

# Thinking About Drugs

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|---|--|
| 1. I think people who drink and drive should ...                | 2. It is not OK to take cannabis if ...                    |
| 3. I think famous people who get involved with drugs should ... | 4. What is worrying about drugs at the present time is ... |
| 5. Most people who take heroin are ...                          | 6. Some of the positive things about drugs are ...         |
| 7. The worst thing about taking drugs is ...                    | 8. The most commonly used drugs are ...                    |
| 9. When I think of heroin, I think of ...                       | 10. The way to stop drug misuse is to ...                  |
| 11. Drugs education should ...                                  | 12. Smoking cannabis is ...                                |
| 13. When someone mentions drugs, I feel ...                     | 14. The aim of drug education is ...                       |
| 15. I think people who smoke should ...                         | 16. The newspapers say drugs are ...                       |
| 17. One of the worst drugs is ...                               | 18. People use legal highs because ...                     |
| 19. Young people need to know ...                               | 20. Cannabis users are ...                                 |
| 21.   | 22.  |

# How Much Do You Know About Cannabis & other Drugs?

| Quiz  | True or False |
|---|---------------|
| 1. Smoking cannabis causes less damage to the lungs than smoking tobacco  |               |
| 2. You can't be arrested for personal possession of a small amount of cannabis                                    |               |
| 3. Cannabis can be prescribed by doctors in the UK  |               |
| 4. Over a quarter of young people who try smoking will die from a smoking related illness                         |               |
| 5. Ketamine is used as a horse tranquilliser  |               |
| 6. Heroin comes from a poppy  |               |
| 7. "Legal highs" are safer than ecstasy   |               |
| 8. In an average gram of cocaine, approx half is cocaine and the other half powders or crushed household products |               |
| 9. Over one third of young people aged 11-16 years old have ever tried an illegal drug                            |               |
| 10. Solvent abuse can kill instantly the first time it is experimented with                                       |               |

| Top 3 reasons young people use drugs | Top 3 reasons why young people don't use drugs |
|--------------------------------------|--|
|                                      |  |
|                                      |  |
|                                      |  |

(taken from ~Young People, Smoking, Drinking & Drug Use in England 2010 report )

## How Much Do You Know About Cannabis & other Drugs?

| Answers  | True or False |
|--|---------------|
| <p>1. Smoking cannabis causes less damage to the lungs than smoking tobacco</p> <p><i>There are 3 reasons for this:</i></p> <ul style="list-style-type: none"> <li>● cannabis users often inhale more deeply and hold the smoke in, which causes lung damage</li> <li>● cannabis often smoke cannabis from a joint with no filter to reduce the tar</li> <li>● cannabis produces up to 5 x the tar of tobacco</li> </ul>   | False         |
| <p>2. You can't be arrested for personal possession of a small amount of cannabis</p> <p><i>Anyone of any age can be arrested for any amount of cannabis. The police can decide to confiscate cannabis and issue a writing warning to adults (over 18's) for a first offence. However, under 18's are normally arrested even for a first offence. Cannabis is a Class B drug, and a drug related offence will appear on a person's police record, generally for up to 5 years.</i></p> | False         |
| <p>3. Cannabis can be prescribed by doctors in the UK</p> <p><i>This is not available at this time. However, in USA 13 states have medical cannabis available, which has been specifically cultivated for using as a medicine for pain relief, cancer treatment, MS and arthritis.</i></p>   | False         |
| <p>4. Over a quarter of young people who try smoking will die from a smoking related illness</p> <p><i>Half of young people who try smoking will go on to be smokers as adults; half of adults who smoke die from smoking related illnesses.</i></p>   | True          |
| <p>5. Ketamine is used as a horse tranquiliser</p> <p><i>It is also used as a children's anaesthetic and in emergency hospital settings.</i></p>   | True          |
| <p>6. Heroin comes from a poppy</p> <p><i>The opium poppy</i></p>  | True          |
| <p>7. "Legal highs" are safer than ecstasy</p> <p><i>There is no such thing as a "safe" drug, and these drugs have not been tested</i></p>   | False         |

|   |              |
|---|--------------|
| <p>8. In an average gram of cocaine, approx half is cocaine and the other half powders or crushed household products</p> <p><i>Between 2% and 20% is cocaine, the remaining 98%-80% is crushed household products, tablets, food powders etc.</i></p> | <b>False</b> |
| <p>9. Over one third of young people aged 11-16 years old have ever tried an illegal drug</p> <p><i>Less than 25% of young people have ever tried an illegal drug – this could mean they tried it once, or have used it regularly.</i></p>            | <b>False</b> |
| <p>10. Solvent abuse can kill instantly the first time it is experimented with</p> <p><i>It can cause heart attacks, respiratory problems or accidents while under the influence.</i></p>   | <b>True</b>  |

| <b>Top 3 reasons young people use drugs</b> | <b>Top 3 reasons why young people don't use drugs</b>        |
|---|--|
| <i>To see what it was like (56%)</i>        | <i>Didn't want to take them (51% of 15yr olds)</i>           |
| <i>To get high / feel good (22%)</i>        | <i>Didn't want to become addicted or too dangerous (32%)</i> |
| <i>Friends doing it (18%)</i>               | <i>Too expensive (11%)</i>                                   |

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