

Stats	<p>According to a recent NHS study, there has been a drop in drug use by 11 to 15-year-olds: 17% of KS3 students said they had tried drugs, compared with 28% 10 years earlier. Offers of drugs have also decreased in the same period, from 42% to 29%. 12% of pupils aged 11–15 reported taking drugs in the last year. There was little difference between the proportion of boys and girls who had taken them.</p> <p>The most popular drug taken was cannabis. Students aged 11–15 who took drugs were more likely to smoke and drink alcohol. Also, students who had been excluded were more likely to have used drugs recently.</p>
FAQs	<p>What are the long term effects of cannabis?</p> <p>Regular use of cannabis can lead to an increased risk of developing psychotic illnesses such as schizophrenia. If you have a family background of mental illness, you may have an increased risk of developing a psychotic illness using cannabis.</p> <p>Regular users may lack motivation in their day-to-day lives. Some can then lose interest in passing exams or getting a job. They can also lose touch with family and friends who do not use cannabis.</p> <p>Like tobacco, cannabis has lots of chemical ‘nasties’. These can cause lung disease and cancer with long-term or heavy use. Cannabis can also make asthma worse and cause wheezing in people who don’t suffer from asthma.</p> <p>What can I do if I am under pressure to take drugs?</p> <p>You’re not alone! It’s easy to think you’re the only one who has not experimented with drugs. The reality is that most people your age don’t take drugs and you’re in the majority.</p> <p>Talk to a professional if you would like more information: FRANK (www.talktofrank.com) offers confidential guidance about drugs and alcohol. You could also talk to a parent, a sibling or a close friend who isn’t offering you drugs.</p> <p>If someone is offering you drugs, try to understand their reasons for doing so. Maybe they need money or think that they are doing you a favour. Say ‘no’ politely and stick to your guns. If you keep saying ‘No’, people are likely to stop asking. Remember that drugs can have a bad effect on your mental and physical health and on your education.</p> <p>Try to avoid people and places where you are likely to be offered drugs.</p>
Real life	<p>‘I have smoked weed for two and a half years. The last year and a half I have smoked cannabis a lot more than I should. Recently, for the past few months, I have had a spliff every other day. I have found it tough to focus in school and I have lost motivation to play golf, which I am talented at. I want to stop smoking weed. Is there much point any more or have I already ruined things?’</p>

In your PSHE workbook, complete these tasks:

1. Which statistic do you find most interesting and why?
2. Write down a question that you have about drugs. Leave space for an answer. Another student will research the answer and give you an answer next lesson.
3. Read the ‘Real life’ box. What advice would you give this person if they were a friend?
4. Name five ways in which doing drugs could damage a teenager’s chances of a happy and healthy future. Keywords include: career, education, emotions, family, friendship, fulfilling, mental health, physical health, responsibilities, risk, self-esteem.



Source of statistics

Health and Social Care Information Centre

Smoking, drinking and drug use among young people in England in 2012

<https://catalogue.ic.nhs.uk/publications/public-health/surveys/smok-drin-drug-youn-peop-eng-2012/smok-drin-drug-youn-peop-eng-2012-repo.pdf>

Source of FAQ information on long-term effects

FRANK – Friendly, confidential drugs advice

Cannabis

<http://www.talktofrank.com/drug/cannabis>

Royal College of Psychiatrists

Cannabis and mental health

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/cannabis.aspx>

Source of 'real life' story

FRANK – Friendly, confidential drugs advice

Cannabis, has it ruined me?

<http://www.talktofrank.com/story/cannabis-has-it-ruined-me>