

# Real life, your life?

## Activity 07

### It's all under control

Teenagers are under pressure all the time: pressure to keep up with friends, pressure to do well at school, pressure to look good, and pressure to take readily available drugs. It can all get too much. This activity focuses on just one issue – drugs – and looks at what can be done when the 'tipping point' is reached and drug use gets out of control.



<b>Lesson time guide</b>	<ul style="list-style-type: none"><li>• Completing this activity will take about a minimum of 60 minutes. Here are opportunities for students to explore a wide range of career opportunities in the NHS which link to the issue of drug abuse.</li></ul>
<b>QCDA PLTS Framework links</b>	<ul style="list-style-type: none"><li>• Explore issues, events or problems from different perspectives.</li><li>• Consider the influence of circumstances, beliefs and feelings on decisions and events.</li><li>• Support conclusions, using reasoned arguments and evidence.</li><li>• Question their own and others' assumptions.</li></ul>
<b>Subject applications</b>	<ul style="list-style-type: none"><li>• Citizenship, PSHE and the society, health and development diploma.</li></ul>

**Teenagers to face random drug testing at all schools**  
**Fewer teenagers now take drugs**  
**Teenagers' tales of sex and drugs**

Three recent newspaper headlines – but what's the truth? How serious is the teenage drug problem in this country? What's the best thing to do about it?

And why do teenagers take drugs anyway?

As with many controversial media stories, it's not always easy to find out the truth. Let's start with why teenagers might take drugs.

see over >>>>

Anyone – young or old – takes drugs to change how they feel because they want to feel better or different. What might be the reasons for this? Working with your partner, think of some reasons why young people might take drugs.

Use the grid below if this would be useful:

Why do young people take drugs?	
reason 1	
reason 2	
reason 3	
reason 4	
reason 5	

Have a look at our reasons on the next page:



see over >>>>

- **peer pressure or wanting to feel part of a group**
- **relaxation or fun**
- **boredom**
- **curiosity, experimentation or wanting to take risks**
- **as an escape from painful feelings – physical or psychological**

Wanting to feel better or different is very understandable – but what happens when things go wrong? Listen to two young actors talking about the experience of their characters when they take drugs.

**Here's Jessica Fox taking about the peer pressure that led to her character Nancy taking LSD:**

<http://www.talktofrank.com/hollyoaks/index.htm#>

*If they are doing it, then obviously I'm going to be OK.*

*She just desperately wanted to fit in, at the end of the day.*

**And here's Chris Fountain talking about how his character Justin got trapped by cannabis:**

<http://www.talktofrank.com/hollyoaks/index.htm#>

*He's got caught up in a world he's not really familiar with.*

*It changed him quite a lot. . . He's not thinking about whether it will affect him long-term.*

Does this sound familiar?

Talk with your partner about the issues raised by these interviews.



Now have a look at this story from Frank:

<http://www.talktofrank.com/article.aspx?id=2176>

There's good advice here about how you can help someone with a drug problem. For more information, check out the links at the bottom of the article.

If you can imagine a career in helping people with drug and other problems, check out the *Step into the NHS* web site at:

<http://www.stepintothens.nhs.uk/careers-list-a-z.aspx>.

<http://www.stepintothens.nhs.uk/jobdescriptions/Non-Clinical-Psychologist.aspx>

<http://www.stepintothens.nhs.uk/jobdescriptions/Clinical-Psychology.aspx>

<http://www.stepintothens.nhs.uk/jobdescriptions/Psychotherapist.aspx>

<http://www.stepintothens.nhs.uk/jobdescriptions/Psychiatrist.aspx>

