

16/07/2026

Substances

Instructions for Every Lesson:

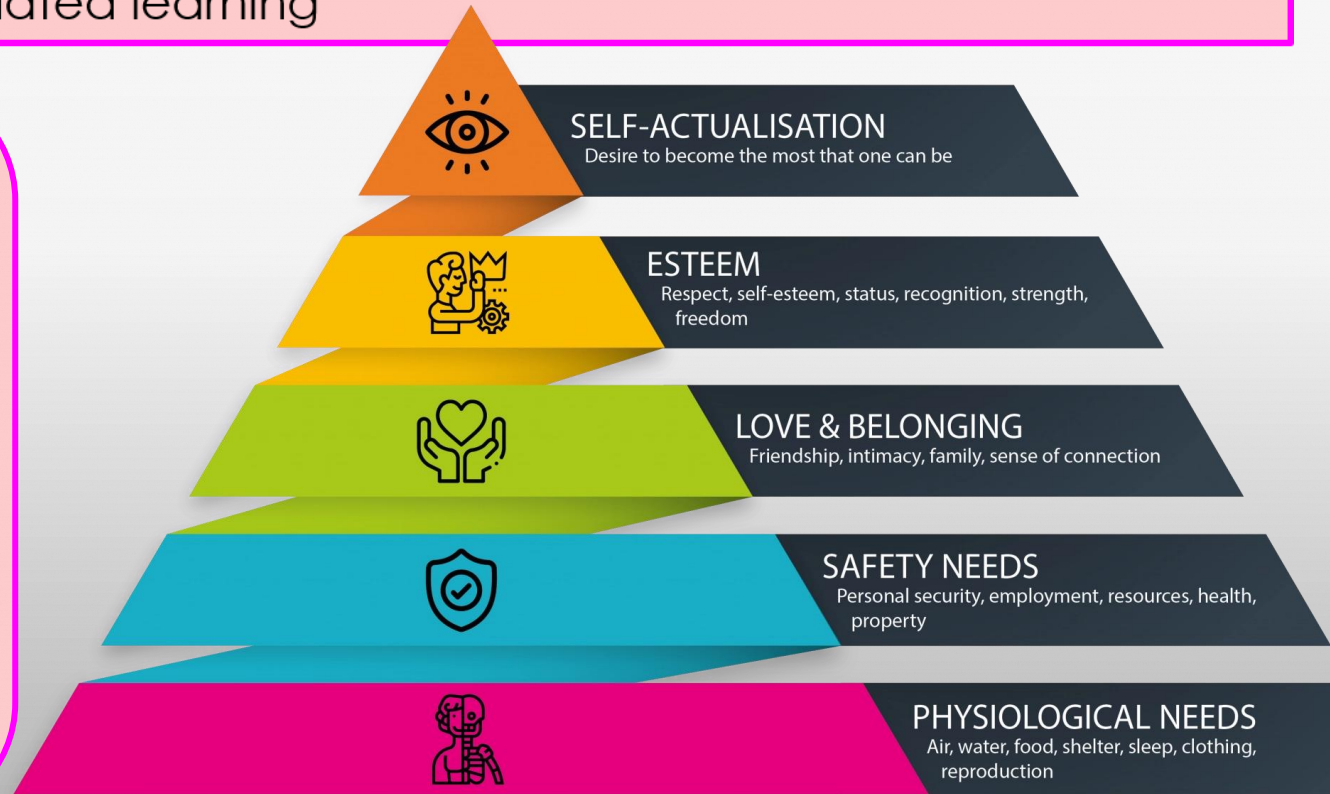
1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



Think BACK to what you learned about substances in Year 7.

How might the abuse of substances prevent you from self-actualising (being the best you possibly can in life)?

Respond on white board



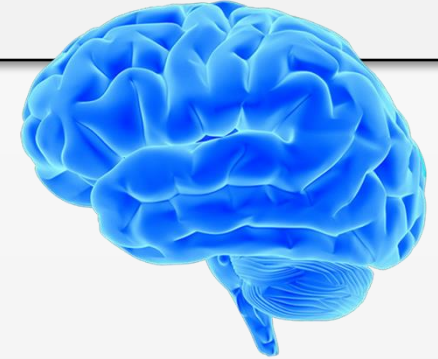
16/07/2026

Substances

Key Vocabulary: Metacognition, self-regulated learning, growth mindset substances, illegal drugs, prescribed substances, social influencers, peer influencers, economic impact, cannabis, alcohol, MDMA, Xanax, endocannabinoid system



How could laws about substances be improved to better protect the brains of young people?



How might peer pressure and the need for self-esteem influence risk taking in adolescents?

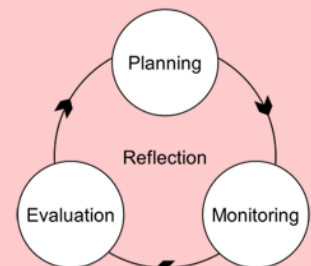


Why are substances banned by law and what does the A,B,C classification tell us about these substances?

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



1. A drug is a substance that changes the way the mind and body work

2. All drugs are illegal

3. Chocolate contains drugs

4. In the UK around 50,000 deaths are alcohol or tobacco related

5. When you smoke a single cigarette you inhale over 7000 chemicals

6. Smoking has no negative impacts on health

7. Too much alcohol can cause blackouts where the drinker can't remember anything

Instructions: Use your white board, **write true on one side and false on the other.** Hold up the side you think is right for each statement.

true

false

true

false

true

false

true

8. One cigarette can reduce your lifespan by 11 minutes

true

9. Even if you quit smoking the damage is already done
your body can't repair the damage that has been done

false

10. In the UK you can buy cigarettes at the age of 16 but
have to be 18 to use them

false

11. In the UK the legal age you can buy and drink alcohol
is 21

false

12. Illegal Drugs in the UK are classed as A,B or C

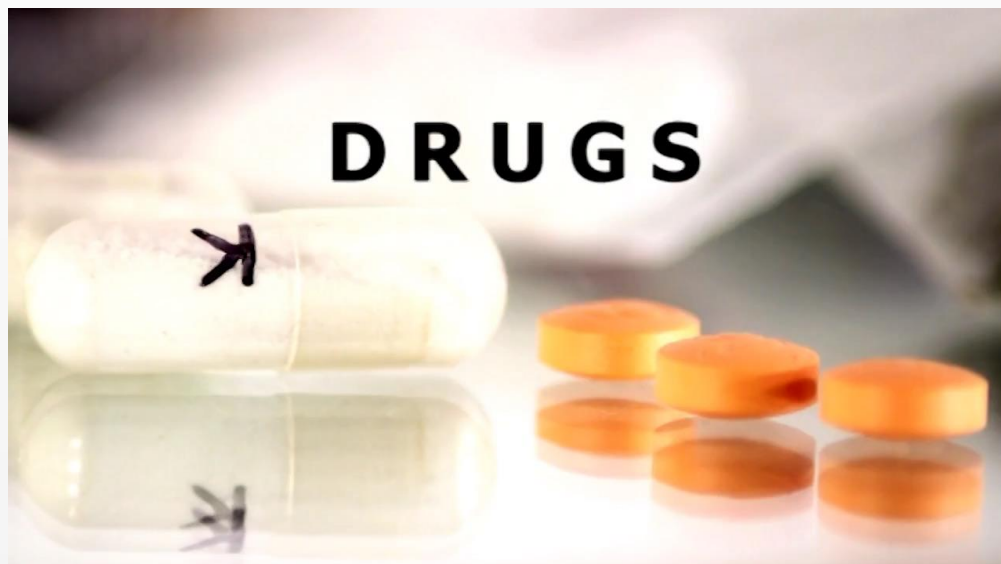
true

13. You could spend up to 14 years in prison for possessing
any illegal drug

true

14. If you are caught with or using illegal drugs, tobacco or
alcohol in school you can be temporarily or permanently
excluded

true



<https://www.tes.com/teaching-resource/teachers-tv-secondary-pshe-drugs-6085340>

Instructions: *As you watch this clip, answer these questions in your book:*

1. Why do young people try drugs?
2. How does drug use change a person's appearance and behaviour?
3. What are the likely impacts of a young person using drugs at school?

Instructions: Now discuss your answers with your partner and add to your notes to extend your answers.



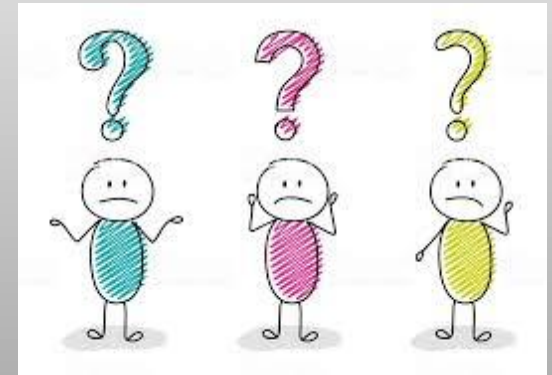
1. Why do young people try drugs?
2. How does drug use change someone's appearance and behaviour?
3. What are the likely impacts of a young person using drugs at school?



Why do young people try substances?

Add these to Q1 in green pen unless you've already got them!

- Socialising with friends
- Peer pressure, the emotional need to feel part of a group
- Curiosity, experimentation or wanting to take risks
- Changing self esteem*



How do people change when they take drugs?



- Behaviour- either happy, hyper or meaner, moody and anxious
- They start to look different- red eyes, do not care about their appearance, or personal hygiene.
- Personal belongs might start disappearing, jewellery, phone etc., possible sold or exchanged for drugs
- They withdraw from their friendship groups
- Care less about school, home, jobs etc. as the drug becomes a focus for them

Instructions: Use green pen to add to your Q2 response if you see any extra ideas that you haven't already written down.



What would happen if you were caught with drugs or using drugs at school?



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.

Overheard conversation:

Person A: You can get into real trouble for having that in your bag!

Person B: It's fine, I'm not going to use it. I'm giving it to a mate.

Person A: That's going to be even worse! It's dealing!

Person B: It's not dealing if they don't pay for it.

Instructions: Read this overheard conversation and then discuss the following questions as a class:

1. What do you think Person A and Person B are talking about?
2. Which person do you think is right? Why?
3. What might the consequences be for Person B?



This is what
our school
policy says!

MANAGEMENT OF DRUGS AT SCHOOL

Dealing with suspected illegal and unauthorised drugs

School staff will take temporary possession of any substance believed to be illegal and dispose of it within the local agreed protocols with Derbyshire Constabulary. Staff will confiscate the following unauthorised substances:

- **Alcohol, tobacco and e-cigs**

Parents/carers will be informed and given the opportunity to collect the alcohol, tobacco and/or e-cig.

- **Volatile substances**

Given the danger posed by volatile substances, the substances will be disposed of immediately.

- **Medicines**

Parents/carers will be asked to collect and dispose of unused or date-expired medicines.

Dealing with drugs and drug paraphernalia

If suspected illegal or unauthorised drugs are found on the school site they will be passed to the police for safe disposal. In the meantime they will be stored safely in school. The law permits school staff to take temporary possession of substances suspected to be illegal for the purposes of preventing an offence to be committed or continued, providing that reasonable steps are taken to destroy it or deliver it to the person lawfully entitled to take custody of it. All confiscations must be clearly labelled.

In taking temporary possession of a suspected controlled drug or a substance they believe to be harmful the staff member is advised to:



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PARENTAL INVOLVEMENT

In an incident involving illegal or unauthorised drugs, the school will involve the student's parents/carers and explain how the school intends to respond to the incident and to the student's needs. Where the school suspects that to do this might put the students at risk, or if there is another concern for the student's safety at home, then the school will exercise

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Approved by Curriculum and Students Committee: 24 February 2021
Next review (3 years): February 2024

SCHOOL POLICY

Drug Education and Incident Management

caution when considering involving parents/carers. In any situation where a student may need protection from the possibility of abuse, the school's designated officer for safeguarding will be consulted and local safeguarding procedures will be followed. Parents will be informed of the drugs education programme and the availability of this Policy.



**This is what
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policy says!**

The school should clearly record all decisions, counter signed by the Headteacher and dated. The police incident reference number should also be recorded where appropriate.

The police are committed to making every effort to collect the drugs within 24 hours. However this may not always be possible, so schools should store any substances in a locked cupboard within a secure room.

Arresting a pupil on school premises

There is local agreement in Derbyshire that the police will only consider arresting a student in school for serious offences and wherever possible will work in liaison with school staff. Whilst the police have the powers to arrest young people committing offences on the school premises this will be a last resort. It is recognised by all partners that the school must whenever possible, remain a safe place for pupils to learn and achieve. The potential impact on the whole school of an onsite arrest can affect hundreds of pupils, raise the anxieties of parents/carers and members of the wider community the school serves, therefore whenever possible arrests of pupils on school premises will be avoided.



**There are many
illegal substances.
How many can
you name?**



Anabolic steroids

Speed

Cannabis

Cocaine

Ecstasy

Mephedrone

Heroin

Amphetamines

LSD

Do you know how these illegal substances can be grouped?

Ketamine

Some tranquilisers such as Valium



Class A	Class B	Class C
Heroin Cocaine Ecstasy LSD	Speed Cannabis Ketamine Mephedrone Some Amphetamines	Anabolic steroids GHB Some tranquilisers such as Valium NSP
Possessing:	Possessing:	Possessing:
5	3	1
Selling (dealing):	Selling (dealing):	Selling (dealing):
6	4	2



Penalties for possession and dealing are...

On your white board write down the penalty you think you could get for having these substances in your possession

Class A heroin, cocaine, crack cocaine (rock), methadone, ecstasy (pills), LSD (acid), processed magic mushrooms, opium and PCP

Possession: Up to fourteen years in prison or an unlimited fine or both.
Dealing: Up to life in prison or an unlimited fine or both.

Class B all forms of Cannabis (hash, weed, grass, cannabis oil), amphetamines (speed).

Possession: Up to five years in prison or an unlimited fine or both.
Dealing: Up to 14 years in prison or an unlimited fine or both.

Class C Tranquillisers (Valium) some painkillers, Gamma hydroxybutyrate (GHB), Ketamine and anabolic steroids.

Possession: Up to two years in prison or an unlimited fine or both.
Dealing: Up to 14 years in prison or an unlimited fine or both.



Where can you
find out more?

<http://www.talktofrank.com/>

FRANK
Friendly, confidential drug advice

LIVE CHAT (2PM - 6PM) | EMAIL | 82111 | 0300 12...

DRUGS | YOUR SAY | GET HELP | CONTACT FRANK

What do you want to talk about?

You are here: Home

THE HIGHS, THE LOWS AND EVERYTHING IN BETWEEN.

DRUGS

A-Z

Know what's what. This glossary of drugs has all the info and the slang.

ARE YOU 'UNDER THE INFLUENCE'?

What to do if you're feeling pressure to take drugs.

WORRIED ABOUT A FRIEND?

Here's how you can help them out.

FRANK NEWS

01 HOW DO I KNOW WHAT I'M TAKING?

There have been a number of cases in Ipswich recently where people have died after taken...

Internet Explorer

http://www.talktofrank.com/

FRANK: Carebox careers film and... | personal | Google Images | Google

GOT A QUESTION? | hello@whynotfindout.org

ABOUT

This website is designed to provide you with the information you need to help you make informed decisions about legal highs.

The content of this site is provided by independent advisors including leading experts in toxicology.

A-Z

Information about the effects of drugs.

B	C	D	E	F	G	H
K	L	M	N	O	P	Q
T	U	V	W	X	Y	Z

NAME: SEARCH

UG:

MEDIA

Labrials

FAQ

'Legal highs' are substances that are designed to mimic the effects of illegal drugs like ecstasy and cocaine but are not controlled under the Misuse of Drugs Act.

Just because a substance is sold as "legal", doesn't mean that it's safe.

NEWS

The Global Drug Survey 2014 findings



Alcohol and substance abuse

Helping families overcome problems
caused by alcohol and drugs

Feedback

Help!

Where can you get help?

HOME

Try talking to your parents. If you feel that you cannot talk to them consider talking to another family member or a good friend.

MEDICAL

Ms Harman is trained to help with a wide range of young people's problems. You can talk to Ms Harman in confidence. Drop in to see her in Medical.

SCHOOL COUNSELLOR

If you feel you need to talk to a counsellor, please see your Head of Year.

SCHOOL

Friends, Form Tutors, Subject Teachers, Pastoral Support Assistants, Year Tutors or any member of staff who you feel comfortable talking to.

DOCTOR

Make an appointment with your GP.

We're all here to help

Whatever your worry, it's better out than in.

Don't wait until it gets too much. Talk to ChildLine - it's the UK's best confidential 24-hour advice for children and young people.

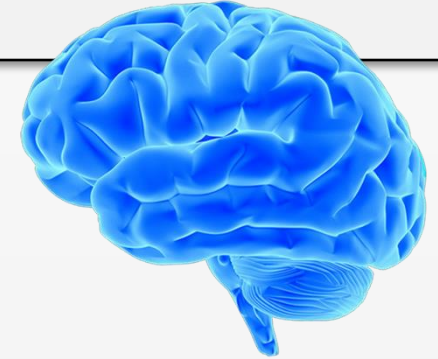
www.childline.org.uk/school



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Metacognition phases

