

PCSHE – Year 10 Term 4 – Exploring Influence

KPI1: Key words

- **Substance:** Generic term involves alcohol and other drugs that may be illegal.
- **Problematic use:** This describes use of a substance in which a person is dependent, or they use the substance recreationally (for fun) in a way that increases the risk of harm.
- **Substance use disorder:** Substance use disorder is the clinical term used to describe what is commonly referred to as addiction. It features a cluster of symptoms including the strong internal drive to use substances or impaired ability to control substance use
- **Dependency:** A state in which a person relies upon a substance to feel or function as normal. This can be physical and/or psychological
- **Cessation:** The process of reducing and stopping the use of a substance. This may be done independently or with the support of a cessation service
- **Possession:** When a person is found with controlled drug for personal use. They don't have to be using it they just need to have it.
- **Intent to supply:** When a person is planning to give controlled drugs to someone else including selling, sharing or giving for free.
- **Supply:** When a person distributes or gives someone a controlled substance including selling, exchanging for reward or 'gifting'.

KPI2: Types of Influence

- **Indirect:** When a person feels they have to join in even if no-one directly asks the person to do anything.
- **Friendly:** Asked to do something by a friend, but it's okay to say no.
- **Heavy:** Using/threatening violence or blackmailing.
- **Teasing:** Calling people names to make them feel embarrassed.
- **Internal:** Pressure from inside the person, e.g., wanting to look cool or be part of the group, or awareness of religious/cultural beliefs and expectations.
- **Online:** Seeing things on social media/the internet that alters perception of substance use.

KPI5: Maximum legal penalties for each drug classification

Class A:

- Possession – 7 years
- (Intent to) supply – life sentence

Class B:

- Possession – 5 years
- (Intent to) supply – life sentence

Class C

- Possession – 2 years
- (Intent to) supply – 14 years

Psychoactive substance

- Possession – None unless in educational/custodial settings
- (Intent to) supply – 7 years.

KPI3: Types of drugs

- **Depressants:** Slows body systems, lowers cognitive abilities and slows reactions.
- **Stimulants:** Speeds up body systems; cause pleasure and increase energy.
- **Hallucinogens:** Alter perceptions or cause hallucinations, can cause anxiety or panic.
- **Dissociatives:** Create feeling of relaxation, numbness or disconnect from the body.
- **Opioids:** Cause pleasure or pain relief, can lead to loss of consciousness.
- **Steroids:** Increase muscle mass and speed recovery from exercise, linked to paranoia.
- **Cannabinoids:** Cause feelings of relaxation or giggling, linked to paranoia and memory loss.
- **Empathogens:** Cause feelings of being 'loved up' or wanting to move and dance, linked to anxiety after use.

KPI4: Wider effects of the drug industry

Production:

- Poor working conditions or pay for individuals in the production process
- Environmental impacts including the energy requirements for cultivation

Importation

- Disproportionate exploitation of individuals from a position of socio-economic disadvantage
- Environmental impacts of transport.

Supply:

- Exploitation of vulnerable groups including children
- Damage to the reputation of communities in which substances are sold.
- Financing of other criminal activity.

Use

- Varying levels of harm to health and wellbeing, finances and employment, relationships and safety.
- Legal consequences
- Wider impacts upon legal and health services.

For further support...

- Safeguarding Team – Mr. Ogden, Mrs. Jones, Mrs. Loveridge
- Pastoral Team – Mrs. Hayward, Mrs. Aston
- Tutor
- Family, Friends or Trusted Adult
- Childline — www.childline.org.uk Phone: 0800 1111
- Adfam – adfam.org.uk – Information and support for friends and family of people with drug and alcohol problems.
- Talk to Frank — www.talktofrank.com/get-help Phone: 0300 123 6600 - Confidential advice and information about drugs, their effects and the law.
- Drugwise - drugwise.org.uk
- To get help in an emergency – Phone: 999
- To report a non-urgent crime – Phone: 101
- To anonymously report a crime: www.fearless.or