

## 5c. Teacher Prompt Sheet

### The Effects of Legal and Illegal Substances

<p><b>HEALTH EFFECTS</b></p> <p>Nausea/vomiting</p> <p>Dilated Pupils</p> <p>Sleep pattern change</p> <p>Serious health problems</p> <p>Addiction</p> <p>Death</p> <p>Mental ill-health</p> <p>Anxiety</p>	<p>Many of the substances can lead to nausea or vomiting, especially if taken along with alcohol or other drugs or medication.</p> <p>Prolonged use of any drug could lead to death, (e.g. alcohol, tobacco ) however some drugs can kill you the first time you use them (e.g. Solvents) Addiction – to prescription and over-the-counter drugs is very common and often undetected until complications arise.</p> <p>Psychoactive substances have not been properly tested to see how toxic they are to humans so there is no way of telling how a psychoactive drug will affect you, especially if taken along with alcohol or other drugs or medication. We know nothing about the medium or long term effects of using these drugs.</p>	<p style="text-align: center;"><b>For teacher information only</b></p> <p>Alcohol</p> <p>Cannabis</p> <p>Solvents</p> <p>Mephedrone (Meow Meow)</p> <p>MXE (mimics Ketamine)</p> <p>Bromo dragon fly (mimics LSD)</p>
<p><b>EMOTIONAL EFFECTS</b></p> <p>Lack of inhibition</p> <p>Mood swing</p> <p>Relationship breakdown</p> <p>Aggression</p> <p>Hyperactivity</p> <p>Depression</p> <p>Paranoia</p> <p>Erratic behaviour</p>	<p>People who take drugs may behave in ways that they would not normally and take risks. Alongside the embarrassment of behaviour – other consequences could be risk taking (lying in the road, unprotected sex etc.)</p> <p>They can cause anxiety, panic attacks, paranoia or even psychotic illnesses. Many are stimulants (uppers) which may stop you sleeping leaving you exhausted and depressed later on.</p> <p>Many drugs can have negative effects on mental health.</p> <p>Many people often say they feel ‘head-wrecked’ after taking these drugs.</p>	<p>Alcohol</p> <p>Cannabis</p> <p>Amphetamine</p> <p>New drugs (as above plus numerous others)</p> <p>Salvia</p> <p>Ritalin</p> <p>Valium</p> <p>MSJ (These letters are the creator’s initials – not the content of the drug)</p>

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<p><b>SOCIAL EFFECTS</b></p> <p>Relationship problems</p> <p>Argumentative and irritable</p> <p>Risk of arrest</p> <p>Difficulty finding a job</p> <p>Under-achieving in school</p>	<p>Many Psychoactive drugs contain mixes of illegal and legal drugs and ignorance isn't an excuse for possession.</p> <p>You may be arrested if a police officer suspects you are in possession of a controlled substance. Conviction may lead to a lack of opportunities.</p> <p>Such arrests will show up in later years on an extended DSB check and any cautions or convictions will show on an ordinary DSB check and can affect job prospects, volunteering and travel.</p> <p>Supplying controlled drugs includes giving them away as well as selling.</p>	<p><b>For teacher information only</b></p> <p>All or any of the above and more...</p>
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