brain to large quantities of alcohol or other drugs is a lot like dumping rubbish into the ocean. At first, the amounts are not noticed, but as time passes and dumping continues, you begin to notice the effects. If the dumping stops, no further damage will be done, but there is no guarantee the ocean will ever be the same again. Like the ocean, your brain can become polluted by alcohol and other drugs. The natural balance of chemicals within your brain has been disturbed.