

# little guide to drugs

# Who DECCA are

DECCA are the under 18 drug and alcohol service for Sandwell. We work in schools and other education settings teaching young people all about drugs and alcohol. We are also a treatment service meaning we help young people who use drugs and / or alcohol.

## So, what is a drug?

A drug is anything which when put into the body changes the way the mind or body works.

There are many different types of drugs, some legal and some illegal. This Little Guide will look at Alcohol, Caffeine, Cannabis, Tobacco and Vaping.

### Why do people use drugs?

- Just to try it
- Think it will be fun
- Stress / Escape Problems
- Social events
- Peer pressure (Forced to by friends / peers)
- Peer influence (Our thoughts and opinions affected by friends / peers)
- Peer acceptance (Feel like we must, so we fit in with friends / peers)

Can you think of anymore reasons why someone might use drugs?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Why don't people use drugs?

- Health harms & risks
- Don't like it
- Don't want to / No interest
- Family relationships
- Focused on other aspects of life
- Religious reasons
- Not socially accepted

Can you think of anymore reasons why someone might not use drugs?

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- \_\_\_\_\_
- \_\_\_\_\_

Some nicknames:  
Booze, Bevvy, Tipple, Liquor, Beer.

# Alcohol

## How does Alcohol affect someone?

Alcohol can affect people differently every time they drink.

### Short-Term

Drinking too much alcohol over a short amount of time can cause;



An alcoholic drink contains ethanol, this is the chemical which causes someone to feel 'drunk'.

Alcohol is made by fermenting (a process which converts carbohydrates into alcohol) grains and fruits.

There are many different types of alcohol, including; wine, champagne, vodka, Alco-pop, whisky and lager.



### The Law

A person must be 18 or over to be sold alcohol. If shops sell to under 18's they can get a big fine.

Over 18's cannot buy alcohol for under 18's. This can result in a pretty big fine.

### Long-Term

Drinking too much alcohol for a long amount of time can damage the;

- Liver
- Brain
- Heart & Blood
- Kidneys, Bladder & Stomach
- Mouth & Throat

# Caffeine

## What is Caffeine?

Caffeine is the world's most popular drug! Caffeine comes from the cacao plant. It is a natural stimulant meaning, it speeds us up making us more awake and alert.

Caffeine can be found in a lot of food and drink, including; tea, coffee, hot chocolate, chocolate, fizzy pop, energy drinks etc.



Tea, coffee and hot chocolate



Energy drinks



Fizzy drinks



Chocolate

Energy drinks contain a high amount of not only caffeine but also sugar. High amounts of sugar in someone's diet can lead to poor health, weight gain and tooth decay. However, energy drinks have very little nutritional value.

## The Law

Caffeine is legal.

It is advised that high caffeine drinks, such as energy drinks, should not be sold to under 16's.



## How does Caffeine affect someone?

Caffeine can affect people differently. Some people can be sensitive to the effects of caffeine.

### Short-Term

Too much caffeine in a short amount of time can cause;

- Headaches
- Dizziness
- Faster heartbeat
- Trembling hands
- Rises in temperature
- Restlessness
- Dehydration

### Long-Term

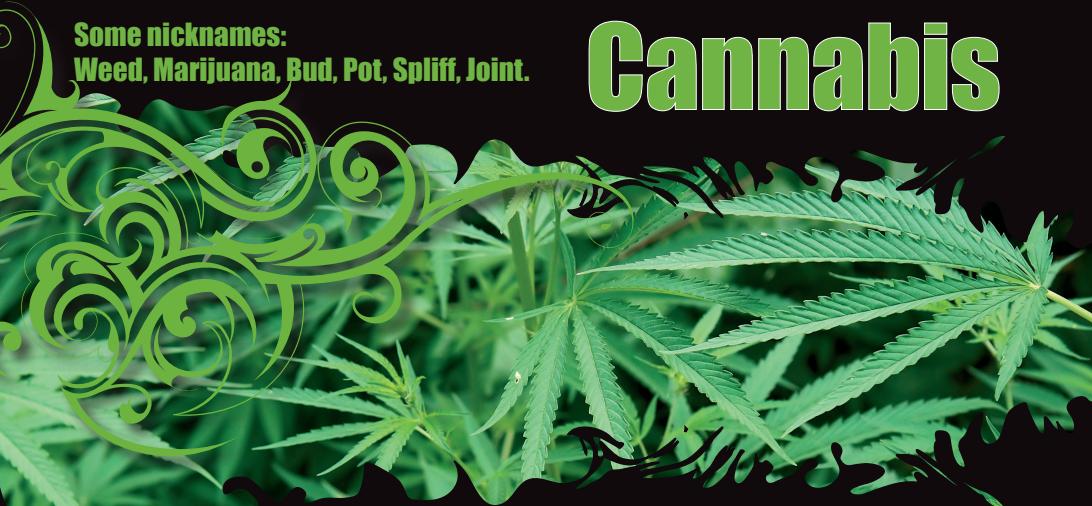
Drinking too much caffeine for a long amount of time can have a negative effect on the body. It may lead to stomach problems, mental health problems, sleep issues and even heart damage. Caffeine is addictive so going without can cause some uncomfortable side effects too.

Some nicknames:  
Weed, Marijuana, Bud, Pot, Spliff, Joint.

# Cannabis

## How does Cannabis affect someone?

Cannabis can affect people differently each time they use it. Cannabis can be used in different ways however it is usually smoked.



## What is Cannabis?

Cannabis is naturally a plant and grows in much warmer countries. It is a depressant drug meaning, it slows down the body and its functions.

There are different types of cannabis, including; herbal, resin and oil.



Herbal



Resin



Oil

Cannabis contains around 400 chemicals, including;

- **THC** – The main active chemical responsible for the negative effects of cannabis.
- **CBD** – This chemical is believed to have some medicinal properties.
- **Tar** – A black sticky chemical which can turn the lungs black.

### Short-Term

Smoking cannabis can cause;

- Feeling 'High'
- Feeling & being sick
- Being too relaxed
- Slower reactions
- Falling over & accidents
- Tiredness
- Red eyes
- Coughs
- Sore-throats
- Mood changes

### Long-Term

Smoking cannabis for a long time can have a negative effect on the body. It may lead to lung problems & cancer, heart problems, mental health problems.

## The Law

Cannabis is illegal. It is a Class B drug! Possession = Up to 5 years in prison and / or an unlimited fine.

Supply = Up to 14 years in prison and / or an unlimited fine.

# Tobacco

Some nicknames:  
Cigs, Baccy, Rollies, Smokes.

## What is Tobacco?

Tobacco is naturally a plant. It is harvested and dried and then made into different tobacco products.

There are many different types of tobacco, including; cigarettes, pipes and cigars.



Cigarettes    Pipes    Cigars

Tobacco contains around 7000 different chemicals, including;

- **Nicotine** – A very addictive drug
- **Tar** – A black sticky chemical which can turn the lungs black
- **Carbon Monoxide** – A very poisonous gas
- **Arsenic** – A chemical used to make poison
- **Ammonia** – A chemical used to make household cleaners

## The Law

A person must be 18 or over to be sold tobacco. If shops sell to under 18's they can get a fine, up to £20,000.

Over 18's cannot buy tobacco for under 18's. This can result in a fine, up to £5,000.

## How does Tobacco affect someone?

Tobacco can be used in different ways however, it usually smoked.

### Short-Term

Smoking tobacco can cause;

- Coughs
- Sore-throats
- Headaches
- Dizziness
- Feeling or being sick
- Light-headedness

### Long-Term

Smoking tobacco for a long time can cause;

- Lung damage
- Heart damage
- Stained teeth & nails
- Tooth loss
- Older looking skin
- Weaker bones & muscles
- Cancers of various parts of the body including lungs, mouth & throat

Tobacco is the biggest killing drug in the UK!



Some nicknames:  
E-Cigs, Shisha Pens, Mods.

# Vapes/ENDS

## How does Vapes/ENDS affect someone?

Tobacco can be used in different ways however, it usually smoked.

### Short-Term

Smoking tobacco can cause;

- Dizziness
- Coughs
- Sore-throats
- Headaches
- Feeling or being sick
- Stomach aches
- Cramps



Disposable ENDS and tanks

### Long-Term

The long-term effects are unknown. They are just too new, so not enough research has been done regarding their potential long-term health risks.

## The Law

A person must be 18 or over to be sold vapes / ENDS. If shops sell to under 18's they can get a fine, up to £20,000.

Over 18's cannot buy vapes / ENDS for under 18's. This can result in a fine, up to £5,000.

# Staying Safe

Sometimes things go wrong and bad things happen, especially when under the influence of drugs and alcohol, so it's important to know what to do.

People may faint, pass out or fall unconscious for lots of reasons but, if someone is ever:

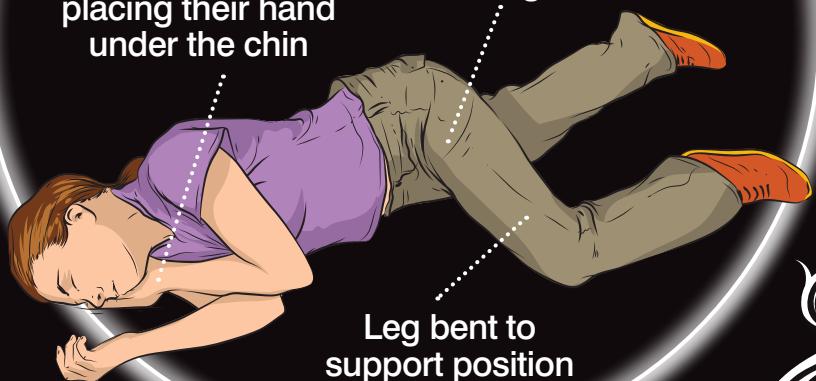
- Passed out and won't wake up
- Passed out and throwing up
- Having a seizure / fitting

They should always be placed in the recovery position.  
And phone 999 for an ambulance!

## THE RECOVERY POSITION

Open their airways by tilting the head back and placing their hand under the chin

Place the person on their side with their arm bent - to prevent them rolling over



## DECCA's Top 5 Safety Tips

- Always tell a trusted adult where you are going, what time you should be home, and who you will be with.
- If you have a phone, keep it switched on, make sure you have credit and set up an emergency contact
- If your gut instinct is telling you something isn't right, listen to it and **GET OUT OF THERE!**
- Never walk home alone or with someone you don't really know. Walk with a good friend, get a taxi or phone a trusted adult.
- Always look out for your friends. If they are in a bad way, **HELP THEM!**

Do you have any safety tips of your own?

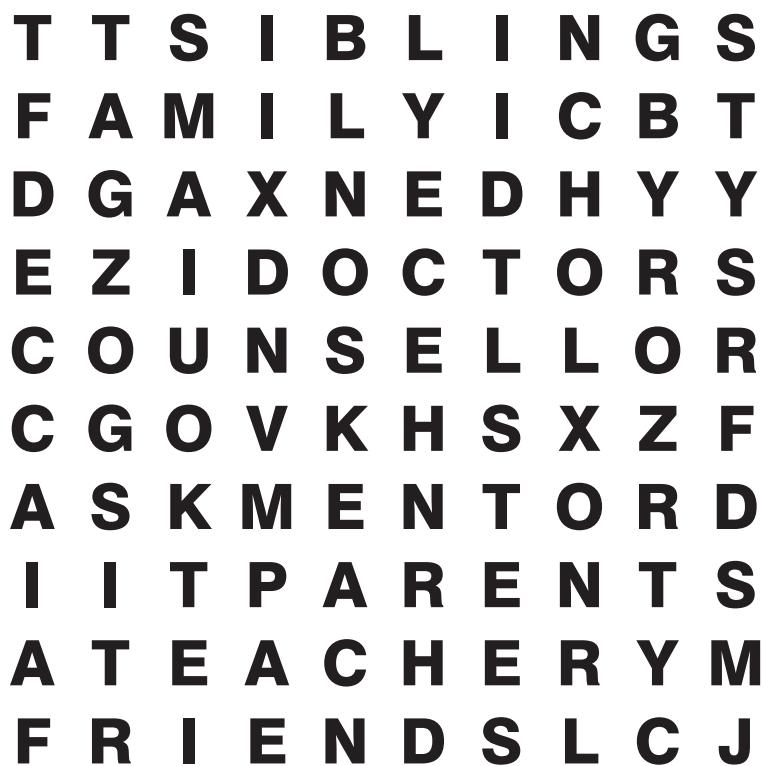
What else could someone do to keep themselves safe and to keep them out of trouble?

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# Getting Help Who To Talk To

Have a go at our wordsearch.

There are 9 people to find who we could go to if we wanted to talk to about something, if we were worried or even if we just have a question.



COUNSELLOR  
DECCA  
DOCTORS

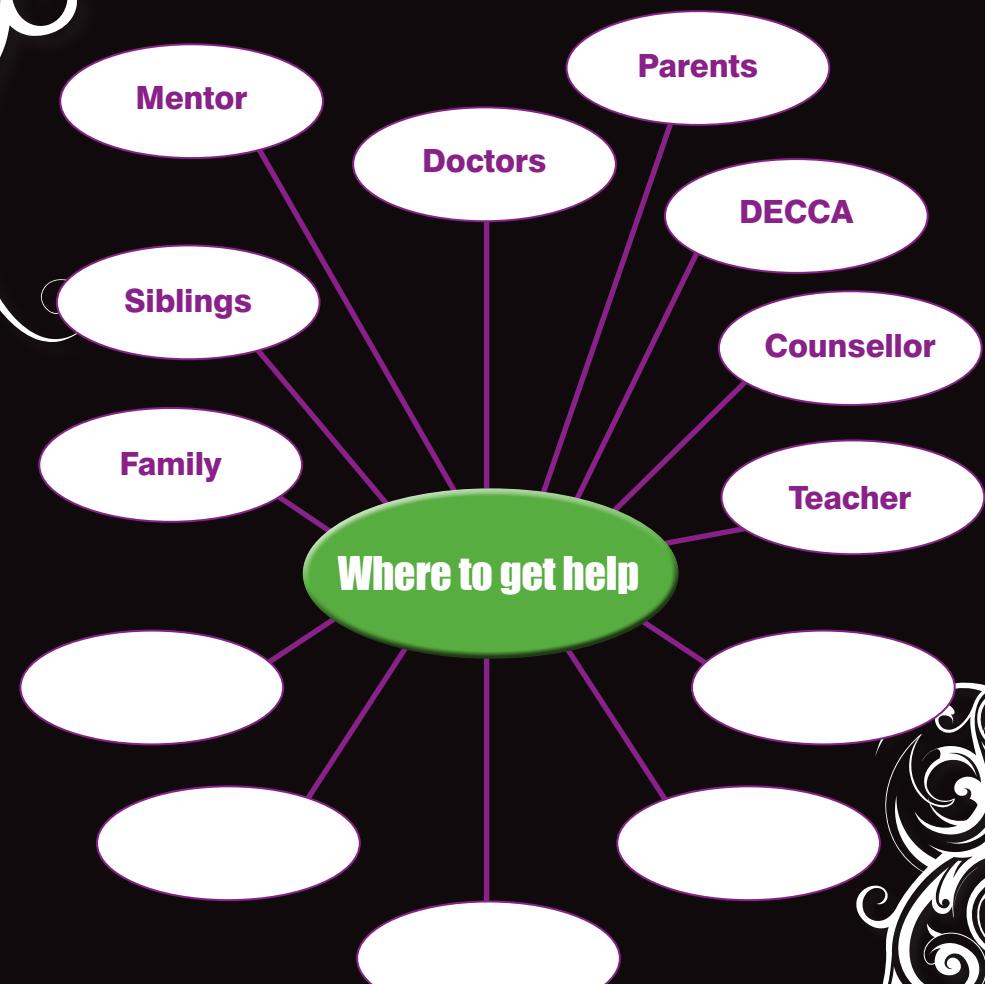
FAMILY  
FRIENDS  
MENTOR

PARENTS  
SIBLINGS  
TEACHER

# Getting Help Who To Talk To

If you are ever worried about something or someone, no matter how small or big, it's always good to share that with someone.

There are lots of people we can talk to, both professionally and personally.  
Can you think of anymore?





# DECCA

Drug Education, **Counselling** and Confidential **Advice**

**Log on to:** [\*\*www.ourguideto.co.uk\*\*](http://www.ourguideto.co.uk)

**Text us on:** **07781472746**

**Email us at:** **dqa1000@hotmail.com**