

Drugs and Health

KS3 Biology · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

What is a drug? Give a medicinal and a recreational example.

Step 1 · Definition

A drug is a chemical substance that changes the way the body or mind works.

Step 2 · Medicinal

Used to treat or prevent illness, e.g. paracetamol, antibiotics, an asthma inhaler.

Step 3 · Recreational

Taken for the effect on mood or feelings, e.g. caffeine, alcohol, nicotine — or illegal drugs such

Answer: A substance that changes how the body works; e.g. paracetamol (medicinal), caffeine (recreational)

Check: Even medicines can be misused if taken in the wrong dose or by the wrong person.

2. Now try one with the steps

Is alcohol a stimulant or a depressant? Explain how it affects behaviour.

Step 1 · Classify

Step 2 · Effects on behaviour

Answer:

3. Practice

Show your working. The marks tell you how much is expected.

1. What is a drug? [1]

2. Name a legal recreational drug found in coffee, tea and cola. [1]

3. Is caffeine a stimulant or a depressant? [1]

4. What does 'addiction' mean? [1]
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5. What are withdrawal symptoms? [1]
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6. Which organ is most damaged by long-term heavy drinking? [1]
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7. Why is it illegal to drive after drinking too much alcohol? [2]
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8. Give ONE effect of cannabis on the brain or behaviour. [1]
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9. Why are solvents (such as aerosols) extremely dangerous to inhale? [2]
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10. What is the difference between drug use and drug misuse? [2]
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11. Reaction times: 250, 270, 230, 260, 240 ms. What is the mean, in ms? [1]
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12. One UK unit of alcohol is 10 ml of pure alcohol. A 500 ml drink is 4% alcohol. How many units is it? [2]
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13. Explain how a stimulant affects the body differently from a depressant. [2]
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14. A newspaper says 'energy drinks make you cleverer'. What evidence would you want before believing this? [3]
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4. Before you hand it in

"Legal drugs are safe."

Alcohol and tobacco are legal for adults but cause many thousands of deaths in the UK each year.

"Alcohol is a stimulant because people get louder."

Alcohol is a depressant: it slows the nervous system and reduces inhibition.

"Medicines can't be misused."

Taking too much, taking someone else's prescription or mixing with alcohol is misuse and can be dangerous.