



# PSHE KNOWLEDGE ORGANISER KS2



## PSHE topic in focus:

## Drugs & their effects

## HEALTH AND WELLBEING

### KEY TERMS:

**Drug** - A chemical which is put into the body and has an effect on the body.

**Stimulant** - A drug which increases the body's heart rate and reaction times.

**Depressant** - A drug which slows down the body's reaction times.

**Hallucinogenic** - A drug which creates hallucinations, including thoughts, images and sensations that feel real but are not.

**Analgesic** - A drug that is able to relieve pain.

**High** - An intense, altered state of mind which happens as a result of taking a drug.

**Intoxicated** - When a person has lost control of their body due to taking a drug.

**Addiction** - an inability to stop a compulsive habit or behaviour, often relating to the consumption of drugs or alcohol.

**Alcoholic** - a person who is addicted to alcohol.

**Legal** - Allowed by the law of a country.

**Illegal** - Forbidden by the law of a country.

| Drug     | Stimulant | Depressant | Hallucinogen | Analgesic |
|----------|-----------|------------|--------------|-----------|
| Caffeine | ✓         |            |              |           |
| Alcohol  |           | ✓          |              |           |
| Tobacco  |           | ✓          |              |           |
| Heroin   |           | ✓          |              | ✓         |
| Cannabis |           | ✓          |              | ✓         |
| Cocaine  | ✓         |            |              |           |
| Ecstasy  | ✓         |            |              |           |
| Ketamine |           | ✓          | ✓            | ✓         |

### RECOGNISING DRUGS



#### ILLEGAL DRUGS



##### Cannabis

- Black or brown resin
- Green or brown leaves
- A yellow or brown oil



##### Cocaine

- Powder
- Clear-white or off-white in colour
- Clumps called 'rocks'.



##### Heroin

- A fine powder
- White, rose-grey, brown or black in colour



##### Ecstasy (MDMA)

- Pill or powder form
- Pills can be round, square, white or coloured.



##### Ketamine

- A clear liquid (in a medical context)
- Pill form (occasionally)
- A white or brown grainy powder.

Prior knowledge:  
Yr 4: How can we manage risk in different places?  
Yr 3: What keeps us safe?

### HELP AND SUPPORT:

NSPCC Helpline:  
0800 800 5000  
(24 hours, every day)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

Childline Helpline:  
0800 1111  
(24 hours, every day)  
<https://www.childline.org.uk>

Talk to Frank Helpline:  
0300 123 6600  
[talktofrank.com](http://talktofrank.com)

The Mix Helpline:  
0800 808 4994  
[The Mix Counselling Service](http://The Mix Counselling Service)  
(10 - 18 year olds)

National Association for the Children of Alcoholics Helpline  
0800 358 3456  
<https://www.nacoa.org.uk/>



# PSHE KNOWLEDGE ORGANISER KS2



## PSHE topic in focus:

## Types of Drugs

## HEALTH AND WELLBEING



### Legal drugs



#### Caffeine

Caffeine is a stimulant that occurs naturally in several plant sources, but most notably in cocoa beans. The active ingredient is a stimulant called trimethyl xanthine. Commonly found in tea, coffee and chocolate, caffeine is often consumed to help people to stay awake or alert.

#### Alcohol

Alcohol is made through a process called fermentation. When grains, fruits or vegetables are allowed to ferment (a process where a yeast or bacteria reacts with natural sugars), a chemical called ethanol is produced as a by-product. This odourless, colourless liquid is a depressant, that has the effect of lowering inhibitions and making people feel more relaxed.

#### Tobacco

Nicotine and tobacco are both found in cigarettes: tobacco is the plant which contains nicotine. Tobacco is most commonly smoked in cigarettes. Nicotine is an addictive substance and people who smoke can often find it difficult to quit without help.

#### Medicines

Medicines are a type of drug which are legal to take as long as a doctor has prescribed them to you. You can buy some medicines over the counter at a chemist's without needing a prescription as long as you are above the minimum age to take the medicine.

### Illegal drugs

#### Heroin

Probably the most addictive and deadly of the Class A drugs, Heroin gives users a feeling of well-being, while bigger doses can make people sleep and vomit. Heroin is usually a powder that can be white, grey or brown in colour. It also is a very strong painkiller, and overdoses can lead to coma and even death.

#### Cocaine

Cocaine and crack cocaine are two variants of the same drug. Where cocaine is usually a clear or off-white powder, the stronger form, crack cocaine often comes in clumps or rocks. Over time, snorting cocaine will seriously damage the cartilage in your nose. Cocaine is highly risky for anybody with high blood pressure or a heart condition. Even perfectly healthy, young people can have a fit or heart attack after taking too much.

#### Ketamine

You may have heard that a ketamine is a horse tranquiliser. This is because it is - it's used by vets to put horses to sleep before operations. Ketamine is usually snorted as a powder in very small doses. It can make you far, far less aware of what's going on around you - to the point where it can make you pass out. In very small doses it won't make a person listless, but it may still be a very unpleasant experience.

#### Cannabis

Cannabis is a drug that is made from the cannabis plant. It can give pleasant effects, like feelings of being relaxed, calm, and chilled out. It can also make you see or hear things which aren't really there - which can be quite scary. Cannabis is also known as: marijuana, dope, pot, weed, grass, bud, joint, and ganja.

#### Ecstasy

Ecstasy (also known by its chemical name, MDMA) is often found in pill or power form. The main effects of ecstasy include an energy buzz that makes people feel alert, alive, and in tune with their surroundings. The comedown from ecstasy can make people feel lethargic and depressed. Evidence suggests long-term users can suffer memory problems and may develop depression and anxiety.

