

## The impact of drugs is always negative right?

Word	Definition
cigarettes	A short, narrow tube of thin paper that contains cut tobacco for smoking
solvents	Give off vapours that can be inhaled through the mouth or nose to give an intoxicating effect
recreational drugs	Recreational drugs are chemical substances taken for enjoyment, or leisure purposes, rather than for medical reasons
drug misuse	The use of a substance for a purpose not consistent with legal or medical guidelines
immunisations	Gives protection against some infectious diseases

Alcohol is a drug that can have negative effects on your body.

Maybe you already know some of them. What are they?

feeling sick

tired

loss of balance

acting strangely

can't speak properly

vomiting

These are the effects that you can see or hear.

There are others that happen inside the body that are not so obvious.



## Key Knowledge and Concepts

There are different categories of drugs including medicines (both prescribed and over-the-counter), legal recreational and illegal.

### DRUGS

Some of the consequences of breaking the law in relation to drugs (caution, fine, community service, prison, criminal record).

People may take illegal drugs for lots of reasons such as: peer pressure, enjoyment, curiosity, the environment they live in, self-medication and rebellion

### ALCOHOL

Drinks that contain alcohol include: wine, beer and vodka.

There are many effects of alcohol on the body some of which can be seen by others but some the impact internally. Some of the effects are short term while others are longer term.

### CIGARETTES

There are many substances in a cigarette.

Some effects of smoking are: cause lots of diseases, like heart problems, some kinds of cancer, it can damage your lungs, make it more difficult for blood to move around in the body and **smokers** may feel tired and cranky.

Ways that people might try to stop smoking; get help with cravings, visit the doctor, ask friends and family to help.

Products that contain solvents (glue, gas, spray, pet-rol, paint, aerosol).



## What Is In a Cigarette?

There are 4000 chemicals in a cigarette including 43 substances that scientists have linked to causing cancer.

### These include:

- nicotine
- tar
- carbon monoxide
- formaldehyde (usually used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (usually used in rat poison)
- ammonia (usually used for cleaning windows and toilet bowls)
- DDT (a banned insecticide)
- polonium (a radioactive element)

