

Drugs.

What you need to know:

- Religious beliefs and teachings concerning the mind and the body.
 - The use of tobacco, alcohol and caffeine.
 - The use of illegal drugs.
 - Why people take drugs.
 - The classification of drugs.
 - The debate about the legal status of drugs.
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What is a drug?

Drugs are a substance which, on entry to the body, alters the way the body works. Some of these include:

Depressants:	Slow down the central nervous system.
Stimulants:	Speeds up the central nervous system.
Hallucinogens:	Affects the senses and alters the way we see things.

Some people take drugs as part of their Social life. These include tobacco, alcohol and coffee. Some that are taken socially are not legal. These include cannabis.

Social drugs can also be used for recreational purposes. Although legal ones are the same as the ones mention above, the illegal drugs change. This group now includes amphetamines, heroine or LSD.

However some people take drugs to enhance their sporting performance. Despite the risks some athletes are willing to take them. Attempts are made to catch drug cheats through urine samples. If they test positive they can be banned from that sport for life.

Legal drugs:

Caffeine:

- Natural to tea / coffee and are added to most soft drinks.
- It is addictive.
- Stimulates the nervous system.
- Produces more urine.
- Large doses can cause the risk of a heart attack.
- Can cause restlessness or excitement.

Tobacco:

- There are 1.1 billion smokers in the world - this works out at 17% of the world's population.
- 6000 cigarettes are smoked per year.
- The government receives £8 billion from tax.
- 4000 harmful chemicals in tobacco.
- 80% of lung cancer is caused by smoking.
- Related illnesses to smoking cost the NHS £400 million per year.
- 120,000 people die per year in the UK because of smoking.

Alcohol:

- 90% of UK adults drink.
- The government receives £7 billion in tax.
- Causes liver / brain damage.
- There are between 8 - 14 million days lost in work due to excessive drinking.
- It costs the NHS £150 million in alcohol related illnesses.
- 28,000 people die per year due to drinking.

Religious attitudes:

Religion:	Tobacco:	Coffee:	Alcohol:
Christianity.	Not encouraged due to health risks.	No problem.	Some do not advocate this - the Salvation Army has a strict

			no drinking policy. Some believe in moderation as Jesus was not against it.
Islam.	Encouraged to give up each year at the time of Ramadan.	No problems.	More harm than good. Forbidden in the Qur'an and the Hadith.

Illegal drugs:

Research suggests that more people than ever are taking illegal drugs. Young people in the UK are reported to be taking up to 5 times more than the rest of European children.

The illegal drugs trade is an international, multi-billion dollar industry. Drugs can be:

Injected either into a muscle or under the skin or into a vein (this last one is known as mainlining).

Smoked that is inhaled into the lungs where it is absorbed into the bloodstream.

Inhaled either into the nose or mouth.

Swallowed or chewed in the form of a pill or a tab.

Drugs and the law:

There are three main laws that protect people from illegal drugs. These are:

The Misuse of drugs acts 1971.

Drugs trafficking offences act 1986.

Intoxicating substances (supply) act 1983.

Illegal drugs have a classification. This relates to the danger that these drugs pose to the user. It is good to know what they are:

Class:	Drugs included:	Possession:	Supply:
A.	Crack. Cocaine. Ecstasy. Heroin.	Max 7 year's prison and or fine.	Min life imprisonment and or fine.
B.	Amphetamines	5 years prison and or fine.	14 years prison and or fine.
C.	Anabolic steroids.	2 years prison and or fine.	5 years prison and or fine.

Please be aware that cannabis still has a classification. It was recently dropped a category, from B to C. BUT IT IS STILL ILLEGAL!

Solvents:

This is the term used to describe a variety of everyday items such as:

- Aerosols.
- Correction fluid.
- Glue.
- Nail varnish remover.
- Paint.
- Petrol.

Why do people take non - prescribed drugs?

Think back to the list you made in class about this and add your notes to it here. Other reasons include:

- Peer pressure from friends or family.
- Pressure from dealers.
- Part of the youth culture.
- For excitement.
- Assert independence.
- Escape from problems.
- Feel good.
- Seeking a mystical experience.

- Addiction.

	For legalisation:	Against legalisation:
All drugs:	<ul style="list-style-type: none"> • Stop the massive profits being made. • Less appealing. • Costs the government less on drug enforcement. • Society is losing the battle against drugs. • No more harmful than legal drugs. • Access to clean needles. 	<ul style="list-style-type: none"> • Sends out the wrong message. • People will move onto hard drugs. • Duty by the government to protect society. • Costs to the NHS rising. • Death increases.
Cannabis.	<ul style="list-style-type: none"> • Helps MS sufferers with the pain. • Police can focus on more dangerous drug abuse. • Legal in Holland. • Tobacco and alcohol are just as dangerous. 	<ul style="list-style-type: none"> • It is a 'gateway' to other drugs. • Causes diseases due to smoking.

Religious attitudes:

Christianity:

Christians believe that they should glorify God in their bodies. They take this line due to the teachings in 1 Corinthians 3:16 which states that the body is a temple for God and that His spirit lives within all. Christians believe that drug addicts should be helped to overcome their addiction. There are groups, such as the Salvation Army who do not judge addicts or alcoholics but help them try to break free from the condition they are in.

For more information on this group look up:

www.salvationarmy.org.uk/en/home.htm

Islam:

Muslims believe that Allah owns their bodies and anything that 'cover' or affects the mind is not allowed. Illegal drugs are strictly forbidden and severe punishments are enforced in Islamic countries. Performance enhancing drugs is seen as cheating and dishonourable.

Important information:

It is easy to leave out religious teachings. Yet these will gain you marks in the exam. Try to learn one per religion to help you with this!