



## HEALTH & WELL BEING

### Managing risk and influence

#### Self-regulation

- pacing drinking to reduce overall alcohol consumption
- considering healthy coping strategies
- choosing not to use substances

#### Social strategies

- assertive 'no thanks' to offers
- establishing expectations with friends
- staying in pairs in independent situations
- assertive explanation

#### Locate support

- locating first aid services
- contacting law enforcement services
- discussing support with parents/family
- contacting young people's support services/organisations

#### Importation

disproportionate exploitation of individuals from a position of socio-economic disadvantage  
environmental impacts of transport

#### Use

varying levels of harm to health and wellbeing, finances and employment, relationships and safety  
legal consequences  
wider impacts upon legal and health services

#### Production

poor working conditions or pay for individuals in the production process  
environmental impacts including the energy requirements for cultivation

#### Supply

exploitation of vulnerable groups including children  
damage to the reputation of communities in which substances are sold  
financing of other criminal activity



Class	Examples	Sentence for Possession	Sentence for Dealing
<b>Class A</b>	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection).	Up to seven years in prison or an unlimited fine or both.	Up to life in prison or an unlimited fine or both.
<b>Class B</b>	Amphetamines, Methylphenidate (Ritalin),	Up to five years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
<b>Class C</b>	Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine.	Up to two years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
<b>Temporary Class</b>	The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified.	None, but police can take away a suspected temporary class drug	Up to 14 years in prison, an unlimited fine or both

These are the maximum sentences that could be imposed but there are a number of factors which will determine the sentence given if someone is charged and convicted of a drug offence.  
In most cases a first-time possession offence will lead to a caution and confiscation.  
A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.

### Influences on decision making

#### Internal

Influences that come from the person themselves such as:

- own perceptions, attitudes and beliefs
- whether actions fit with one's own values or goals

#### External

Influences that come from a person's surroundings such as:

- actions/attitudes of friends or celebrities
- culture, school ethos or family beliefs/expectations
- media influences

**Supply** Being caught selling drugs or medicines to other people.

#### Rehabilitation

Drug users are sent to specialist clinics to help them break their addiction and often the causes of it as well.

