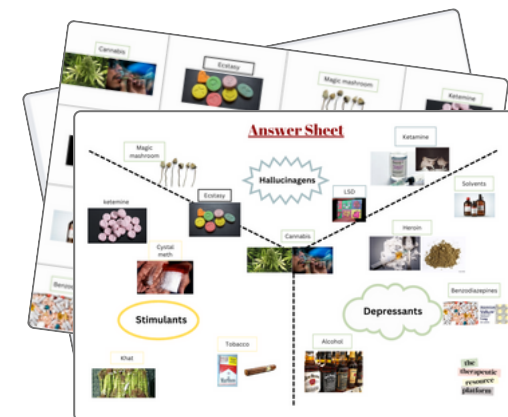


# Drugs: Categorising The Effects

## Instruction page



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### Activity Type

**Participation style**  
1-1 focused Activity  
interactive group activity

**THEME**  
Substance misuse,  
education

**Resource Format:**  
  
Interactive activity:  
Conversation cues  
PDF interactive conversion tool

**AGE:** 11-18+

**Challenge Level**  
  
**MODERATE**

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### General Activity Info

This activity aims to enhance knowledge about illicit drugs, their effects, and the associated dangers. Most drugs can be classified into three main categories: hallucinogens, stimulants, and depressants. Some drugs may fall under two or even all three categories. It's important for participants to understand the effects of these drugs, so they can recognise how they present and the impact they have. This understanding is crucial for making informed decisions and recognising the risks associated with drug use.

The worksheet includes an answer sheet, a template sheet, and a set of images that can be cut out and placed into the appropriate sections. You can laminate these materials for repeated use. This activity relies on your knowledge of drugs and their effects, so it's important to ensure the information shared is accurate. This resource serves as a tool to facilitate the sharing of information. If you need further details on drugs, additional resources can be found on our facilitator training page.

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### Materials Needed

- Template sheet print out.
- Image sheet print out.

**Top tip:** laminate this resource and use bluetack for the images so you can reuse them with different participants for some 1-1 work.

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### Step by Step Instructions

1. Print and prepare the resources before meeting your participant.
2. Briefly explain to the participant what **depressants**, **hallucinogens**, and **stimulants** are. Discuss why people use them, along with the risks and potential dangers of the drugs. Be open and approachable, encouraging the child to ask questions.
3. Have the participant place the images/names of the drugs into the category they think best suits each drug. Once completed, review the answers together, explaining each drug in more detail.

**Top Tip:** For group work, assign a small group (2-4 participants) to sort the images and words into categories, then review the answers as a group.

the  
therapeutic  
resource  
platform

# Answer Sheet

## Hallucinagens

Magic mashroom



Ecstasy



LSD



Ketamine



Solvents



Heroin



Cannabis



Cystal meth



## Stimulants

Khat



Tobacco



Alcohol

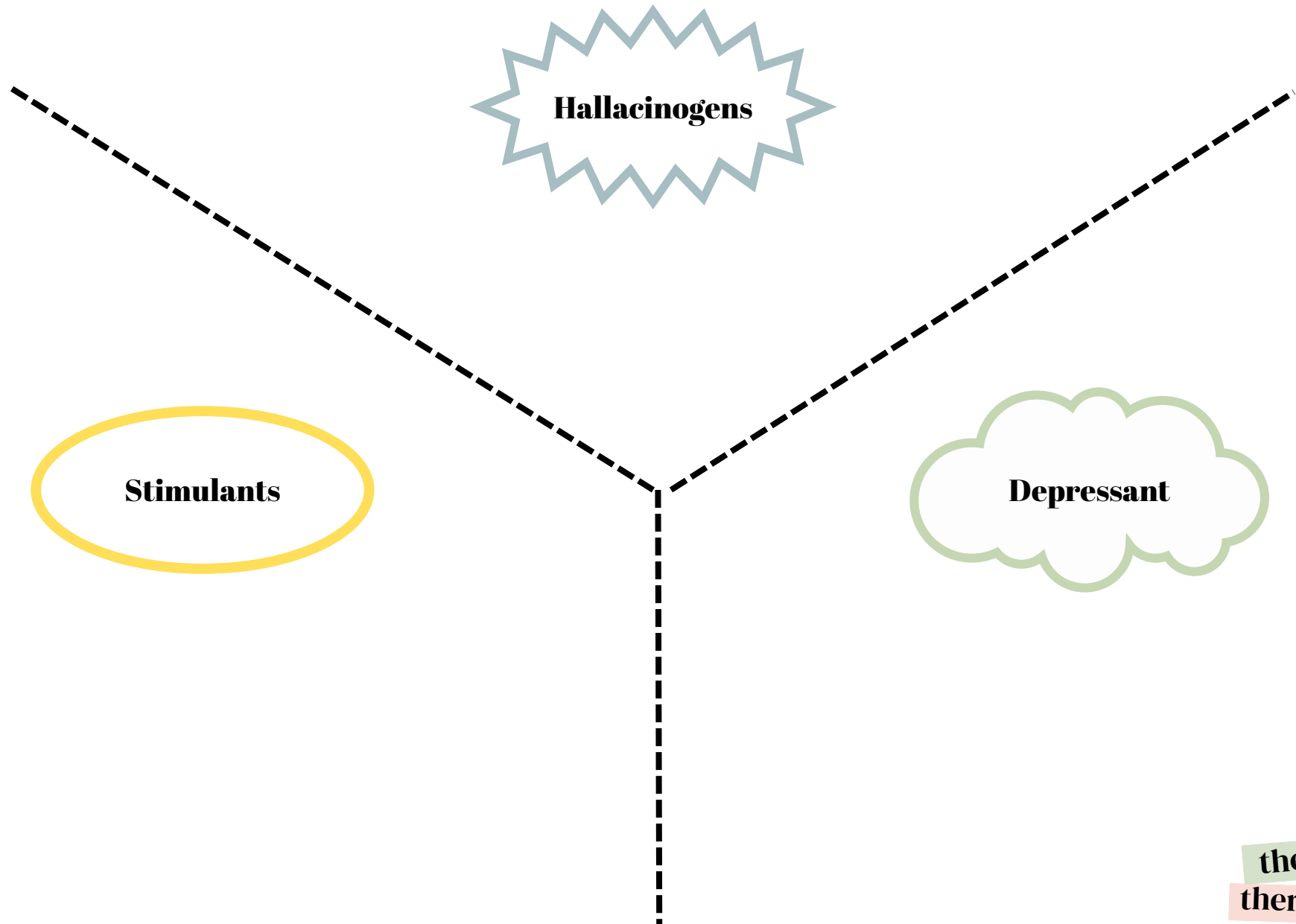


## Depressants

Benzodiazepines



the  
therapeutic  
resource  
platform



the  
therapeutic  
resource  
platform

Cannabis



Ecstasy



Magic mushroom



Ketamine



LSD



Ketamine



Crystal meth



Heroin



Solvents



Khat



Tobacco



Alcohol



Benzodiazepines

