

# Drug Boxes

## Learning Outcomes:

- To learn what the definition of a drug is
- To check understanding of the definition of 'drug'

## Equipment:

- (A box of some kind – but not essential)
- A variety of things that may or may not be a drug – use pictures if you don't have access to the real thing (which mostly you won't!). For example: bottle of alcohol, cigarette/packet, inhaler, tea bag, coffee pod or carton, sweet, container that would have had tablets in (e.g. paracetamol packet), pen, cigarette lighter, plaster.
- Definition of a drug: A drug is a substance, apart from food, that when you put in your body it changes the way your mind and body work.

## Instructions:

- Give the young person the things you have gathered together (in the box if you had one!).
- Discuss the definition of a drug together.
- Ask them to put the items into two piles – drug and not drug. They should refer to the definition if they get stuck.
- Go through the answers together and discuss.

## Answers:

Drugs – alcohol, tea/coffee (caffeine), medicine, cigarette, inhaler\*.

Not drugs – Sweet (remember the 'apart from food'), plaster, syringe (used for taking drugs), pen (unless it has a volatile substance in, then it could be inhaled – you don't need to say this!), cigarette lighter (although the contents can be inhaled, but see previous comment).

\*You could put the inhaler in the not drug pile, as it is the thing used to help get the drug into the body – like the syringe. This is called paraphernalia.

**National Curriculum:** Secondary - Pupils should know the facts about legal and illegal drugs and their associated risks, including the link between drug use and the associated risks, including the link to serious mental health conditions.