



SUBSTANCE MISUSE

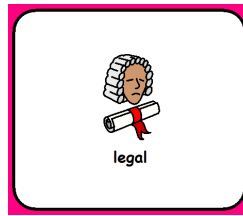
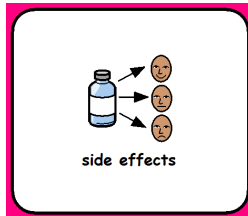
How can I stay safe around drugs?



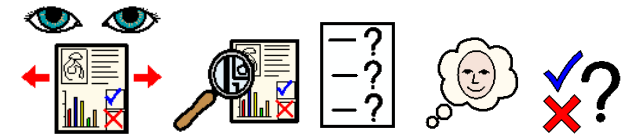
How to ask for support and help in a resilient way?



Key Vocabulary	Definition
restricted	Limited. With boundaries.
addiction	It is an urge to do something (usually hurtful) that is hard to control or stop.
side effects	An unwanted reaction caused by taking a medicine.
misuse	A wrong or incorrect use.
legal / illegal	Allowed by law / not allowed by law.



Key Outcomes
I understand the difference between legal and illegal drugs.
I understand how drugs can be issued.
I understand why people choose to use drugs.
I understand that there are risks/ side effects with any drug.
I understand that people can have an addiction to drugs.
I know the laws surrounding drugs.
I know how to ask for support and help.



Key Skills
I can evaluate own evidence offered and that offered by others.
I can air feelings in a way that supports the enquiry.
I know how to encourage others to contribute to the enquiry.
I know how to show appreciation for the comments of others.
I am able to question peers to support the enquiry.
I can evaluate in some detail the range of possibilities.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well