

Drugs

Drug	Something a person can take to change the way they think, feel or behave.
Substance	This term includes alcohol and other drugs that may be legal or illegal.
Legal drug	Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.
Illegal drug	Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk.
Possession	A person can be charged with possession if they have an illegal drug, even if it's not theirs.
Supply	A person can be charged with supply if they sell, share or give away illegal drugs.
Dependency	When a person relies upon a substance to feel or function as normal.
Caffeine	A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.
Alcohol	A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. An alcohol-free childhood is the healthiest option.
Nicotine or tobacco	Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.
Cannabis	An illegal drug that can be smoked, eaten or vaped that makes people feel 'chilled out' or giggly. Can be different strengths. Against the law to possess, grow or sell.

Medicines and health

Medicine	A drug or remedy that may be prescribed by a health professional or purchased over-the counter.
Dose	The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the-counter medicines.
Health condition	A disease, illness, injury or disorder either physical or psychological.
Allergy	When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.
Immune	Protected from an illness, either because a person has had the illness before or because they have received a vaccine.
Vaccine	A medical preparation that protects a person from an illness by making them immune
Bacteria	A small organism, some of which can cause infections and/or cause people to feel ill (though not all!)
Virus	A small particle that can cause infections and/or cause people to feel ill

Influences

Situation based	Own feelings, attitudes, emotions. Mental and/or physical health.
Peer based	Friends' attitudes and opinions Pressure, teasing or friendly offers
Role model based	Family attitudes and opinions Health advice from a doctor/nurse Teacher attitudes and actions
Society based	Culture, religion or belief Social norms
Media based	Social media, TV or film Advertising

Responses to influence

Passive	Accepting or allowing what happens or what others do without actively responding
Aggressive	Being ready or likely to confront or attack others or what others do
Assertive	Standing up for yourself or someone else calmly and positively, or getting a point across without causing upset

External support services

Health-related support  National Eczema Society,  Asthma UK,  Diabetes UK  Allergy UK	Support with drugs, alcohol and tobacco use  NHS  NHS Smokefree  Drinkaware	Childline childline.org.uk 0800 1111 Confidential support service CALLS DO NOT APPEAR ON PHONE BILL.
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