



Y9: Drugs & Addiction



Options & Pathways

Why might someone use drugs?	Why might someone use steroids?	What does the law say about drugs?	What is addiction?	Why are my year 9 options important?
<p>NHS definition of 'drugs'</p> <p><i>"Any substance that affects the structure or functioning of a living organism"</i></p> <p>Reasons that someone may begin using drugs</p> <ul style="list-style-type: none"> • Difficult lifestyle (e.g., becoming homeless) • Vulnerabilities • Falling into the wrong crowd • Witnessing traumatic/difficult situations • Using drugs as a coping tool • Escapism from low moods 	<p>There are two types of steroids.</p> <p>Anabolic steroids are prescription-only medicines that are sometimes taken without medical advice to increase muscle mass and improve athletic performance.</p> <p>Medical steroids are prescribed by medical professionals as anti-inflammatory medicines used to treat a range of medical conditions.</p> <p>When people think about steroids, they often focus on the anabolic, not medical, steroids.</p>	<p>1971 - the Misuse of Drugs Act was passed. This act grouped illegal drugs into three categories, these represent the potential degree of overall harm link to the use of a drug in the category.</p> <p>Key terms linked to drug laws</p> <p>Possession - having an illegal or controlled drug on your body or within an item which belongs to you</p> <p>Supply - dealing or sharing drugs, even with friends, regardless of payment or reward</p> <p>Production - participating in the process of producing an illegal drug, by making it, growing it or any other method</p>	<p>NHS definition of 'addiction'</p> <p><i>"not having control over doing, using or taking something, to the point where it could be harmful to you"</i></p> <p>Common addictions:</p> <ul style="list-style-type: none"> • eating • gaming • working • shopping • smoking • gambling • exercising • taking drugs • drinking coffee • drinking alcohol • scrolling through social media 	<p>Important information</p> <ul style="list-style-type: none"> • Year 9 options are so important because they often hold the key to your future • Selecting your options in year 9 does not mean that you need to decide exactly what your future career will be – but it is a good opportunity to start thinking about future goals and aspirations • On order to pick the best options for you, consider how useful a subject is for your future aspiration as well as how enjoyable you find a lesson. • At OCA, we have 4 options blocks. You pick one subject from each block. You can only pick one 'art' and one 'music' option.
<p>How might drugs affect us?</p>	<p>Anabolic steroids are often used for aesthetic reasons to increase the user's self-esteem.</p>	<p>Class A drugs are treated as the most dangerous.</p> <p>Which drugs? <i>LSD, heroin, ecstasy, cocaine, crystal meth, magic mushrooms</i></p> <p>Sentence: <u>Possession</u> max 7 years in prison & unlimited fine.</p> <p><u>Supply & production</u> life in prison, and/or an unlimited fine.</p>	<p>Why can't we break an addiction?</p> <p>Addiction triggers a chemical reaction in the brain.</p> <p>Those suffering from addiction get stuck in a cycle:</p> <ul style="list-style-type: none"> • Anticipation • Intoxication • withdrawal <p>This cycle is hard to break without dedication and support.</p>	<p>What are my post 16 options?</p>
<p>There are 4 different types of drugs. Each different type of drug affects users in different ways.</p>	<p>Self Esteem Statistics:</p> <p>Almost three in ten adult men (28%) aged 18 and above have felt anxious because of body image issues.</p> <p>One in five (21%) respondents said concerns about body image had caused them to dress in a way that hid their body or parts of their body in the last year.</p> <p>One in five (22%) of male respondents said they negatively compared themselves to others' bodies in the last year.</p>	<p>Class B drugs carry significant danger, but less so than class A drugs.</p> <p>Which drugs? <i>Ketamine, cannabis</i></p> <p>Sentence: <u>Possession</u> max 5 years in prison & unlimited fine.</p> <p><u>Supply & production</u> 14 years in prison, and/or an unlimited fine.</p>	<p>Support with addiction</p>	<p>After year 11, you have the following options:</p> <ol style="list-style-type: none"> 1. Stay in full-time education - e.g. at a college, doing A Levels, T Levels or other academic qualifications 2. Start a full-time apprenticeship or traineeship 3. Spend 20 hours or more a week working or volunteering while also doing part-time education or training
<p>Depressants e.g. <i>Alcohol or solvents</i></p> <ul style="list-style-type: none"> • Initial pleasure or confidence • Slows reactions <p>Stimulants e.g. <i>ecstasy or cocaine</i></p> <ul style="list-style-type: none"> • Increased pleasure & energy • Increased risk of heart attack <p>Hallucinogens e.g. <i>Magic mushrooms</i></p> <ul style="list-style-type: none"> • Altered perception of reality • Anxiety and panic <p>Dissociatives e.g. <i>Ketamine or nitrous oxide</i></p> <ul style="list-style-type: none"> • Feeling floaty, relaxed and numb • Feeling detached from your body 	<p>Common misconception: Low self-esteem only affects females.</p> 	<p>Class C drugs are the least dangerous, however still carry danger.</p> <p>Which drugs? <i>LSD, heroin, ecstasy, cocaine, crystal meth, magic mushrooms</i></p> <p>Sentence: <u>Possession</u> max 7 years in prison & unlimited fine.</p> <p><u>Supply & production</u> 14 years in prison, and/or an unlimited fine.</p>	 <p>Forward Trust forwardtrust.org.uk</p>	<p>Local post-16 education providers:</p> 