






YEAR 6 PSHE - DRUGS

KNOWLEDGE ORGANISER



Overview and Recap	Reasons to make positive choices
<p>At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'</p>  <p>We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.</p> <p>You should already know that:</p> <ul style="list-style-type: none"> - Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. - We need to <u>look after our bodies</u>. It is important that we have a <u>balanced diet</u> and that we <u>regularly exercise</u>. We should take care with medicines (and all drugs) as they can be harmful. - We should know the effects of smoking on the body and know the dangers that smoking and alcohol pose to our health and us as a person. We should understand that all drugs are substances which change the way the body and mind works. - You should know the risks and effects of some legal and illegal drugs 	<p>You don't have to try illegal drugs ever in your life. You can make positive choices to say no, if you were to ever be offered them. Many young people and adults never use illegal drugs. Here are some reasons given for their decisions:</p>  <p>Why Young People Don't Use Drugs - young people usually cited several reasons for shaping their decision not to use drugs:</p> <ul style="list-style-type: none"> • Significant people in the young people's lives disapprove of drug use; • Fear of legal consequences/ possible criminal record • Damage/prevention to achieving career aspirations • Being too busy with hobbies • Being a parent and the risk to their own children • Previous negative experience with cannabis • Fear of damaging health now and in the future • Fear of addiction • Not wishing to lose control of themselves and do something they would regret; • Having alternative sources of getting the 'buzz' such as hobbies/ gaming etc • Having alternative sources of support and ways to 'chill out'

Cannabis facts	
<p>The effects</p> <ul style="list-style-type: none"> • Some people may feel relaxed and happy, get the giggles and may become talkative. • Some will have one puff and feel sick. • Being hungry is common. • Some people become more aware of their senses, or get a feeling of slowing of time, due to its hallucinogenic effects. • Stronger cannabis may have more powerful effects. <p>The risks</p> <ul style="list-style-type: none"> • Smokers of cannabis can become anxious, panicky, suspicious or paranoid. Regular use of cannabis can increase the risk of later developing mental health problems. • Cannabis affects your coordination, which is one of the reasons why drug driving is illegal. • Some people think cannabis is harmless just because it's a plant – but it isn't harmless. Cannabis, like tobacco, has lots of chemical 'nasties', which can cause lung disease and possibly cancer with long-term or heavy use, especially as it is often mixed with tobacco and smoked without a filter. It can also make asthma worse, and cause wheezing in non-asthma sufferers. • Regular, heavy use makes it difficult to learn and concentrate. Some people begin to feel tired all the time and can't seem to get motivated. <p>The law</p> <ul style="list-style-type: none"> • Cannabis is a Class B drug - illegal to have, give away or sell. • Possession can get you up to five years in jail plus an unlimited fine. If you're under 18, you'll get a reprimand and your parent or guardian will also be contacted. The police are more likely to arrest you if are blatantly smoking in public and/or have been caught with cannabis before. If you're under 18, the second time you get caught you're likely to get a final warning and be referred to a Youth Offending Team. If you're caught with cannabis for a third time, it's likely you will be arrested. • Supplying someone else, including your friends, can get you fourteen years and an unlimited fine. Dealing is a very serious offence. In the eyes of the law, this includes giving drugs to friends. People who grow cannabis in their homes or carry large amounts on them also risk being charged with intent to supply. 	  

Facts about Cannabis – TRUE OR FALSE?	
TRUE	FALSE
<ul style="list-style-type: none"> • It is illegal to drive immediately after smoking cannabis TRUE • If you are under 18 and caught with cannabis your parents will be informed TRUE • It is illegal to grow cannabis at home TRUE • Frequent cannabis use can affect men and women's ability to have children TRUE • If you get a criminal record for drug use, you will not be allowed to travel to some countries TRUE • If the police catch someone smoking cannabis in a club they can prosecute the owner TRUE 	<ul style="list-style-type: none"> • All cannabis smoked in cigarettes (joints) is the same strength FALSE • Regular use of cannabis helps people to concentrate FALSE • It is legal to possess cannabis if you don't use it FALSE • It is legal to use cannabis for a medical condition FALSE

Strategies for resisting peer pressure
<ol style="list-style-type: none"> 1. Stand up straight, make eye contact and say no Assert yourself with physical confidence by standing tall with feet slightly apart, head high, and look the person straight in the eye. Your posture when you speak is usually more important than the words you say. 2. Say no assertively – not aggressively Say no to the person using a friendly but firm and determined voice, and then do not give in. It is not your job to try changing the other person's mind, but to keep yourself out of trouble and follow your beliefs. If you are too aggressive, the peer may react aggressively too. 3. Say no, keep repeating this – do not waiver Sometimes it helps to repeat your decision several times: "No, it's not right," "No, it's not right." It makes you sound assertive and helps you not back down from your stand. 4. Say how you feel Say how you are being made to feel in the situation. I feel uncomfortable, sad, worried, upset etc. 5. Give reasons why you don't want to do this Thinking about the possible consequences of the choice helps strengthen your convictions not to proceed with what you're asked to do. Give the person the reason for saying no: "It's illegal," "I'll be in trouble," or "I could get hurt." 6. Suggest something else to do Suggest to your peer that they do something else instead. 7. Say goodbye and leave Standing up to a friend isn't easy. You may face teasing or rejection for your choice, but that's what courage is all about. Sometimes the best option is to walk away from the situation.

Key Vocabulary

Alcohol Tobacco Cannabis joint smoke Volatile substance Heroin Ecstasy user legal illegal Class A Class B addictive