



Drugs Education

This week, we are starting to explore what we can do to be kinder to our own bodies. After all, you only get one!

So what are drugs?

If you know any, write their names in the box below. This is just between yourself, and your teacher/parent. Slang names are fine.

So, what makes a drug a drug? In America, they don't go to the chemist or pharmacy, they go to the drugstore. So many medicines are drugs.

Look at the following statements. Find **four** that you think apply to all drugs. Answers are over the page but please try to do it on your own, before checking the answers.

Almost all drugs are addictive.

Some drugs are addictive.

All drugs have negative effects if you take too much.

All drugs are medicines.

All drugs are legal.

Almost all drugs are harmless.

All medicines are drugs.

All drugs are illegal.

Drugs change how your body feels and works.

Once you've put the four correct statements in the above boxes, check your answers on the next page.

Here are the right answers:

Almost all drugs are addictive.

All drugs have negative effects if you take too much.

All medicines are drugs.

Drugs change how your body feels and works.

All the other answers are false.

How many did you get right?

Which drugs did you mention in the first box? I wonder if mentioned any of these?

cigarettes(nicotine) alcohol coffee(caffeine)

There are lots of others, but these are more common as none of them are illegal for adults. All will affect how you feel, if you have too much. All can cause problems for your body if you consume too much. All can be addictive! Small amounts of caffeine in coffee are of course fine.

Final task: Can you match the drug to its effects? There should be **five** lines in all.

alcohol

caffeine

nicotine

Slower reaction times,
blurred vision

Will keep you awake longer

Makes it harder to breathe

Can lose control of your actions

Turns fingertips yellow