

“Higher or Lower” - Wholesome Living -  
Substance Misuse Is A Self Abuse



SUBSTANCE ABUSE

IS SELF ABUSE



Erasmus+

# Outline

## Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

### Lesson 1 - Sliding Scale

Subject Substance Misuse - Health  
Topic Understanding substance misuse and its effect on health

Aim / Objective The learner will identify various substances (both legal and controlled), gauge their perception of the damage caused when misusing the said substances, discuss the effects on the body and gain a better understanding of the associated health risks.

Level Medium

Duration 45 min - 1 hr

Group Size 3 - 30 (in multiple groups if required)

Resources

Handout 1.1

Handout 1.2

Substance cards

Flip chart (or whiteboard)

Pen

Paper

**Sliding Scale**  
Wholesome Living - Substance Misuse Is A Self Abuse (UK Lesson Plan)  
Handout 1.1

Which substance in your opinion does more damage to a person's body? Discuss and arrange the substances from 1 to 5 (1 being the most harmful substance).

**A** **B**  
**C** **D**  
**E**

Resources

- Handout 1.1
- Handout 1.2
- Flip chart (or whiteboard)
- Pen
- Paper

Erasmus+ FRANK Friendly, confidential drugs advice

Evaluation:

# Outline

## Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

### Lesson 2 - Crime & Punishment

Subject	Substance Misuse - Law
Topic	Understanding substance misuse and the laws in the UK
Aim / Objective	The learner will identify various substances (both legal and controlled), debate and discuss their views on punishment and gain knowledge as well as a better understanding of the sentences and laws.
Level	Medium
Duration	30- 45 min
Group Size	3 - 30 (in multiple groups if required)
Resources	

Handout 2.1

Handout 2.2

Handout 2.3

Flip chart (or whiteboard)

Pen

Paper



From the list of banned substances below, discuss and list the substances that carry the heaviest sentence in the United Kingdom.

1. Alcohol
2. Heroin
3. Cocaine
4. Cannabis
5. Amphetamines (including dexamphetamine)
6. Anabolic steroids
7. Codeine
8. Ecstasy
9. GHB
10. Khat
11. Ketamine
12. LSD
13. Mephedrone
14. Solvents & gases
15. Synthetic Cannabinoids - Legal Highs (including Spice and K2)



Evaluation



# Sliding Scale

Wholesome Living - Substance Misuse  
Is A Self Abuse (Hanta Associates Ltd  
Lesson Plan)

Handout 1.1

Which substance in your opinion does more damage to a person's body?  
Discuss and arrange the substances from 1 to 5 (1 being the most harmful  
substance).



- Resources
- Handout 1.1
  - Handout 1.2
  - Flip chart (or whiteboard)
  - Pen
  - Paper

# Sliding Scale

## Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

Handout 1.2

Here is a list of the possible, common side effects of taking Magic Mushrooms, Cocaine, Ecstasy, Alcohol and Cannabis.



**Magic mushrooms | Common Side Effects:** Nausea, yawning, feeling drowsy, introspective experience, nervousness, paranoia, panic, hallucinations, and psychosis



**Cocaine | Common Side Effects:** Heart Disease (heart attacks and other problems are common among long-term cocaine users), Hypertension, Respiratory Problems, Infectious Diseases (when injected, it can lead to ulcers, gangrene, vein collapse, and infectious diseases such as HIV and hepatitis), Mental Illness (Cocaine addicts are very susceptible to clinical depression, anxiety, paranoia and schizophrenia, panic attacks, and more).



**Ecstasy | Common Side Effects:** Insomnia, confusion, irritability, anxiety, and depression, impulsiveness and aggression, decreased interest in sex, memory and attention problems, reduced appetite. People using Ecstasy (MDMA) could also unwittingly be using ephedrine, ketamine, caffeine, cocaine & methamphetamine.

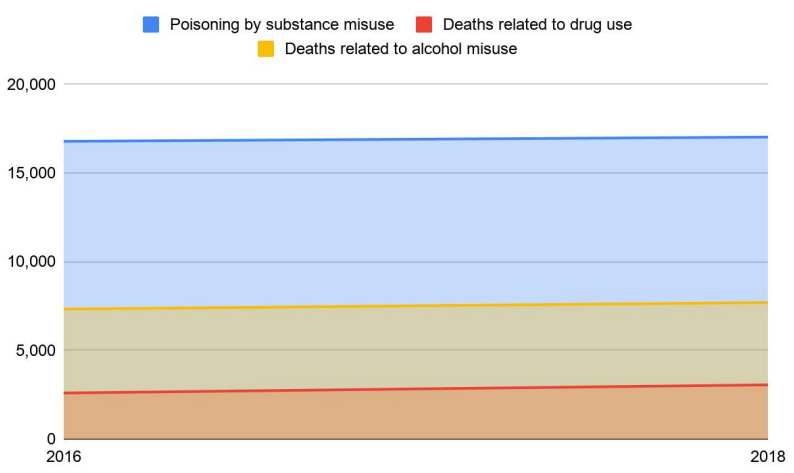


**Alcohol | Common Side Effects:** High blood pressure, stroke, pancreatitis, liver disease, liver cancer, mouth cancer, head and neck cancer, breast cancer, bowel cancer, depression, dementia, sexual problems, such as impotence or premature ejaculation, infertility



**Cannabis | Common Side Effects:** Short-term memory problems, anxiety, strange behavior, psychosis, panic-attacks, hallucinations, lowered reaction time, increased heart rate, increased risk of stroke, problems with coordination, sexual problems (for males), decline in IQ

Here are some statistics relating to poisoning by substance misuse, deaths by drug use and alcohol misuse in the UK.





Erasmus+

# Crime & Punishment

Wholesome Living - Substance Misuse  
Is A Self Abuse (Hanta Associates Ltd  
Lesson Plan)

Handout 2.1

From the table of substances below, discuss and list the substances that carry the heaviest sentence in the United Kingdom (high to low in the order of severity).

1. Alcohol
2. Heroin
3. Cocaine
4. Cannabis
5. Amphetamines (including dexamphetamine)
6. Anabolic steroids
7. Codeine
8. Ecstasy
9. GHB
10. Khat
11. Ketamine
12. LSD
13. Mephedrone
14. Solvents & gases
15. Synthetic Cannabinoids - Legal Highs (including Spice and K2)



## Resources

- Handout 2.1
- Handout 2.2
- Handout 2.3
- Pen
- Paper



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

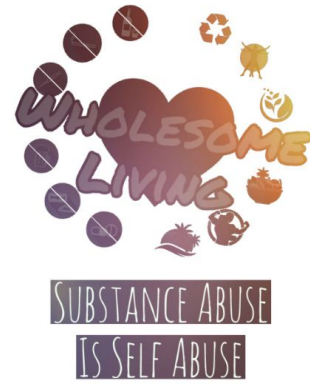
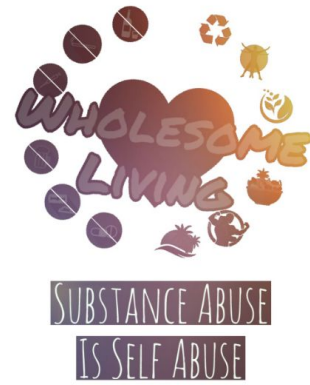
SUBSTANCE ABUSE IS SELF ABUSE



**WHOLESOME LIVING**

SUBSTANCE ABUSE IS SELF ABUSE





\*In order of appearance

Alcohol	Heroin
Cocaine	Cannabis
Amphetamines (including dexamphetamine)	Anabolic steroids
Codeine	Ecstasy
GHB	Khat
Ketamine	LSD
Mephedrone	Solvents & gases
Synthetic Cannabinoids - Legal Highs (including Spice and K2)	

TIP: Print and cut-out each card, writing the associated name on the back.

# Crime & Punishment

## Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

Handout 2.3

### Substance

### Class Punishment

Alcohol	N/A	<p>N/A - It's against the law for anyone under 18 to buy alcohol in a pub, off-licence or supermarket or online.</p> <p>Anyone over 18 can buy and drink alcohol legally in licensed premises in Britain. But, a lot of shops operate a scheme called Challenge 21 where if you look under 21 (or 25 in some places) and don't have proof of your age they will refuse to sell you alcohol.</p> <p>The police have the power to stop a person and confiscate alcohol in a public place if they reasonably suspect the person to be aged under 18. Young people under 18 who persistently drink or are found possessing alcohol in public places may be prosecuted.</p>
Heroin	A	Possession carries a maximum sentence of 7 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of life imprisonment and a fine.
Cocaine	A	Possession carries a maximum sentence of 7 years' imprisonment and a fine. Supply or production carries a maximum sentence of life imprisonment and a fine.
Cannabis	B	Possession carries a maximum sentence of 5 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of 14 years' imprisonment and a fine.
Amphetamines (including dexamphetamine)	B	Possession of class B drugs carries a maximum sentence of 5 years' imprisonment and a fine. Trafficking offences carry maximum sentences of 14 years' imprisonment and a fine.
Anabolic steroids	B	Unauthorised supply or production is an offence and carries a maximum of 14 years' imprisonment and a fine.

### More

# Crime & Punishment

## Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

Handout 2.3

### Substance

### Class Punishment



Amphetamines (including dexamphetamine)	B	Possession of class B drugs carries a maximum sentence of 5 years' imprisonment and a fine. Trafficking offences carry maximum sentences of 14 years' imprisonment and a fine.
Anabolic steroids	B	Unauthorised supply or production is an offence and carries a maximum of 14 years' imprisonment and a fine.
Codeine	B	Illegal possession carries a maximum sentence of 5 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of 14 years' imprisonment and a fine.
Ecstasy	A	Possession carries a maximum sentence of 7 years' imprisonment and/a fine. Trafficking offences carry a maximum sentence of life imprisonment and a fine.
GHB	C	Possession carries a maximum sentence of 2 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of 14 years' imprisonment and a fine.
Hallucinogenic mushrooms (containing psilocin)	A	Possession carries a maximum of 7 years imprisonment and/or fine. Supply of mushrooms carries a maximum of life imprisonment and/or fine.  No offence is committed if the fungus is growing naturally without being cultivated, and if it has not been picked.
Heroin (diamorphine)	A	Possession carries a maximum sentence of 7 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of life imprisonment and a fine.
Khat	C	Possession carries a maximum sentence of 2 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of 14 years' imprisonment and a fine.
Ketamine	B	Possession carries a maximum sentence of 5 years' imprisonment and/or fine. Trafficking offences carry a maximum sentence of 14 years' imprisonment and a fin

More

# Crime & Punishment

## Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

Handout 2.3

### Substance

### Class Punishment



LSD	A	Possession carries a maximum sentence of 7 years' imprisonment and a fine. Trafficking offences carry a maximum sentence of life imprisonment and a fine.
Mephedrone	B	Possession of the drug could result in up to 5 years' imprisonment and a fine, supply offences in up to 14 years' imprisonment and a fine.
Opium	A	Possession carries a maximum sentence of 7 years' imprisonment and/a fine. Trafficking offences carry a maximum sentence of life imprisonment and a fine.
Solvents & gases	N/A	N/A
Synthetic Cannabinoids - Legal Highs (including Spice and K2)	B	Possession of Class B drugs carry a maximum sentence of 5 years' imprisonment and a fine. Possession with intent to supply, trafficking offences and production of Class B drugs carry a maximum sentence of 14 years imprisonment and a fine.

See the list of controlled substances and associated laws here: <https://www.release.org.uk/law/list-controlled-drugs>



Erasmus+

**FRANK**  
Friendly, confidential drugs advice



# Honest information about drugs

## FRANK

[www.talktofrank.com](http://www.talktofrank.com) is the longest running anti-drugs campaign the UK established by the Department of Health and the Home Office of the British government in 2003.

It is intended to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs.



Dreamed up by an ad agency Mother, Frank was, in fact, the new name for the National Drugs Helpline. It was meant to be a trusted "older brother" figure that young people could turn to for advice about illicit substances.

- A confidential telephone number, available 24 hours a day
- Email
- A confidential live chat service, available from 2pm-6pm daily
- A service to locate counselling and treatment
- Talk to FRANK in 120 languages

**FRANK**  
Friendly, confidential drugs advice

You do not need to give us any personal information about yourself that would identify you. However, any information given or received by FRANK is confidential.

# References & Resources

Wholesome Living - Substance Misuse Is A Self Abuse (Hanta Associates Ltd Lesson Plan)

The Department for Education - DfE and ACPO drug advice for schools  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/270169/drug\\_advice\\_for\\_schools.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/270169/drug_advice_for_schools.pdf)

Alcohol Change  
<https://alcoholchange.org.uk/>

Talk To Frank - 0300 1236600  
<https://www.talktofrank.com/>

Alcoholics Anonymous  
<https://www.alcoholics-anonymous.org.uk/>

NHS - Advice for families of drug users  
<https://www.nhs.uk/live-well/healthy-body/advice-for-the-families-of-drug-users/>

DrugWise - Promoting evidence-based information on drugs, alcohol & tobacco  
<https://www.drugwise.org.uk/>

Young Minds - Supporting Your Child - Drugs and Alcohol  
<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/>

The Release - List of controlled-drug laws  
<https://www.release.org.uk/law/list-controlled-drugs>



Erasmus+