



Year 5: Legal and Illegal Drugs

Key Vocabulary

Legal	Allowed by law.
Illegal	Against the law or rules; not lawful.
Alcohol	A clear liquid that burns easily and can be made from certain grains and fruits. Alcohol is present in such drinks as beer, wine, and whiskey. It is also used in making medicines and chemicals.
Nicotine	A poisonous substance found in the tobacco plant. Nicotine causes people to become addicted to cigarettes.
Medicine	A drug or other substance used to treat a disease, injury, pain, or other symptoms.
Caffeine	Caffeine stimulates the heart and nervous system and can cause a person to stay awake and alert
Canabis	A tall plant with a stiff upright stem, divided serrated leaves, and glandular hairs. It is used to produce hemp fibre and as a drug.
Stimulant	Something that temporarily awakens or speeds up a physical or mental activity or process.
Depressant	causing a slowing of bodily functions, as by the action of a drug.
Stereotypes	An idea or belief many people have about a thing or group that is based upon how they look on the outside.

Drug	Effects	Risks
<u>Tobacco</u>	Gets to the brain quickly. Makes the heart beat faster.	Can damage the lungs, heart, stomach, bones, mouth and throat. Can cause cancer.
<u>Alcohol</u>	Helps people relax. Makes people feel less worried and more confident.	May make a person do things they might not normally do. Can make people be sick and forget things.
<u>Cannabis</u>	It may make a user feel relaxed and happy. Some people get the giggles and may become more talkative.	This drug can make a user become worried or panic. There is a risk of developing mental health problems.
<u>Cocaine</u>	This drug makes users feel wide-awake, confident and full of energy.	Some people become over confident so may take very careless risks. This drug is very addictive.
<u>Heroin</u>	Reduces physical and mental pain. It gives the user a feeling of warmth and well-being.	Overdoses can lead to coma and death. The risks of sharing needles put users at increased risk of getting infections.
<u>Ecstasy</u>	This drug gives people a lot of energy. It makes the senses more aware.	This drug can cause users to panic and feel confused. It can make users feel down after use.

Attitudes to DRUGS

CORRECT	INCORRECT
People who are addicted to drugs should be offered help.	Smoking is legal so you should be able to do it anywhere.
All alcohol should carry a health warning on the label.	It is okay to use drugs because your friends are using them.
Children should be taught about drug abuse.	Teenagers should be allowed to drink alcohol.