

**5/11/25**

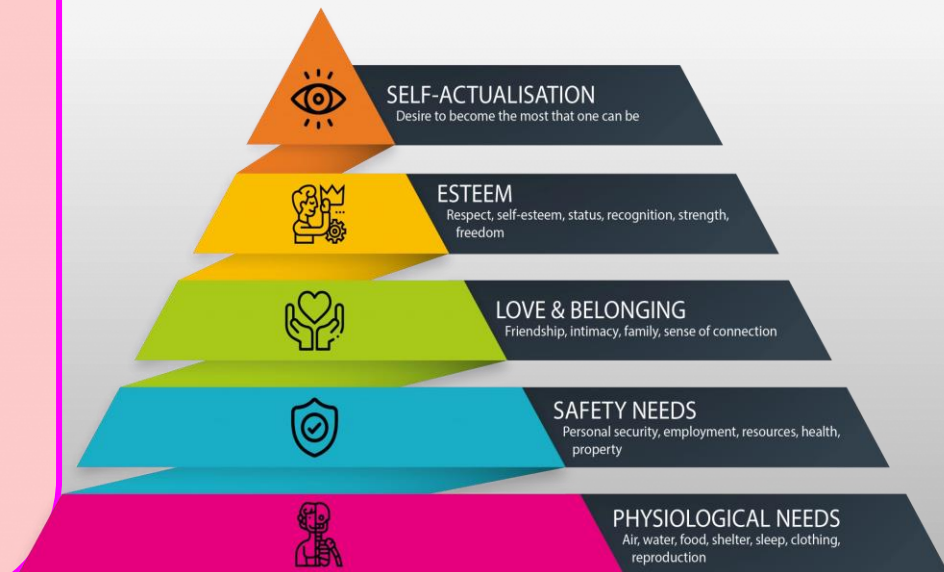
# Substance awareness in the local context

## **Instructions for Every Lesson:**

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



On your whiteboard in or in your books, make a list of as many substances that you can. You can work independently or with the person next to you.



16/07/2026

# Substance awareness in the local context

**Key Vocabulary:** Metacognition, self-regulated learning, growth mindset  
Independence, privacy, substances, cannabis, cocaine, nitrous oxide,  
Methylenedioxymethamphetamine (MDMA), ecstasy



**'Teenagers in Derbyshire may face greater dangers when they use substances'- how far do you agree or disagree with the statement; fully justify your response**



**Explain which substances young people may encounter in different social settings- why might they be used in these different settings?**



**Explain the risks associated with drugs use and how they can affect you in the short term**

## Instructions:

1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



'Just say no' was the old school drugs education message; it has been replaced with aim low, go slow. What does this mean and why is it a more realistic message? How far do you agree with the message?



### **Structured Talk Instructions:**

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).



Compare and contrast  
a Y5 and Y10 birthday  
party.

Specifically think about  
it in a Derbyshire setting

### **Structured Talk Instructions:**

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.





# How do I use emergencySMS?

## Register

You will only be able to use this service if you have registered with emergencySMS first.

**Register now: don't wait for an emergency.**

To register, **text 'register' to 999**. You will get a reply – then follow the instructions you are sent.

## In an emergency

### > Text 999

We need to know:

### > Who?

Police, Ambulance, Fire and Rescue or Coastguard.

### > What?

Briefly, what is the problem.

### > Where?

Exactly where the problem is happening – give the name of the road, house number, postcode or nearby landmark, if possible.

## What happens next?

The emergency service will either ask for more information or will tell you that help is on the way.

Don't assume that your message has been received until the emergency service sends a message back.

It will usually take about two minutes before you get a reply. If you don't get a reply within three minutes, please try again or find other ways of getting help.



## What would you do?

You are at a party at friend's remote farm, camping in one of the fields; You have all been drinking and some pills have been passed around. One of your friends had been having a great time, dancing , laughing etc. but has become quiet and is sitting down with their head in their hands. They go to get up, stumble and fall to the floor asleep.

**Discuss** in your groups genuinely what you are most likely to do, what should you do? How would you know if your friend was in trouble?

**Now write your ideas in bullet points  
In your books...**



If they have taken a 'stimulant' such as amphetamines (speed), cocaine, cannabis, ecstasy, LSD (acid) or magic mushrooms, they might feel tense and panicky. If this happens you should:

- calm them down and be reassuring - try not to let them see if you feel scared or worried
- explain that the feelings will pass
- encourage them to relax in a quiet, dimly lit room
- tell them to take long, slow breaths if they start breathing very quickly
- If they vomit and fall asleep, do not leave them alone, ensure they are in the recovery position
- If they start to have difficulty breathing or become unconscious and you cannot wake them call for an ambulance. They will not call the police, well unless their lives are at risk!

If they has taken a 'depressant' such as heroin or tranquillisers, or misused gases, glues or aerosols, they might start to feel very drowsy. If this happens you should:

- try not to frighten or startle them, or let them exert themselves
- If they vomit and fall asleep, do not leave them alone, ensure they are in the recovery position
- If they start to have difficulty breathing or become unconscious and you cannot wake them call for an ambulance. They will not call the police, well unless their lives are at risk!





# What, when? why?

Name the most commonly used substances in the following settings:

**Daytime**  
**Night-time**  
**Festivals**

**Day time-** smoking , vaping, alcohol, cannabis both herbal and vaping

**Night-time** alcohol, cannabis, MDMA & Cocaine

smoking, vaping, alcohol, cannabis

**Festivals** alcohol and vaping, NOS balloons, MDMA

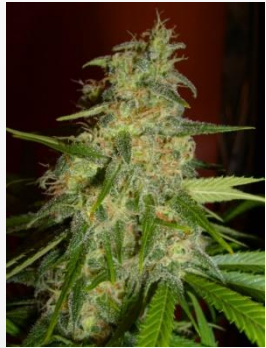




**A basic overview of four most frequently used substances, after alcohol that is! Please make notes in your book.**



# Cannabis is a plant-based drug-It can be smoked, eaten or vaped



| Substances:                                                                                                                                            | Make you feel                                              | Time to work                                                                                  | Effects on body                                 | Length of effects                        | Common risks                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cannabis is a plant-based drug. It can be smoked, eaten or vaped<br> | 'Stoned', happy, giggly and/or sleepy, confused, paranoid. | 1-2 mins on average when smoking. Takes longer to work when eaten - about 45 mins on average. | Can make some people feel sick and hallucinate. | 40 mins - 1 hour on average when smoking | Cannabis can affect your mental health, especially if you take a lot. Smoking with tobacco increases risk from both drugs. Driving when stoned or high can double your chances of having a serious, or even fatal car crash. |



# MDMA recreational/club drug taken as ecstasy pills or as MDMA powder



## 'Superman' drug deaths: Suffolk Police fear PMMA batch 'still out there'

© 10 January 2015



Suffolk Police said tests showed the ecstasy pills contained PMMA.

|                                                                                                                                                                    |                                                                        |                                 |                                                                      |                                |                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>MDMA/PMA recreational/club drug taken as ecstasy pills or as MDMA powder</p>  | <p>'Loved-up', alert, energised and/or anxious, panicky, paranoid.</p> | <p>20 - 30 mins on average.</p> | <p>Tingly, confused, faster heart rate, higher body temperature.</p> | <p>2 - 4 hours on average.</p> | <p>Overheating and/or dehydration. Drinking too much water to cool down can also be dangerous. Taking a whole pill in one go is dangerous because you don't know how strong it is. <b>PMA</b></p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|





# NOS is a colourless gas sold in canisters, usually inhaled using a balloon.



|                                                                                                                                                                     |                                                                            |                             |                                                                   |                               |                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>NOS is a colourless gas sold in canisters, usually inhaled using a balloon.</p>  | <p>Relaxed, giggly, sound distortions and/or dizzy, anxious, paranoid.</p> | <p>Usually immediately.</p> | <p>Can give you a headache and/or stop you thinking straight.</p> | <p>1 - 2 mins on average.</p> | <p>It's more dangerous inhaling directly from the canister. It can be hard to judge how many balloons to use. Too much nitrous oxide can make you faint, lose consciousness, or suffocate because it dispels oxygen from the brain</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Possessing laughing gas will be made illegal in three weeks, with those who repeatedly misuse the drug facing up to two years in prison.

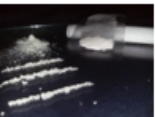
Dealers of nitrous oxide will face up to 14 years behind bars, the Home Office said.

The ban will come into force on November 8, and will make nitrous oxide a controlled Class C drug under the Misuse of Drugs Act 1971.



# Cocaine- A white powder stimulant that is normally snorted or rubbed into the gums.



|                                                                                                                                                                                     |                                                                        |                                |                                                                                                    |                                     |                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Cocaine</p> <p>A white powder stimulant that is normally snorted or rubbed into the gums.</p>  | <p>Excited, confident and/or anxious, happy, panicky, risk-taking.</p> | <p>5 - 30 mins on average.</p> | <p>Faster heart rate, raised body temperature, feel sick and/or want to go to the toilet more.</p> | <p>30 mins - 40 mins on average</p> | <p>Anyone can have a panic attack, heart attack and/or stroke if they take too much cocaine. Regular use can make you feel depressed and run down.</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|



# Ketamine-

According to Frank, the national drug education service, the average price of cocaine in the UK is £42 per gram. Ketamine is cheaper, around £20 per gram.



## **Bladder issues**

Channel 4 News has seen figures that show a rise in the number of people being referred to urologists with ketamine related bladder issues in three cities.

In Bristol, in the past 12 months surgeons have seen 25-ketamine cases – an increase of more than 90 per cent. In Leeds, 24 users have been referred to urologists – a 50 per cent increase on the previous year. And in London, 75 per cent of those who make it to the club drug clinic show symptoms of bladder problems.

It's an anaesthetic with hallucinatory properties. Users can feel completely detached from their body and surroundings – some compare it to having a near-death experience, sometimes called “entering the k-hole”.

One former user in Bristol said, “The best way of describing it is it makes you feel wonky, drunk, but the affect is instant.”





## Thousands of people use drug-testing facilities at UK music festivals

Festivals in England have services at which festival-goers can have their drugs tested anonymously. More than 8,000 people came forward to have their drugs tested.

Testers found drugs four-times stronger than normal or **being mixed with anti-malaria tablets and plaster.**

Drug testing aims to give people information about what they are taking. The main drugs checked were MDMA, ketamine and cocaine.

The chemists also detected a growing use of N-ethyl Pentylone, which was increasingly mis-sold as MDMA and **could lead to psychosis or up to three days of insomnia.**

Thousands of people use drug-testing facilities at UK music festivals

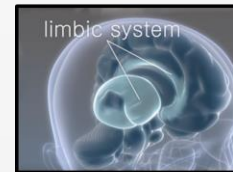
(3) 3 September 2018



Click on the image to link the news article video



**Mixing-** Is it dangerous to mix drugs with other drugs and or alcohol?  
Why? Justify your answers



Excess alcohol also affects the **Limbic system** which controls your emotions inducing sadness, tearfulness or aggression.



Alcohol affects the largest part of the brain, the **Cerebrum** which controls anxieties and inhibitions, drinking too much can lead to overconfidence. This overconfidence causes young people to take greater risks which couples with the motor coordination impairment, leads to greater risk of accidents and injury.

**Answer-** Yes, any time you mix drugs together you take on new risks. Things that affect your risk include the type of drug, the strength and how much you take. **Remember your Y8 alcohol lesson and risk taking**





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# Progress Review

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Metacognition phases



## Feeling pressured to take drugs? Here are 10 ways to deal with it

1. Remember that you're not alone. It's easy to think you're the only one who's not tried drugs but, actually, most young people don't take drugs.
2. Work out where you stand on issues like sex, drugs and alcohol. Knowing your own mind makes it easier to stay true to yourself.
3. Prepare yourself. Think about how you'd like to respond when someone offers you drugs so you know what to say.
4. Try to understand who's offering you the drugs and why. Friends should understand if you say no, people you don't know you very well may expect something in return.
5. Say no firmly but clearly and without making a big deal about it. If they try to persuade you, don't feel like you have to change your mind.
6. Remember that, although they may not show it, your mates will respect you more if you're assertive and clear about what you do and don't want to do.
7. Take a look around. You'll soon see that you're not the only one worrying about what other people think of you. Try to focus on your own opinion of yourself - in

<https://www.talktofrank.com/get-help/dealing-with-peer-pressure>



<https://www.changegrowlive.org/young-peoples-service-derbyshire/info>



Young People's  
Service

Derbyshire

