

# Year 6: PSHE

## Keeping Safe: Drug Use and the Law; Drug Use and the Media

### What is a drug?

A drug is a substance that people take to change the way that they feel, think or behave. The term 'drugs' can refer to medicines, legal drugs and illegal drugs.

All medicines are drugs, but not all drugs are medicines!

### Illegal drugs

Some drugs are illegal - that means it is a **crime** to have, use or sell them.

**Illegal drugs can be very dangerous!**

Using these drugs is against the law because they can be very dangerous for people to take. No one checks that they are being made safely so they can contain very harmful ingredients.



These drugs, e.g. cannabis, cocaine and heroin are very bad for your body and your mind. They can be very addictive. This means that users feel that they need to take them all the time.

People who are dependent on drugs may steal money to pay for them because they can be very expensive to buy.



### Legal drugs

**Medicines** fight infections but if they are incorrectly used they can be harmful! Medicines should only be taken when prescribed by a doctor or when given by a trusted adult.

**Alcohol** - It is illegal to buy or sell alcohol to under 18s. It can have a very negative effect on the body:

feeling sick	tired
loss of balance	acting strangely
can't speak properly	vomiting

**Alcohol can cause problems for the liver if people drink too much. It can also cause people to make bad choices if they aren't careful.**

**Tobacco** - it is illegal for shops to sell cigarettes to under 18s and illegal to smoke in all public enclosed areas like a restaurant.



**Caffeine** - found in coffee, chocolate and cola. Some energy drinks contain a lot of caffeine and by law should only be sold to people aged 18 or over.

If someone has too much caffeine, it can make them dizzy, make their heart beat too fast and stop them sleeping properly.

### The media

The media can give very mixed messages about legal and illegal drug use. Children have a right to accurate information, but drug use is not always presented in an accurate way. This means you need to a 'critical viewer'.

### How to get help

If you have any worries or concerns:

- Talk to a trusted adult - a
- [www.childline.co.uk](http://www.childline.co.uk) 0800 1111
- Contact the police using 101 or ring 999 if someone is seriously ill, unsafe or scared

**Calls to Childline do NOT appear on a phone bill.**

### Vocabulary

addiction	An urge to do something that is hard to control or stop.
alcohol	A chemical substance in an adult drink, e.g., beer or wine.
caffeine	A natural stimulant found in plants.
illegal	Against the law.
legal	Something that is lawful.
media	TV, radio, magazines etc.
nicotine	An addictive chemical in cigarettes and vaping liquid which causes the heart to beat faster.

CRC Article 19: All children have the right to be safe.

CRC Article 28: All children have the right to learn.

