

# Session 5.1: The dangers of illegal drugs

## Activity sheet 5.1.1: Legal and illegal drugs

Some drugs are **legal**. This means you are allowed to have them. Some drugs are **illegal**. This means you are not allowed to have them. It is against the law.

Put a tick next to the **legal** drugs. Put a cross next to the **illegal** drugs.

	Legal ✓	Illegal ✗
Tablets that the doctor has told you take.		
A tablet given to you by a friend.		
Medicine that you buy from a chemist or supermarket.		
Medicine that the doctor has given someone else.		
Drugs you have bought from someone you don't know.		
Drugs that everyone else is taking at a party.		

## Activity sheet 5.1.2a: The possible bad effects of drugs

If you take drugs that are **illegal** they can do you harm.

Drugs can make you physically ill and even die.

Drugs can make you mentally ill. This can make you behave in a way that can cause you to hurt yourself or other people.

Talk about physical and mental harm that drugs can do to you.

Physical illnesses affect your body. Write down 3 physical illnesses that can be caused by **illegal** drugs

1.

2.

3.

## Activity sheet 5.1.2b: Mental illness and illegal drugs

Mental illnesses affect your mind and how you think. They can make you behave in ways you don't usually behave.

Write down 3 mental illnesses that can be caused by taking **illegal** drugs.

1.

2.

3.

## Activity sheet 5.1.3: The risks of taking drugs

Different drugs harm you in different ways.

You may think that certain drugs are less harmful than others.

If you get drugs from other people though, they may not be what they say they are.

They may have other harmful substances in them.

Talk about whether you should trust a drug dealer.



## **Activity 5.1.4: Where do people sell drugs?**

Sometimes you can be in danger if you go to places where people are selling illegal drugs.

Talk about why these places are dangerous.



## Activity sheet 5.1.5: Drugs and money

Illegal drugs can cost a lot of money. You can get into lots of money problems. Talk about what would happen if you are spending money on illegal drugs.



## Activity sheet 5.1.6: Drugs and your relationships



Illegal drugs can affect other areas of your life.

Think of how they can affect your relationships.



Think of how they can affect your work or other activities.

Think of one other area that they can affect.

## Activity sheet 5.1.7: Saying no to drugs

Sometimes a friend or a stranger may offer you a tablet. They may say that it will make you happy or relaxed. You must say 'no' as it can do you a lot of harm and it is **illegal**.

If you feel unhappy or agitated and you think you need the drug you can talk to your doctor about it. It is better to get help from your doctor or support worker rather than taking an **illegal** drug.

Role-play saying 'no' to illegal drugs.

You can say 'no' and then walk away.

Role-play asking your doctor or support worker for help.

You may have been taking drugs. You can still get help.





## Activity sheet 5.1.8: Reporting illegal drugs

If someone offers you **illegal** drugs you need to tell someone what has happened.

Who would you tell?

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If you are taking **illegal** drugs who would you tell?

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