

DRUGS -

WHAT ARE THEY?

Write at least two examples for each category.

DEPRESSANTS -

slow down messages that pass to and from the brain and body via the CNS

STIMULANTS -

speed up or stimulate the messages that pass to and from the brain and body via the CNS

HALLUCINOGENS -

slow down messages that pass to and from the brain and body via the CNS

MULTI-ACTION -

these can have several effects on the body for example cannabis is a depressant and hallucinogen

A drug is any substance, except food and water, which, when taken into the body, changes the way the body works
(World Health Organisation, n.d.).

Drugs which affect someone's Central Nervous System (CNS) and alter their mood or thinking or behaviours are called *psychoactive drugs*. These drugs can be grouped under four headings – depressant, stimulant, hallucinogen and multi-action.



WANT SOME MORE CREDIBLE INFORMATION ABOUT DRUGS?

- **Drug Aware** www.drugaware.com.au has reliable information about all drugs
- **Australian Drug Foundation** www.adf.org.au has reliable information about all drugs
- **National Cannabis Prevention and Information Service** www.ncpic.org.au
- **Alcohol and Drug Support Line** 94425000 or 1800 198 024 has counselling, information and a referral service for anyone concerned about their own or another person's alcohol or other drug use



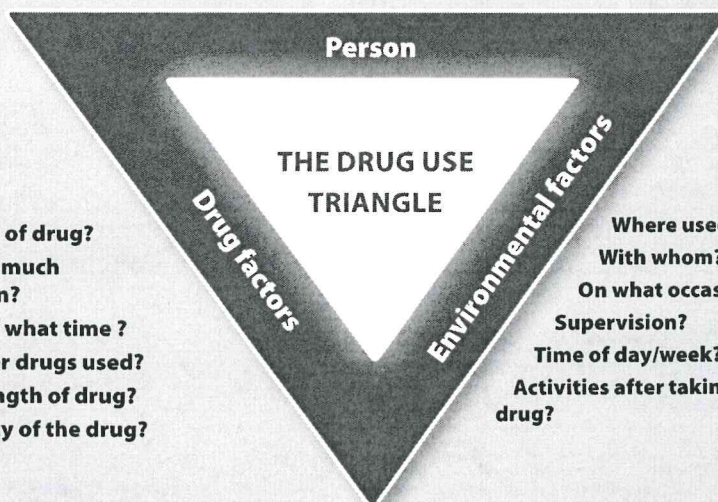
When a person uses a drug, is their experience only because of the drug they have used? Simple answer – No. There are many reasons why legal and illegal drugs can have different effects on different people.

The Drug Use Triangle

shows how the effects and harms of drug use rely on the combination of three factors – the Person, the Drug and the Environment.

Age? Experience? Male or female?
Body size? Mood? Personality?
Expectation of the drug? Food intake?

Type of drug?
How much taken?
Over what time?
Other drugs used?
Strength of drug?
Purity of the drug?



Where used?
With whom?
On what occasion?
Supervision?
Time of day/week?
Activities after taking the drug?

ANY DRUG HAS THE POTENTIAL TO CAUSE HARM. ILLEGAL DRUGS ESPECIALLY CAN HAVE UNEXPECTED EFFECTS AS THE SUBSTANCES IN THEM ARE OFTEN UNKNOWN AND POTENTIALLY DANGEROUS. UNDERSTANDING THE DRUG USE TRIANGLE CAN HELP A PERSON TO MINIMISE THE POTENTIAL RISKS FOR THOSE WHO DECIDE TO USE ALCOHOL OR OTHER DRUGS.



What do you know about drugs?

This quiz is to help you find out what you already know about drugs, the effects they can have on your body, the laws about legal and illegal drugs, how you keep yourself and your mates safe in situations where alcohol and drugs are being used, and your attitudes about alcohol and drugs.

Read each question and circle ☐ your answer. Do **not** write your name on this sheet.

Types of drugs and what they can do to your body

1. Drugs can have different effects on your body. Classify these drugs according to the main affect they have on your central nervous system (CNS).

*nicotine caffeine alcohol ecstasy magic mushrooms
amphetamines cannabis cocaine LSD heroin*

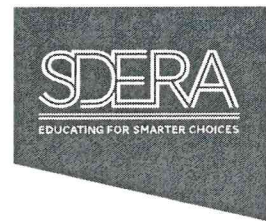
Stimulants	
Depressants	
Hallucinogens	
Multi-action (have more than one effect)	

2. Dope, gunga and weed are all street or slang names for which drug?
a) Cannabis b) Alcohol c) LSD d) Cocaine
e) Don't know
3. Alcohol can cause some cancers in the body.
a) True b) False c) Don't know
4. Smoking tobacco or cannabis using an implement (eg bong, shisha or hookah) will not reduce the damage to your lungs.
a) True b) False c) Don't know
5. Alcohol only affects the brain and liver.
a) True b) False c) Don't know
6. If a young person under 18 years of age drinks alcohol they can affect the healthy development of their brain.
a) True b) False c) Don't know

7. If a woman drinks alcohol while she is pregnant or breastfeeding it can cause damage to the baby.
a) True b) False c) Don't know

Drugs and the law

8. It is legal to drink alcohol under the age of 18.
a) True b) False c) Don't know
9. Growing a couple of cannabis plants is legal in Western Australia.
a) True b) False c) Don't know
10. Which list includes all legal drugs:
a) Analgesics, cannabis and caffeine
b) Nicotine, cannabis and caffeine
c) Analgesics, nicotine, alcohol and caffeine
d) Don't know
11. A drug conviction may affect your future employment and travel goals.
a) True b) False c) Don't know
12. L and P plate drivers and riders must have a Blood Alcohol Concentration of zero.
a) True b) False c) Don't know
13. It is illegal to drink alcohol in public places (park, beach, oval).
a) True b) False c) Don't know



What do you know about drugs?

Helping yourself and your mates

14. If your mate has had too much to drink, should you:
- Leave your mate alone to sleep it off
 - Stay with your mate and watch while he/she drinks some water and has something to eat
 - Encourage your mate to drive or walk home
 - Don't know
15. Your mate has been using drugs and is on the ground unconscious. You want to call an ambulance. If you do:
- You will all be arrested by the police for using drugs
 - Your mate will be arrested by the police for using drugs
 - You will be able to get help for your mate from the ambulance officers and the police who are only concerned about safety
 - Don't know
16. The best thing to do if someone has a bad reaction to alcohol or a drug is to:
- Watch them until it is out of their system
 - Call for help from an adult and/or an ambulance
 - Leave them alone
 - Hope they come right with time
 - Don't know
17. In a health and safety situation involving alcohol or drugs, it is important to look after myself and help my mates.
- True
 - False
 - Don't know

What drugs are used by 12-17 year old school students?

18. Sort the list from (1) the drug that most young people aged 12-17 years used in the last year to (7) the drug that few young people aged 12 to 17 years used in the last year.

*cannabis ecstasy alcohol nicotine
amphetamines analgesics tranquillisers*

- _____ (91% used this drug in the last year)
- _____ (44% used this drug in the last year)
- _____ (16% used this drug in the last year)
- _____ (14% used this drug in the last year)
- _____ (13% used this drug in the last year)
- _____ (3.1% used this drug in the last year)
- _____ (2.8% used this drug in the last year)

19. 95% of 12-17 year olds are not current smokers (smoked in the past 7 days).
- True
 - False
 - Don't know
20. Most 12-17 year old students in Western Australia have used amphetamines some time in their life.
- True
 - False
 - Don't know

