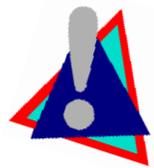


What's in this substance?



Teacher's Notes

The following worksheet has been developed to complement the activities carried out at the Lifeskills Centre. However, it can easily be adapted to suit a wider range of abilities.

Below are some examples of other possible activities:-

- Cut out some/all of the completed boxes shown on the answer sheet and ask the children to match the statements to the relevant substance.
- Ask the children to create their own quiz relating to the subject e.g. create crosswords, word-searches etc.
- Ask the children to write a short story or draw pictures/comic strips of each scenario.
- Encourage the children to think about their answers by getting them to act out the scenarios described in the activity.



What's in this substance?



All the substances below contain chemicals or drugs that have effects on our bodies and change the way we think, feel and behave.

Answer the questions below to find out how different substances can affect your body.

	What chemical or drug does this contain?	Could you buy it? Why?	What effects could this have on your body
 Cola			
 Cigarettes			
 Beer & Wine			
 Allergy Tablets	Antihistamine		
 Aerosols			
 Cannabis			
 Prescribed pills	Various medicinal drugs.		

What other substances can you think of that contain drugs?



What's in this substance?



Answers

	What chemical or drug does this contain?	Could I buy it? Why?	What effects could this have on your body
 Cola	Caffeine	Yes. There are no age restrictions.	Large amounts may give you a headache or keep you awake.
 Cigarettes	Nicotine	No. You need to be 18 to buy cigarettes.	Sick, hard to breath, tooth decay, gum disease, bad breath, stained fingers.
 Beer & Wine	Alcohol	No. You need to be 18 to buy alcohol.	Sick, dizzy, make you do embarrassing things etc.
 Allergy tablets	Antihistamine	This is at the discretion of the shopkeeper.	Helps treat the effects of an allergic reaction but must keep to recommended dosage.
 Aerosols	May contain solvents	You need to be 18 to buy solvents.	Nose bleeds, slurred speech or suffocation.
 Cannabis	Cannabis	No. Cannabis is illegal.	Sick, dizzy, confused etc.
 Prescribed pills	Various medicinal drugs.	No. A doctor can prescribe pills to you if you are ill.	If the pills have been prescribed to you, they could help to make you better. If they are not yours they could make you very ill.