



Safety rules

- ☑ Only use own prescribed medicine, don't share with other people or use medicine that is for others
- ☑ Any unused prescribed medicines should be taken to a pharmacy to be disposed of safely
- ☑ Follow the advice in instructions for medicines including that about side effects
- ☑ Wash grazes with water to make sure they're clean
- ☑ If any household products get on the skin, wash the area and let a trusted adult know if it's itchy or sore
- ☑ If any household products get in the eyes, ask a trusted adult for help to wash the product out
- ☑ Tell an adult about any spills from household products such as cleaning products to make sure it is cleaned up
- ☑ If a product has a hazard label on it, let adults use it and leave it alone

Types of medicines

Inhalers
Can be used with a spacer to relieve asthma symptoms or prevent attacks

Tablets or pills
A range of medicines can be in tablet form including pain killers and prescribed medicines

Insulin pens
Can be used to manage diabetes to help the body use sugar for energy

Liquid medicines
A range of medicines can be in liquid form including pain killers and prescribed medicines

Bath oils
Can be used to manage skin conditions such as eczema

Ear drops
Can be used to relieve earache or loosen ear wax

Skin creams
Can be used to manage skin conditions such as eczema

Eye drops
Can be used to relieve eye conditions, treat infections or help manage hay fever

Ways to keep healthy

- ☑ Taking medicines that are prescribed according to the instructions
- ☑ Eating a healthy, balanced diet
- ☑ Clean environment and clothes
- ☑ Going to check-ups at the doctors and dentist
- ☑ Talking about worries or feelings including telling someone if they feel ill

People who help us and where to ask for help

Speak to a **parent, carer** or **adult they trust** | Speak to a **teacher, assistant** or **school nurse** | Listen and talk to a **doctor, dentist** or **nurse**



Drugs

Drug	Something a person can take to change the way they think, feel or behave.
Legal drug	Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.
Caffeine	A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.
Alcohol	A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. Too much alcohol can risk making a person ill or getting hurt due to an accident. An alcohol-free childhood is the healthiest option. Adults who want to drink less alcohol can get help to stop or reduce their use.
Nicotine or tobacco	Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.

Medicines and household products

Household product	Products typically used within a household. This includes cleaning products such as bleach, kitchen/bathroom spray, as well as toiletries and cosmetic products such as soap, shampoo and body lotion. These should be used as per the instructions on the product.
Medicine	A drug or remedy that may be prescribed by a health professional or purchased over-the counter.
Dose	The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the-counter medicines.
Health condition	A disease, illness, injury or disorder either physical or psychological.
Allergy	When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.
Immune	Protected from an illness, either because a person has had the illness before or because they have received a vaccine.
Vaccine	A medical preparation that protects a person from an illness by making them immune
Bacteria	A small organism, some of which can cause infections and/or cause people to feel ill (though not all!)
Virus	A small particle that can cause infections and/or cause people to feel ill

External support services

Accessing health-related support

Explain to pupils that adults who need support to stop smoking or drinking can get help from their doctors or from the [NHS](#) online.

Calling emergency services

In an emergency call 999
For non-emergencies call 111
Pupils may need an explanation as to what these services do.

Childline

childline.org.uk 0800 1111
Confidential support service
CALLS DO NOT APPEAR ON PHONE BILL.



Drugs

Drug	Something a person can take to change the way they think, feel or behave.
Substance	This term includes alcohol and other drugs that may be legal or illegal.
Legal drug	Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.
Illegal drug	Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk.
Possession	A person can be charged with possession if they have an illegal drug, even if it's not theirs.
Supply	A person can be charged with supply if they sell, share or give away illegal drugs.
Dependency	When a person relies upon a substance to feel or function as normal.
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Alcohol	A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. An alcohol-free childhood is the healthiest option.
Nicotine or tobacco	Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.
Cannabis	An illegal drug that can be smoked, eaten or vaped that makes people feel 'chilled out' or giggly. Can be different strengths. Against the law to possess, grow or sell.

Medicines and health

Medicine	A drug or remedy that may be prescribed by a health professional or purchased over-the counter.
Dose	The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the-counter medicines.
Health condition	A disease, illness, injury or disorder either physical or psychological.
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Influences

Situation based	Own feelings, attitudes, emotions. Mental and/or physical health.
Peer based	Friends' attitudes and opinions Pressure, teasing or friendly offers
Role model based	Family attitudes and opinions Health advice from a doctor/nurse Teacher attitudes and actions
Society based	Culture, religion or belief Social norms
Media based	Social media, TV or film Advertising

Responses to influence

Passive	Accepting or allowing what happens or what others do without actively responding
Aggressive	Being ready or likely to confront or attack others or what others do
Assertive	Standing up for yourself or someone else calmly and positively, or getting a point across without causing upset

External support services

Health-related support	Support with drugs, alcohol and tobacco use	Childline
National Eczema Society ,	NHS	childline.org.uk 0800 1111
Asthma UK ,	NHS Smokefree	Confidential support service
Diabetes UK	Drinkaware	CALLS DO NOT APPEAR ON PHONE BILL.
Allergy UK		

Caffeine

Caffeine is found in drinks such as tea, coffee, cola, energy drinks, sports drinks and some medicines. Energy drinks often contain high levels of caffeine, sugar and may also contain other stimulants.

Effects

- Caffeine is a 'stimulant' meaning it can temporarily make people feel like they have lots of energy, more alert or less tired.
- Can make the body produce urine more quickly.
- Caffeine can affect some people more than others and can depend on how much is consumed – usually the more caffeine consumed, the stronger the effects

Risks

- For most adults, tea and coffee can be consumed in moderation, as part of a balanced diet without detrimental health effects.
- However, drinking lots of caffeine or stimulants can lead to restlessness or an inability to relax and difficulties sleeping.
- Caffeinated drinks often also include high levels of sugar or flavoured syrups which can cause weight gain and tooth decay.
- Caffeinated drinks are not suitable for toddlers and young children.
- Pregnant women should also reduce their intake of caffeine.

Laws

- There are no legal restrictions on the sale or use of caffeine in food and drink, although some medicines which contain caffeine may only be available on a doctor's prescription.
- Some shops and supermarkets have chosen to only sell highly-caffeinated products to people aged 16 and over.

Cannabis

Cannabis is a drug that comes from the Cannabis plant. It can be smoked, eaten or vaped. It usually comes in the form of dried herbal material including dried flowers, leaves, and stems, or as an oil, or solid material. It is often mixed with tobacco when smoked, but can also be vaped. Some types of cannabis are stronger than others.

Effects

Changes how the brain works:

- Some people feel relaxed and happy
- Some people feel chatty and giggly
- Some people feel very tired
- Can make people hungry
- Some people have a sense of time slowing down
- Thoughts and feelings may become much more heightened or experienced more deeply
- Hallucinations (seeing or hearing things that are not really there)

Risks

- Sickness, dizziness or fainting
- Difficulty concentrating and remembering things
- Confusion or anxiety, paranoia
- Disturbed sleep
- Mood swings, depression
- Lethargy — no motivation to do things
- People can become dependent on cannabis (they feel they need it all the time)
- Injury or accidents — dangerous to drive or operate machinery after using cannabis
- **If Cannabis is smoked with tobacco, all the risks associated with tobacco also apply** * see Tobacco fact sheet
- Cannabis may also be mixed with other chemicals (which may be unknown) and which can also be harmful to the body

Laws

- Cannabis is illegal to possess, give away or sell (class B drug)
- Possessing cannabis could mean receiving a police warning or on the spot fine (£90) but could also lead to a criminal record* or up to 5 years in prison, an unlimited fine, or both
- Supplying (selling or giving away) cannabis, even to friends, could mean up to 14 years in prison, an unlimited fine or both
- Driving after using cannabis is illegal and can lead to a fine, driving ban or prison

**Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).*

Cocaine

Cocaine is an illegal drug. It is derived from the leaves of the coca plant. It comes as a white powder (coke) and is snorted through the nose or in small rocks (crack cocaine) which are smoked.

Effects

- Can make someone feel happy and excited, alert and wide awake, confident and chatty or more animated
- Someone may feel restless or unable to relax
- Overconfidence and arrogance
- Increases heart rate (makes the heart beat faster)
- Raises body temperature, so someone might feel hot

Risks

- Sickness
- Anxiety and panic
- Regular use can lead to depression and/or paranoia and other mental health issues
- Can be fatal – risk of heart attack or stroke and increased risk for people with heart conditions
- Snorting causes damage to the nose and smoking causes breathing problems and chest pains
- Addictive – people can become dependent on cocaine (they feel they need it all the time)
- Increased risks to personal safety as may be more likely to do something dangerous

Laws

- Cocaine is illegal to possess, give away or sell (class A)
- Possessing cocaine can mean up to 7 years in prison, an unlimited fine or both, and a criminal record*
- Supplying (selling or giving away) cocaine, even to friends, can mean up to life in prison, an unlimited fine or both
- Driving after using cocaine is illegal and can lead to a fine, driving ban or prison

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Nitrous Oxide

A colourless gas that is stored in a small metal canister and inhaled, sometimes from balloons. It is also called laughing gas or balloons.

Effects

- Feelings of calm and relaxation
- Euphoria (extreme happiness)
- Giggles and laughter
- Dizziness
- Slows down the brain and the body's responses

Laws

- Nitrous oxide is illegal to give away or sell but there is no penalty for possessing the drug (Psychoactive Substances Act, 2016)
- Supplying (selling or giving away) or producing nitrous oxide can lead to 7 years in prison, an unlimited fine or both and a criminal record
- Driving after using nitrous oxide is illegal and can lead to a fine, driving ban or prison

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Risks

- Severe headache or feeling sick
- Inability to 'think straight'
- Risk of accidents from dizziness, from taking too much or using it in a dangerous place
- Short but intense feelings of paranoia
- Lack of oxygen – inability to breathe properly
- Fainting or unconsciousness
- If used in large doses a person might see or hear something that is not really there (hallucinations)

- Regular use can lead to loss of vitamin B12 and low white blood cells in the body, causing illness such as anaemia and nerve damage (numbness in fingers and toes)
- Inhaling any gas direct from a canister is very dangerous because it is under such high pressure – it can cause spasms of the throat, cause someone to stop breathing and can be fatal

Speed (amphetamine)

An illegal drug. It usually comes in an off-white or pink powder that sometimes looks like small crystals, which is dabbed onto gums, snorted or swallowed.

Effects

- It can make people feel excited, alert and energised or wide awake for long periods of time
- Some people can become very chatty or talkative
- Some people can feel agitated, irritated or aggressive
- It can reduce appetite
- Speeds up the heart rate

Laws

- Speed is illegal to possess, give away or sell (class B)
- Possessing speed can mean up to 5 years in prison, an unlimited fine or both, and a criminal record*
- Supplying (selling or giving away) speed, even to friends, can mean up to 14 years in prison, an unlimited fine or both
- Driving after using speed is illegal and can lead to a fine, driving ban or prison

**Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).*

Risks

- Difficulties sleeping or relaxing
- It can cause confusion, anxiety or panic
- Increases mental health problems
- It puts a strain on the heart leading to high blood pressure or heart problems and heart attack
- Using speed regularly can lead to problems with learning and concentration
- For days after use people can feel very tired, lethargic, sad or depressed

- Taking a lot can affect the immune system so there is an increased risk of colds and flu
- In high doses it can create hallucinations — seeing or hearing things that are not really there
- Regular use can make someone feel dependent on the drug, meaning they want more
- It may be 'mixed' with other dangerous drugs or chemicals which may be unknown
- Injury or accidents — dangerous to drive or operate machinery after using the drug

E-cigarettes (Vapes)

Using an e-cigarette is known as vaping. An e-cigarette is a device that allows someone to inhale vapour (rather than smoke). They work by heating a liquid that contains chemicals and some (but not all) contain nicotine. There are different types: some look like cigarettes, a small tube or pen and others are small pots of liquid.

Effects

- E-cigarettes often contain nicotine which raises blood pressure and increases heart rate
- When nicotine enters the body it can make people feel relaxed and calm, or increase alertness depending upon how the person is feeling beforehand
- Cravings for nicotine can make someone feel anxious or irritable
- When combined with face-to-face support from a smoking cessation or medical professional, e-cigarettes or vaping can help people to quit smoking – by helping people to manage and reduce the amount of nicotine they are taking in.
- There is currently no evidence that vaping causes harm to others (like second-hand smoke from cigarettes).

Risks

- E-cigarettes are not risk free, and more research is needed to understand any potential long-term harms, but use carries less risk than smoking cigarettes
- Although e-cigarettes don't contain tobacco or produce carbon monoxide (two of the most damaging elements in tobacco smoke) the liquid and vapour do contain potentially harmful chemicals (although in much lower levels than cigarettes).
- E-cigarettes contain nicotine which is addictive and causes a craving for the user to smoke more
- E-cigarettes must be used with care (such as using the correct charger) to ensure they do not pose an increased risk of causing fire

Laws

- Someone must be aged 18 years and over to buy e-cigarettes
- It's illegal for an adult to buy e-cigarettes for someone under the age of 18
- Vaping is not allowed on buses, planes, trains or at train stations
- It is up to the owner of other public places to decide if vaping is allowed (for example in bars, restaurants or cafes)

MDMA (Ecstasy)

An illegal drug that usually comes in pills or tablets, a powder or white / grey crystals. It is swallowed, dabbed onto gums or sometimes snorted through the nose.

Effects

- Can make people feel happy and chatty, energised and alert
- Can make people feel confident and sociable
- Feelings and surroundings, or music, or colours can become more intense
- Raises body temperature
- Increases heart rate
- Some people feel tingles or tightening of muscles

Laws

- MDMA is illegal to have, give away or sell (class A)
- Possessing MDMA can mean up to 7 years in prison, an unlimited fine or both, and a criminal record*
- Supplying (selling or giving away) MDMA, even to friends, can mean life in prison, an unlimited fine or both
- Driving after using MDMA is illegal and can lead to a fine, driving ban or prison

*Having a criminal record can affect a person's ability to apply for certain jobs or travel to different countries, such as United States of America (USA).

Risks

- Difficult to know what is in the drug — it may be 'mixed' with other dangerous drugs or chemicals
- Difficult to know how strong the drug is or how much the drug will affect someone
- Sickness
- Can cause anxiety, confusion, panic or paranoia
- Body dangerously overheats or dehydrates — can be fatal
- This can also lead to accidents where people try to cool down or drink too much water to rehydrate

- Liver, kidney and heart problems (people with asthma, epilepsy or heart conditions can have a dangerous reaction)
- People can become dependent or want to take more to get more of a 'buzz'
- Long term use, when used in higher amounts can cause memory problems or depression
- Increased chance of colds and sore throats
- Injury or accidents — dangerous to drive or operate machinery after using MDMA

Tobacco (cigarettes, shisha)

Tobacco is a plant. The leaves are dried and shredded and sold as factory-made cigarettes, rolled tobacco (roll-ups) or shisha which is smoked through a water pipe (hookah). The drug in tobacco is nicotine, but cigarettes also contain other chemicals that harm the body.

Risks

- Sickness and dizziness (particularly for first time smokers)
- Breath, hair and clothes smell
- Nicotine in tobacco is addictive
- Increased anxiety, tension, irritability and possibly depression over time
- Tar in tobacco smoke can lead to stained teeth and nails
- Stops oxygen getting to the skin which can lead to a dull complexion and premature ageing (wrinkles)
- Tobacco smoke contains harmful chemicals which damage most of the body's organs and can lead to long term or life threatening disease (such as lung disease, heart disease, diabetes and different types of cancer)

- Second-hand smoke means other people are also at risk of these diseases (particularly children as they have less developed lungs, airways and immune systems).
- Causes weak and brittle bones (arthritis)
- Reduces fertility (ability to make a baby) in both men and women
- If a pregnant woman smokes it can harm the unborn baby
- If Shisha is smoked, more smoke is inhaled (so, smoking shisha for 20-30 minutes is equivalent to smoking approximately 25 cigarettes)
- Risk of accidental fire

Effects

- Contains nicotine which raises heart rate and blood pressure
- Many smokers believe that smoking helps them relax but nicotine interferes with the chemicals in the brain meaning when they haven't smoked for a while they have a craving to do so. They may feel irritable and anxious until they can smoke. These feelings are temporarily relieved when they smoke again

Laws

- It is illegal to smoke in all public enclosed areas and workplaces (including restaurants, bars and pubs or vehicles used for work purposes)
- Smoking in a car with someone under the age of 18 is against the law*
- It is illegal for shops to sell cigarettes to anyone under the age of 18
- It is illegal for an adult to buy cigarettes for someone under the age of 18

*Not currently illegal in Northern Ireland