

PSHCE Knowledge Organiser - Y9 Spring 1



Drugs - Key Vocabulary

Drugs: Substances that can change how a person thinks, feels, or behaves. They can be legal (such as prescribed medication) or illegal (such as cocaine or heroin).

Addiction: A strong and compulsive need to continually take a substance or engage in a behavior despite negative consequences.

Drugs & The Law

Illegal: Actions, substances, or behaviors that are against the law or prohibited by the government.

Controlled: Refers to substances that are regulated by laws, often requiring specific permissions or prescriptions to use or possess.

Possession: The act of having or owning something, including drugs or other items that may be illegal or restricted.

Supplying: Providing or giving something, like drugs, to others.

Selling: Exchanging goods or services, often in return for money. Selling drugs illegally is against the law.

Prison Sentence: A punishment given by the legal system where a person is confined to jail for a specified period due to breaking the law.

Fine: Money paid as a consequence for breaking a law or rule.

Drugs & their Effects

Inhibitions: Restraints or limits on behavior or actions that can be affected by substances like drugs, causing people to act in ways they normally wouldn't.

Hallucinations: Sensations or experiences that appear real but are created by the mind.

Paranoid: Feeling excessively suspicious or fearful, often without reason.

Lethargic: Feeling sluggish, lacking energy, or being excessively tired.

Psychological Effects: Changes in thoughts, emotions, or behaviors caused by drugs, including impacts on mental health and cognition.

Drugs & Their Effects

Types of drugs	Definition	Examples
Stimulants	Stimulants speed up messages in the nervous system. This makes you feel more alert and shortens reaction times. These make you feel more energetic and alert, but they can also cause headaches, nervousness and difficulty sleeping.	caffeine, speed, nicotine, ecstasy, steroids, MDMA, cocaine
Sedatives/ depressives	A depressant slows down messages in the nervous system, which includes the brain, spinal cord and other nerves. This often makes you feel less alert and lengthens reaction times.	alcohol, cannabis, nicotine
Hallucinogens	Called hallucinogens because users often hallucinate, or experience nonexistent sensations, these drugs are also known as psychedelic, or mind-bending, drugs. Some hallucinogens come from natural sources; others are made in laboratories.	ketamine, LSD (acid)
Analgesics	Painkillers are chemicals that relieve the symptoms but do not kill the pathogen. Common examples include paracetamol and aspirin, which can relieve a headache or a sore throat.	aspirin, heroin

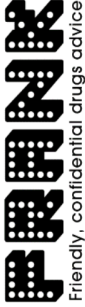
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Drugs & The Law

Where to get help/more info



Drug classes and their punishments		
Drugs	If caught in possession...	If caught making or selling...
Class A Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, crystal meth	Up to 7 years unlimited fine or both!	Up to life unlimited fine or both!
Class B Amphetamines, barbituates, cannabis, codeine, ketamine, methylphenidate (Ritalin)	Up to 5 years an unlimited fine or both!	Up to 14 years unlimited fine or both!
Class C Anabolic steroids, benzodiazepines	Up to 2 years an unlimited fine or both!	Up to 5 years an unlimited fine or both!




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