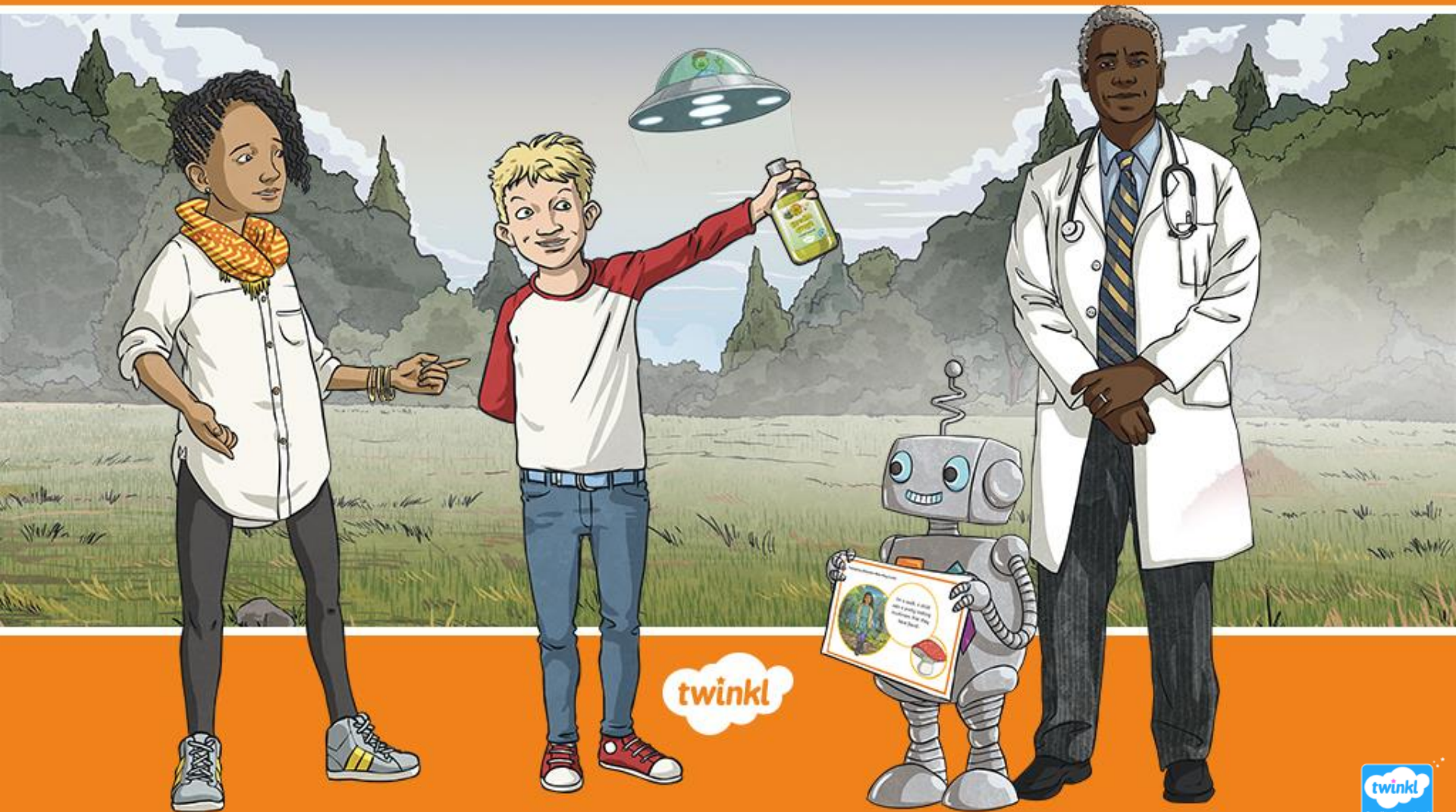


Drugs: Healing or Harmful?



Aim

- I know how to take medicine safely and keep safe around drugs.

Success Criteria

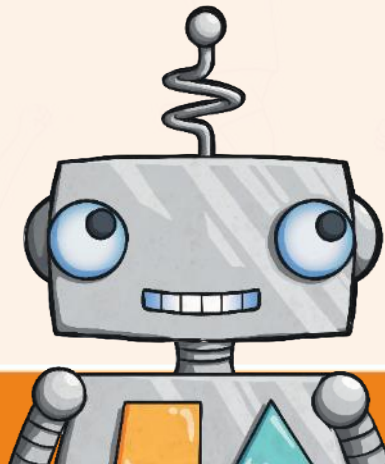
- I know how to identify risks in familiar situations.
- I know what is safe to eat or use and what is not.
- I know where I can find help in a risky or dangerous situation.

The Big Questions

What are drugs?



How can I stay safe around drugs?



Reconnecting

Is This a Drug?



On the next slide you will see lots of different items.
As a class, decide if you think the item is a drug or not.

Drugs can help us to heal when we are ill, whether it's antibiotics for an infection or pain relief when we are sore.



Is This a Drug?



Drug

Not a Drug

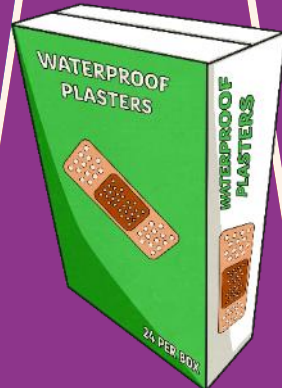


Is This a Drug?

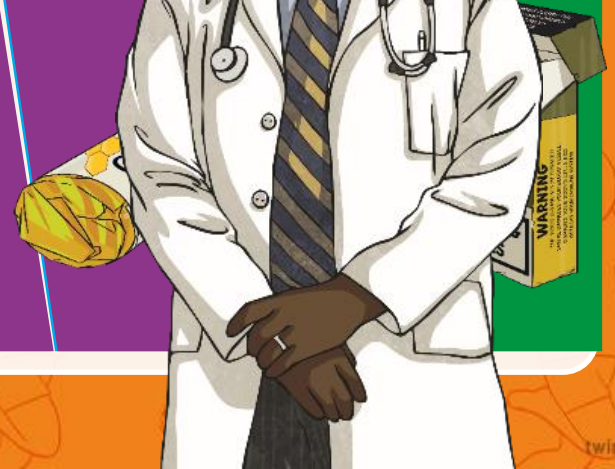


Drug

Not a Drug



Is this what you expected?



Is This a Drug?



Some of these drugs are legal but they are restricted. That means you have to be a certain age to buy or consume them.

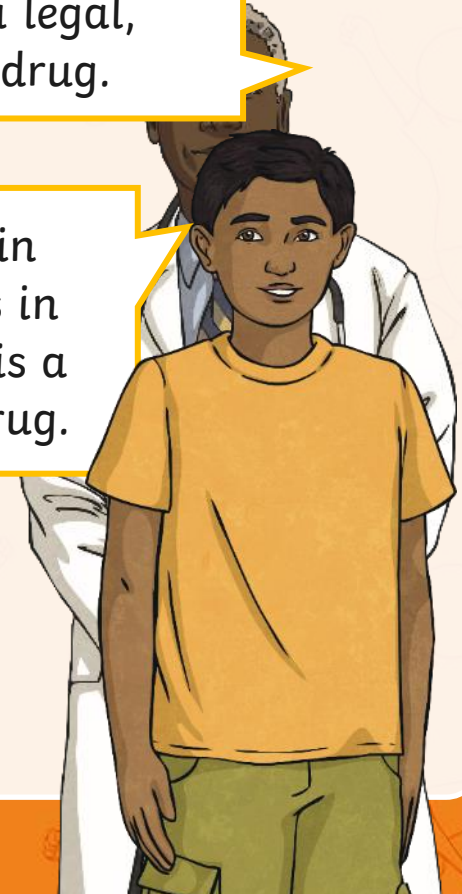
Do you know the legal age to buy and smoke cigarettes and e-cigarettes in the UK?

You have to be 18 - an adult - to smoke or drink alcohol in the UK. Why do you think this is?

Do you know the legal age to buy and drink alcoholic drinks in the UK?

Alcohol is a legal, restricted drug.

Cigarettes contain nicotine, which is in tobacco. This too is a legal, restricted drug.



Is This a Drug?



A drug is something that causes a change in us once inside our bodies. Alcohol and nicotine are types of drugs that can be harmful to our bodies.

Alcohol relaxes people but it also slows down the brain and reactions.

It is very dangerous (and illegal) to drive when you have alcohol in your body.

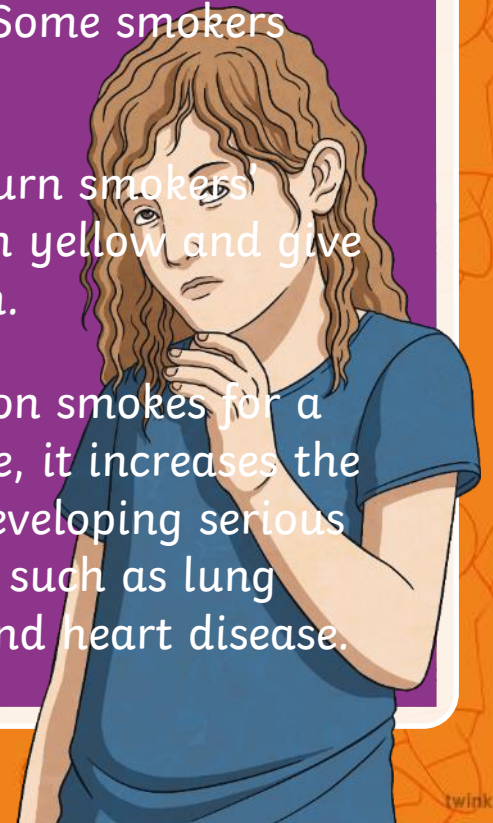
Drinking a lot of alcohol can make people sick and give them headaches.

Some people who drink a lot for a long time may damage their liver or get blood poisoning.

Smoking cigarettes can make people feel dizzy and sick. Some smokers develop a cough.

Cigarettes can turn smokers' fingers and teeth yellow and give them bad breath.

If a person smokes for a long time, it increases the risk of developing serious diseases, such as lung cancer and heart disease.



Exploring

Does It Heal?



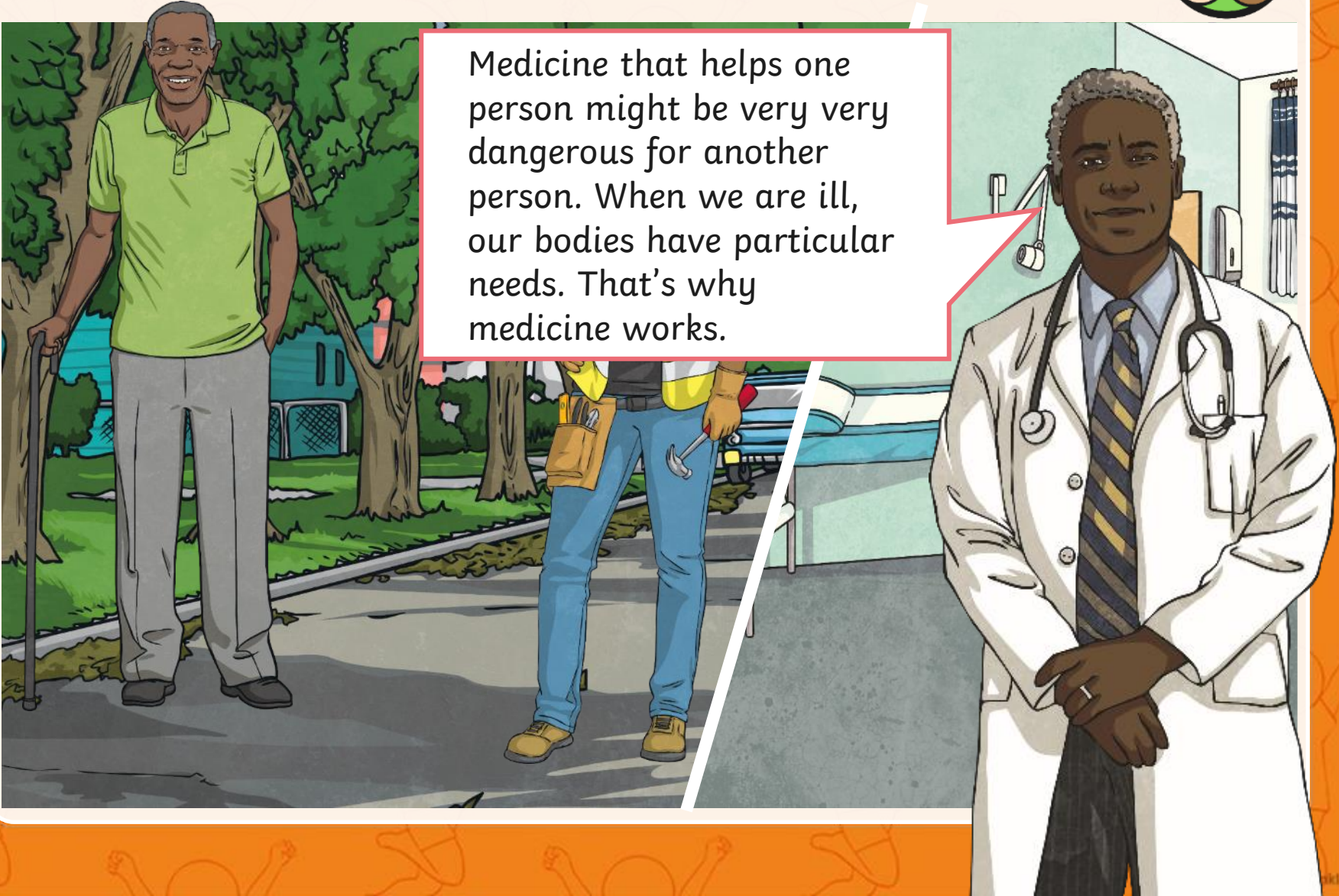
Drugs can be things that help us get better. They are sometimes prescribed by a doctor and have something in them that is not helpful if we are otherwise healthy.



Most drugs and medicines are both healthy and dangerous – it depends who you are, how you take them and what health issues you have. It is important to take medicines carefully.

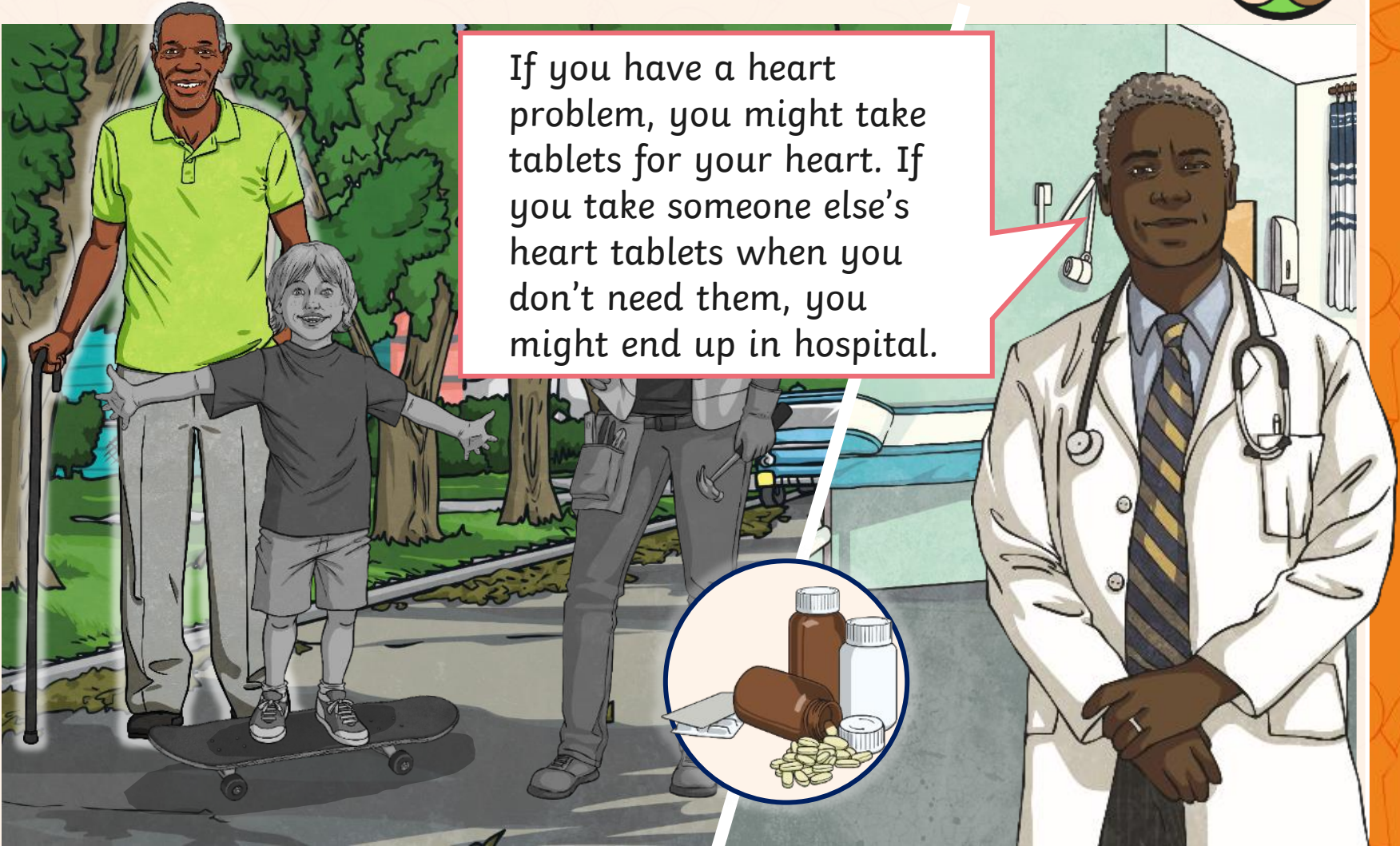


Does It Heal?



Medicine that helps one person might be very very dangerous for another person. When we are ill, our bodies have particular needs. That's why medicine works.

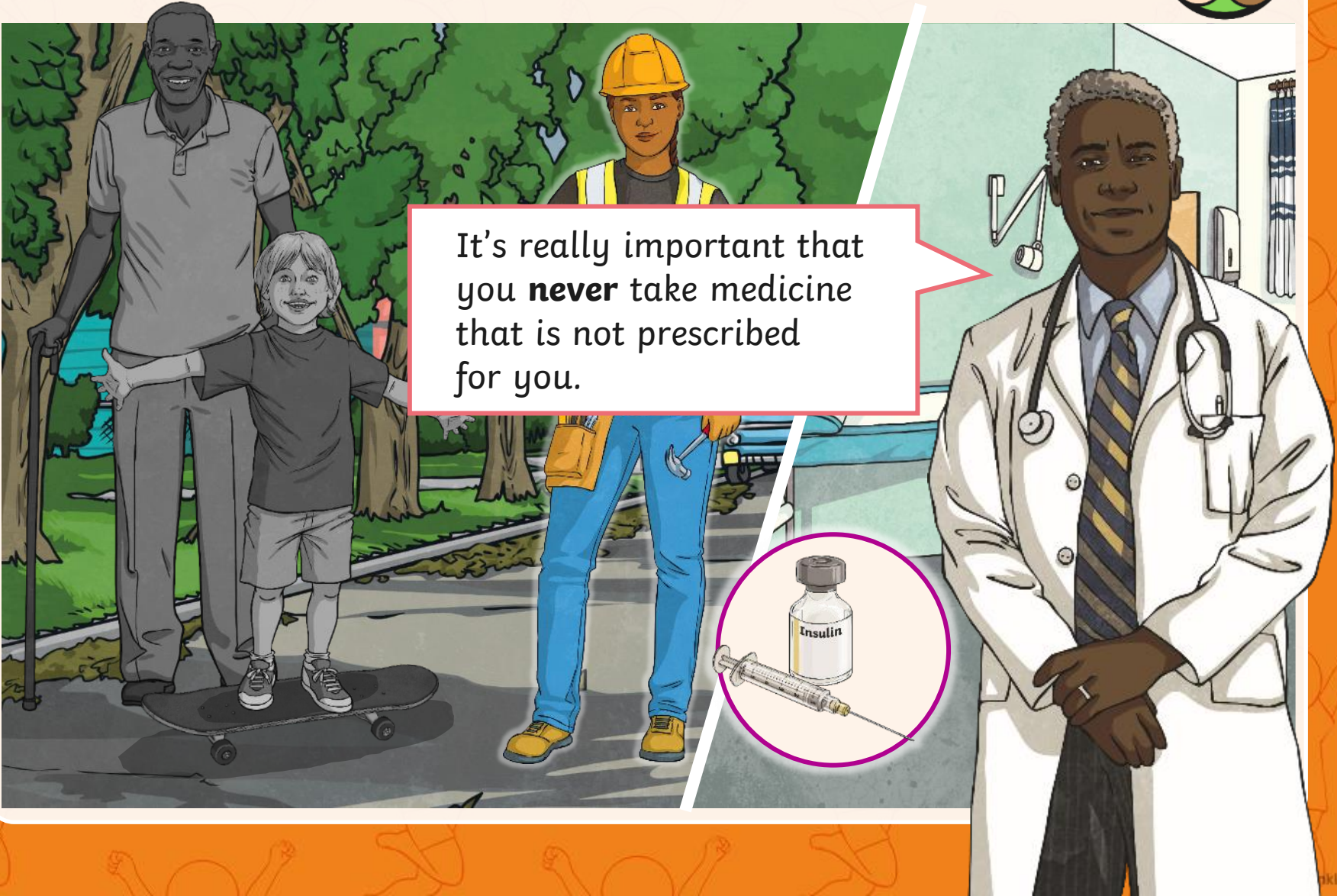
Does It Heal?



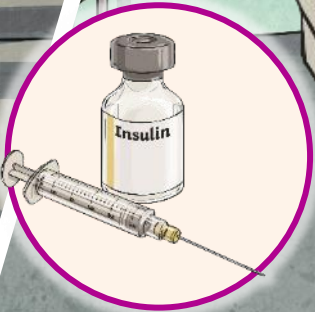
If you have a heart problem, you might take tablets for your heart. If you take someone else's heart tablets when you don't need them, you might end up in hospital.



Does It Heal?



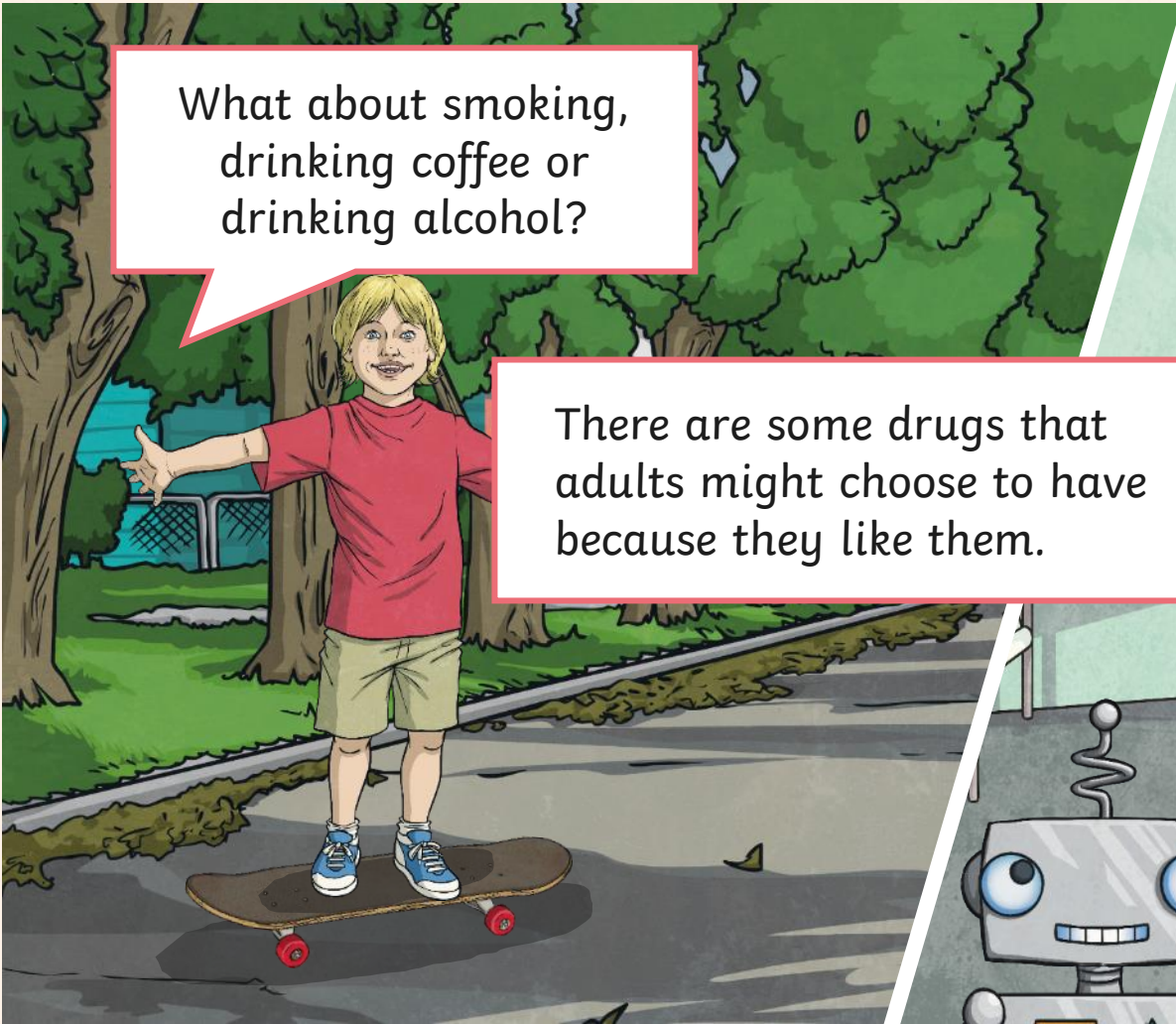
It's really important that you **never** take medicine that is not prescribed for you.



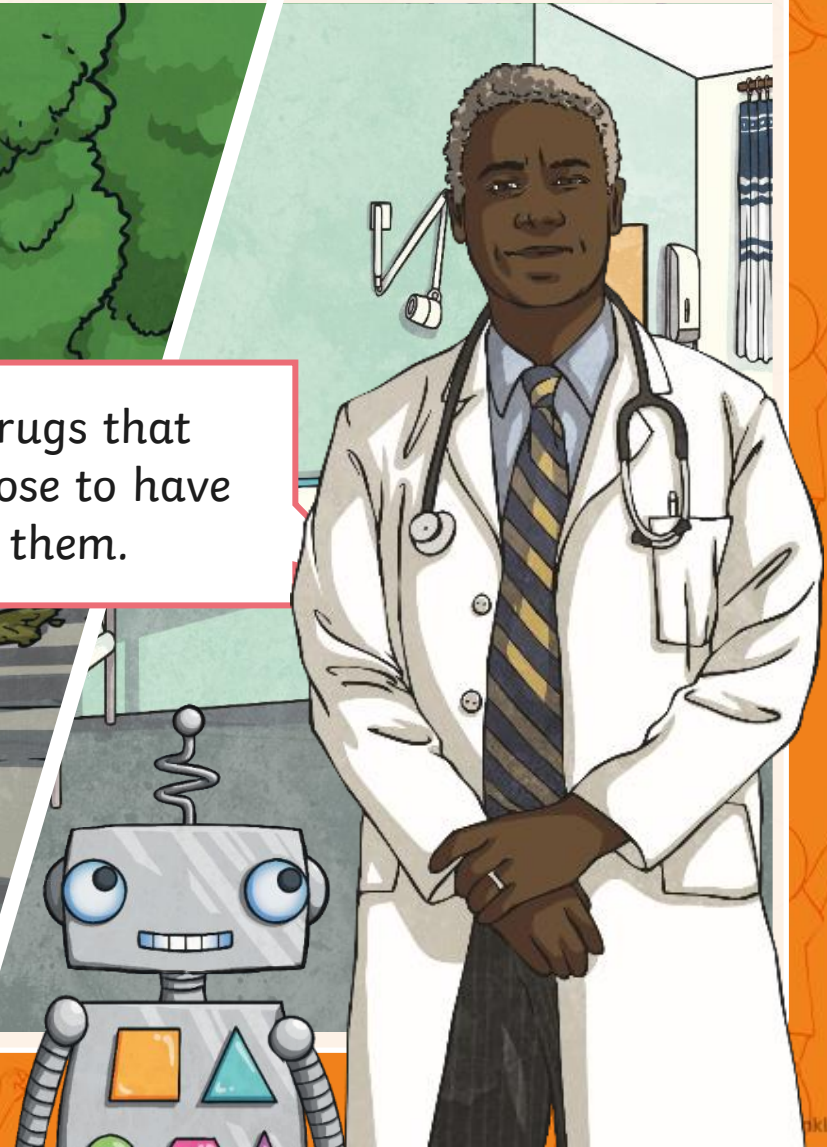
Does It Heal?



What about smoking,
drinking coffee or
drinking alcohol?



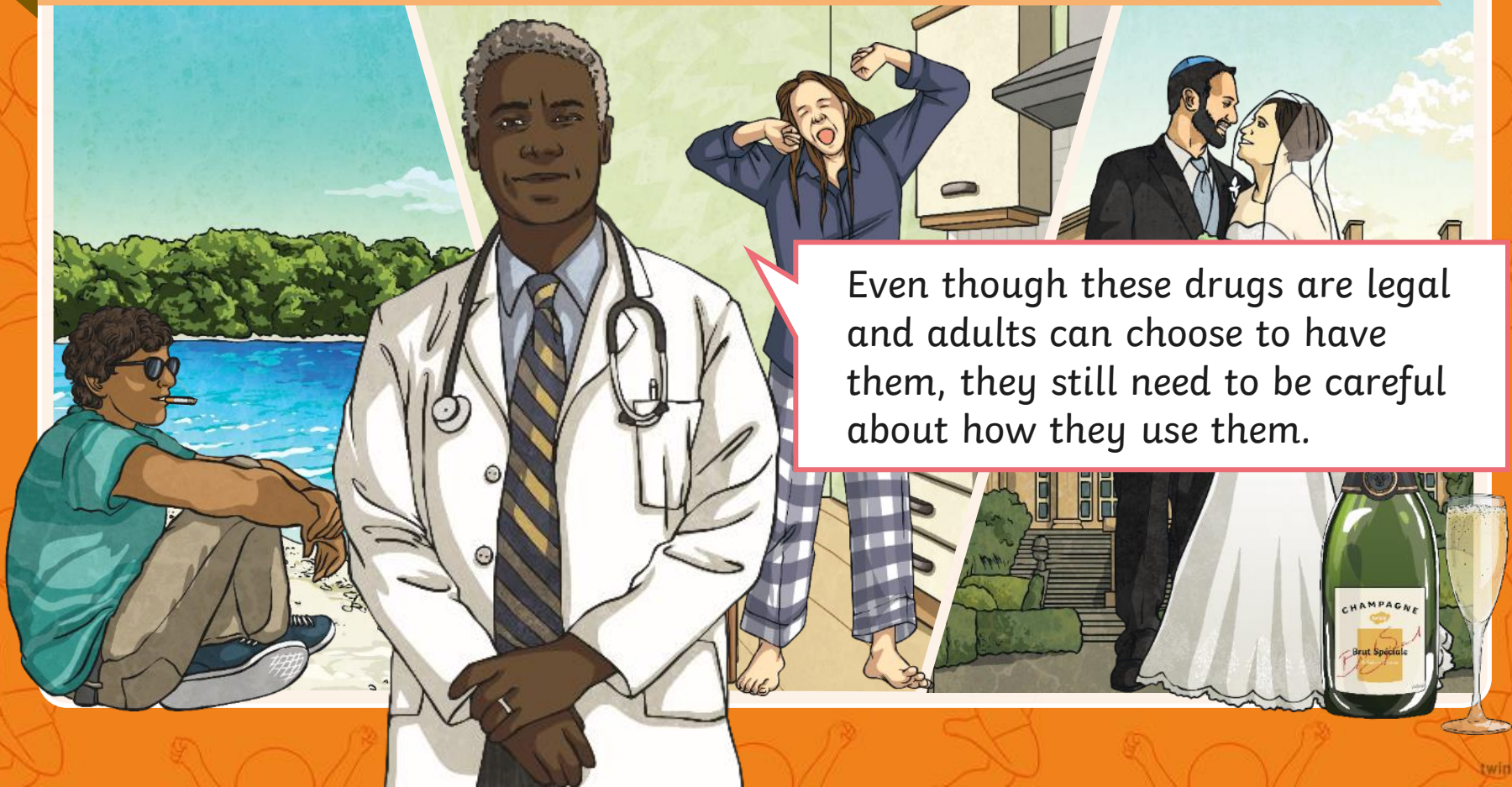
There are some drugs that
adults might choose to have
because they like them.



Does It Heal?



These things have something in them that changes the way we feel. They are like drugs but they do not need a prescription – you can buy them from the shops.



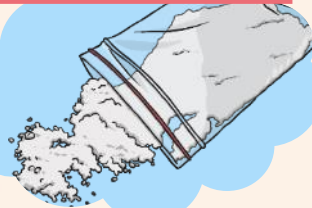
Even though these drugs are legal and adults can choose to have them, they still need to be careful about how they use them.



Can They Heal?


Some adults take illegal drugs hoping these will make them feel good. Illegal drugs are dangerous for lots of reasons and can be very harmful.

What about illegal drugs?




Someone who takes illegal drugs might not be able to look after themselves or others and they might need help from a professional.





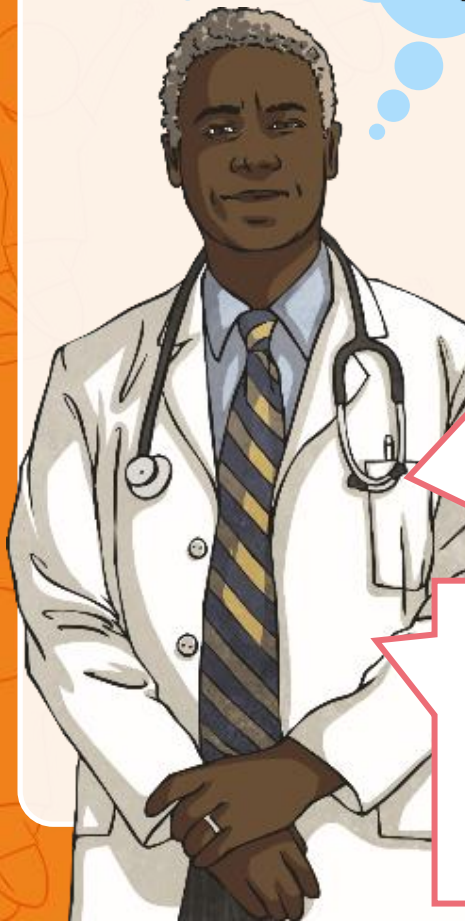
For example, caffeine makes the brain feel more alert. A person might start to rely on caffeine to help them stay awake and focussed.



Addictions can be harmful and when any kind of drug use becomes a habit, it can be difficult to break that habit.

Many illegal drugs, as well as some legal drugs, can be addictive. This means that people's bodies get used to the feeling they give and they then want more of the drug.

As their body gets used to the caffeine, the person might need more to help them get the same feeling they used to get from just a little amount.



Does It Heal?



You can buy them from a shop but remember that they are not normal sweets.

Cough sweets contain medicine that helps to soothe your throat. If you eat too many of these when you don't need them, you might get a stomach ache or start to feel unwell.



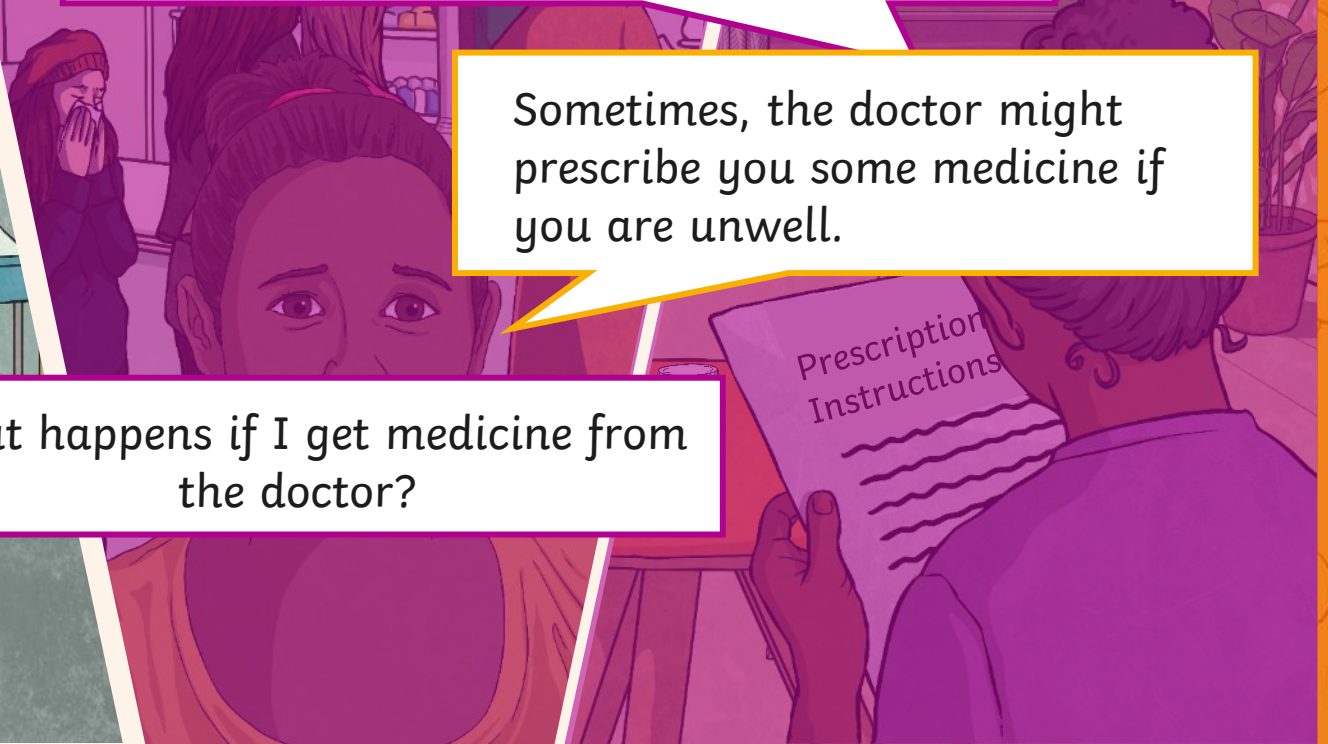
Does It Heal?



It is really important to follow the instructions on the packet and only ever take medicine that has your name on it.

Sometimes, the doctor might prescribe you some medicine if you are unwell.

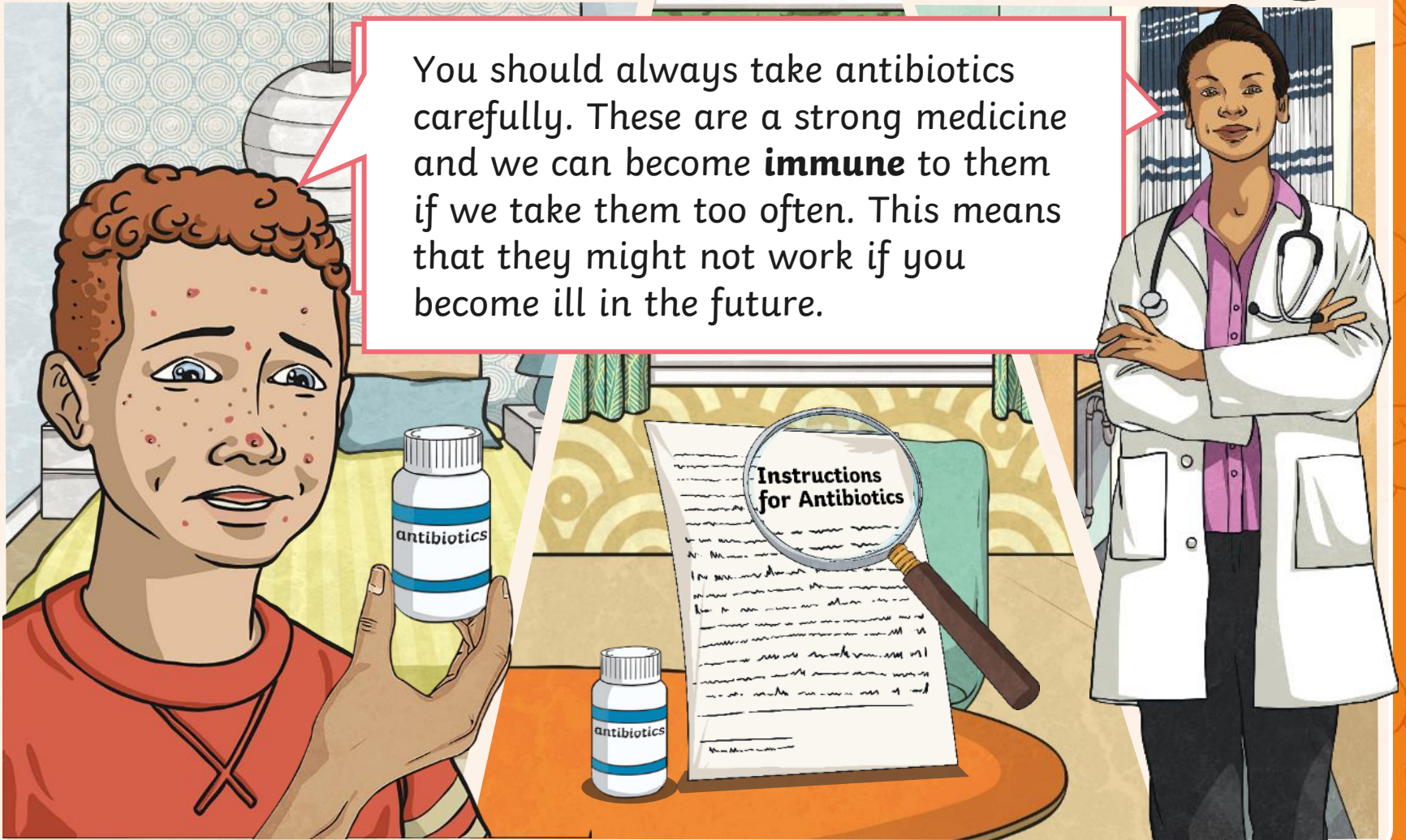
What happens if I get medicine from the doctor?



Does It Heal?

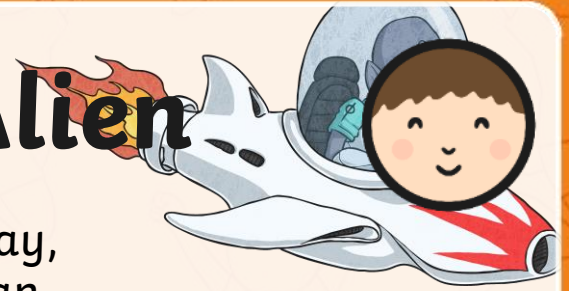


You should always take antibiotics carefully. These are a strong medicine and we can become **immune** to them if we take them too often. This means that they might not work if you become ill in the future.

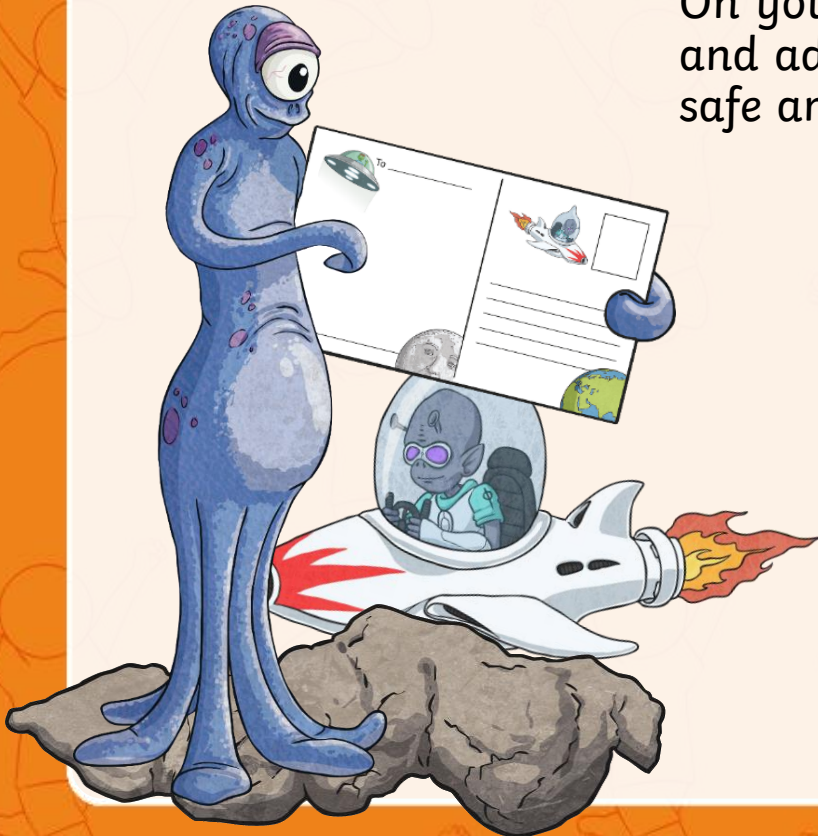


Postcard to an Alien

Using everything you have learnt today, you are going to write a postcard to an alien who wants to visit Earth.



On your postcard, write tips and advice on how to stay safe around drugs.



Once you have given the alien your best advice, you can:

- draw on the front of your postcard;
- write the address;
- draw a stamp.

