Charters Parents Evening

Drugs and Alcohol Education

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Question

What makes one alcoholic drink stronger than another?
Units

• The alcohol content of a drink depends on its size and strength.

• Units are the official measurement of alcohol in the UK.

• A 'unit' is equivalent to 10 millilitres of pure alcohol.

• Pure alcohol is called ethanol.

• A formula can be used to work out how much alcohol is in a drink.

\[
\text{size of glass or bottle (ml) x ABV} \times \frac{1000}{1000}
\]
How many units are in these alcoholic drinks?

1 pint (568 ml)
Lager 4%

750ml bottle
Wine 13%

440ml can
Beer 5%

50ml of
Whisky 40%

275ml bottle
Vodka 40%
How many units are in these alcoholic drinks?

- 1 pint (568 ml)
  - 2. Lager 4%
  - 3.

- 750ml bottle of wine 13%
  - 9.
  - 8.

- 440ml can of beer 5%
  - 2.
  - 2.

- 50ml of Whisky 40%
  - 2.

- 275ml bottle of Vodka Blue
  - 1.
  - 1.

- 275ml bottle 4%
  - 1.
Pour me a Drink Exercise
National Guidelines

It is recommended that:

Women drink no more than 2-3 units per day
Men drink no more than 3-4 units per day
Young People & Alcohol

• The national guidelines are designed for adults!
• Young people are smaller and lighter, so alcohol will affect them more.
• Young people’s brains and internal organs are not fully grown and are more easily damaged by alcohol.
Why Young People Drink Alcohol

- "It’s easy to get hold of – older friends buy it for me or I can get it from my parents’ cupboard/fridge"
- "I was feeling down and just wanted to feel better"
- "Most of my older friends drink and I just wanted to fit in"
- "It makes me feel confident and I find it easier to talk to people"
- "Drinking made me relax and my problems disappeared for a while"
- "I was curious and wanted to see what it was like. It tastes horrible!"
- "Everyone drinks"
- "We have a real laugh when we’re drunk"
Alcohol and its Effects

- Alcohol is a depressant, which means that it slows down brain activity
- The more you drink the stronger the effect
- Small amounts can make you feel relaxed, confident and happy
- Larger amounts will affect almost every part of the body
Beer Goggles Exercise
# Effects of Drinking Alcohol

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## Effects of Drinking Alcohol

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<tr>
<td>Relaxed &amp; happy</td>
<td>Clumsy/lacking coordination</td>
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<td>Talkative/chatty</td>
<td>Slurred speech &amp; blurred vision</td>
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<td>Loud &amp; confident</td>
<td>Loss of balance</td>
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<td>Slow reaction times</td>
<td>Poor judgement/poor decision making</td>
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<tr>
<td>Emotional</td>
<td>Feeling sick</td>
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Alcohol Poisoning

• If you drink a large amount of alcohol, in a short amount of time, you could die.
• Your brain function slows down to point that the body starts to shut down and your heart stops.
• In addition, alcohol irritates the stomach making you more likely to be sick.
• If you are sick while unconscious or in a deep sleep, then you could choke to death.
When Things Go Wrong

If someone you are with collapses:

• Get someone to ring 999

• Turn them onto their side (Recovery Position)

• Check their mouth is clear & they can breathe

• Keep them warm

• Stay with them until the ambulance arrives
Recovery Position

Knee Stops Body From Rolling Onto Stomach

Hand Supports Head
What is Cannabis?

- Cannabis is the most widely used illegal drug in Britain.
- It is made from the dried buds and leaves of the cannabis plant.
- Cannabis contains a chemical called THC which gives people a buzz or makes them feel very relaxed (stoned).
Pot
Grass
Dope
Weed
Cannabis
Crash
Blow
Chill
Bubble
Hooch
How it’s taken

Smoked with tobacco in a *joint* or *spliff*

Smoked in a *pipe* or ‘bong’

Cooked in a cake or made into biscuits

Made into tea
Skunk

• *Skunk* is the name given to very strong varieties of cannabis. It is named after its strong smell

• It has much higher levels of THC than herbal cannabis

• Colours, sounds, movement and time may become distorted when you take it
• [http://www.youtube.com/watch?v=XCutB-Ueef0](http://www.youtube.com/watch?v=XCutB-Ueef0)
Cannabis and its Effects

- Giggles
- *Munchies* (feeling hungry)
- Happy
- Talkative
- Relaxed
- Panic attacks (feeling very nervous & worried)
- Pukey (feeling sick)
- Paranoia (suspicious)
- *Dr Chill* (*chilled out*)
- Lazy
- Memory Loss
What’s the Problem?

• It may be more difficult to learn and concentrate
• You may lose interest in things you used to enjoy
• Friendships may suffer because cannabis affects the way you think and behave
• Smoking 3-4 ‘joints’ is the equivalent of smoking 20 cigarettes
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Cannabis & the Law

• Cannabis is illegal

• If you smoke, grow or keep cannabis in your parents’ house, they could be prosecuted

• Giving Cannabis to other people counts as **dealing** even if no money changes hands

• A conviction may make it difficult to get a job or to travel abroad
Other Drugs

Cocaine/Crack Cocaine
Mephedrone
Ecstasy/MDMA
Ketamine
LSD
Angel Dust
Benzo Fury
Roofies
Magic Mushrooms
NOS
MDMA (Class A)

MD, Molly, Mandy, E, Pills, XTC

- Powder/crystals – snorted, smoked, ‘bombed’, or dissolved in a drink

- Ecstasy tablets are made from MDMA

- Stimulant – users get a buzz, effects can last for 3 to 6 hours

- Users feel exhilarated, sound, colour and emotions are intensified

- Enhances feelings of pleasure
What are the risks?

• Increased heart-rate

• Increased body temperature – dehydration

• Mouth becomes dry, jaw muscles clench (gurning)

• Anxiety/panic attacks

• ‘Come-down’

• Troubles sleeping
Cocaine (Class A)

* Coke, Charlie, Snow, C, Toot, White, Percy *

- Powder – snorted, dabbed on gums, ‘bombed’, sometimes dissolved and injected
- Energetic, confident, awake (20-30 minutes)
- Very addictive
- Long ‘come-down’ – crash can last for days
What are the risks?

- Damaged Nose
- Heart under pressure
- Constricts the blood vessels
- Heart attack/heart failure

- Alcohol & Cocaine = Cocaethylene
Mephedrone (Class B)
Meow Meow, Meph, MCAT, Bubble, Drone

- White/off-white powder/crystal or a pill
- Snorted, swallowed ‘bombed’, rarely injected
- Intense buzz, energetic, alert, confident, talkative, affectionate, hallucinating, happy
What are the risks?

• Severe nosebleeds/damage to the nose

• Cold/blue fingers – poor circulation

• Overstimulate the heart - palpitations

• Increased temperature

• ‘More-ish’ – use until it’s all gone!
Illegal Drugs & Legal Highs

• What is the difference?

• Legal Highs mimic the effects of drugs such as ecstasy and cocaine ...

• the only difference is that they are not controlled by the Misuse of Drugs Act.

• No research is carried out on any legal highs so you never know the impacts or risks on your health
  - Risks Seizures
  - Comas
  - Death
Ivory Wave
NOS
Go Sparkle
China White
Benzo Fury Wave

Synthetic Cannabinonoids

A 'herbal' smoking mixture

Amsterdam gold,
Annihilation,
- Black Mamba,
- Salvia divinorum

http://www.bbc.co.uk/news/uk-england-london-21009350
Nitrous Oxide

Nitrous, whippets, laughing gas, NOS
• Brief High/head rush – 2 minutes

• Giggly, light-headed, distorted sound, slurred speech, difficulty walking and confusion

• Affects co-ordination & balance

• Fall unconscious – lack of oxygen

• Nerve Damage

• Depletes vitamin B
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