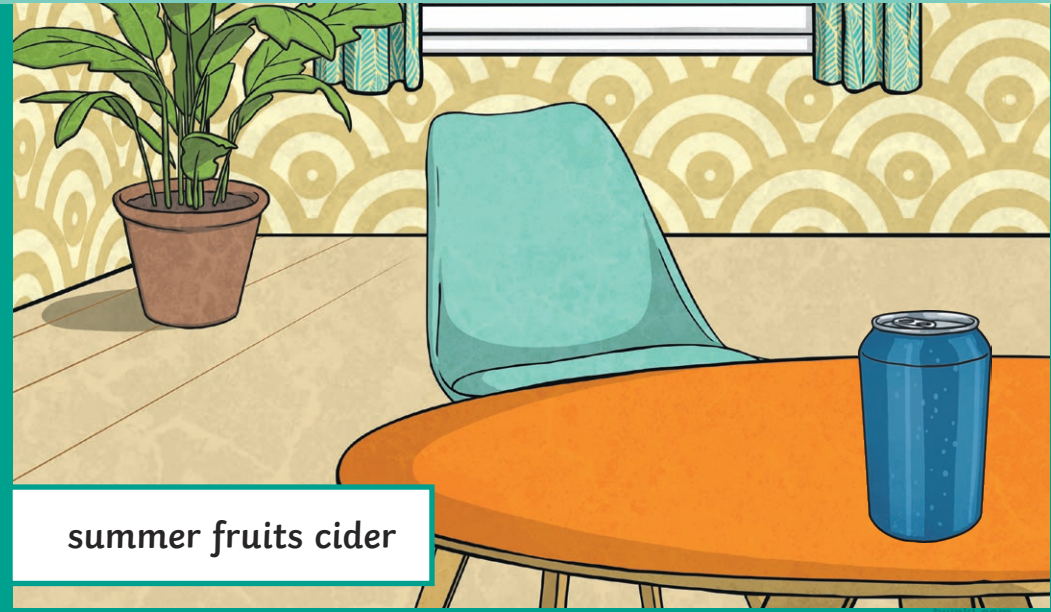


# Alcohol and Drugs Consequences Matching Cards

twinkl

Substance



summer fruits cider

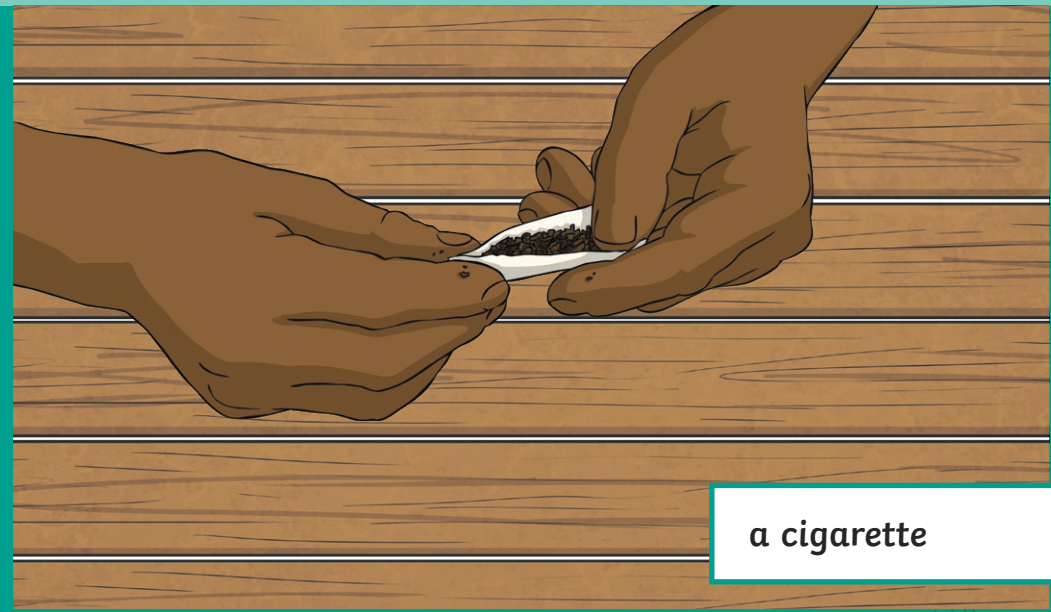
This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

Substance



citrus energy drink

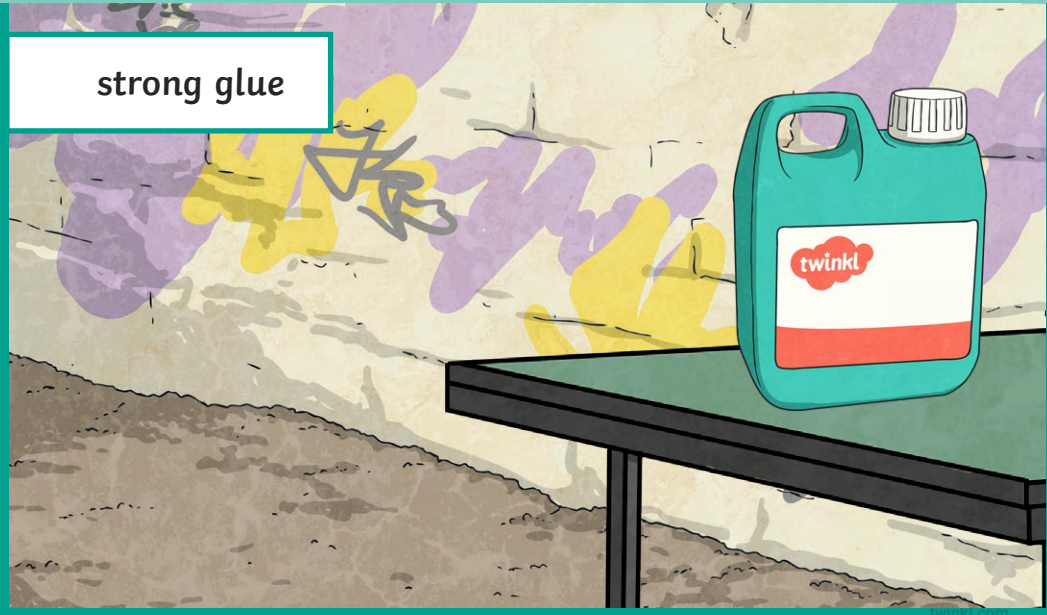
Substance



a cigarette

Substance

strong glue



Substance

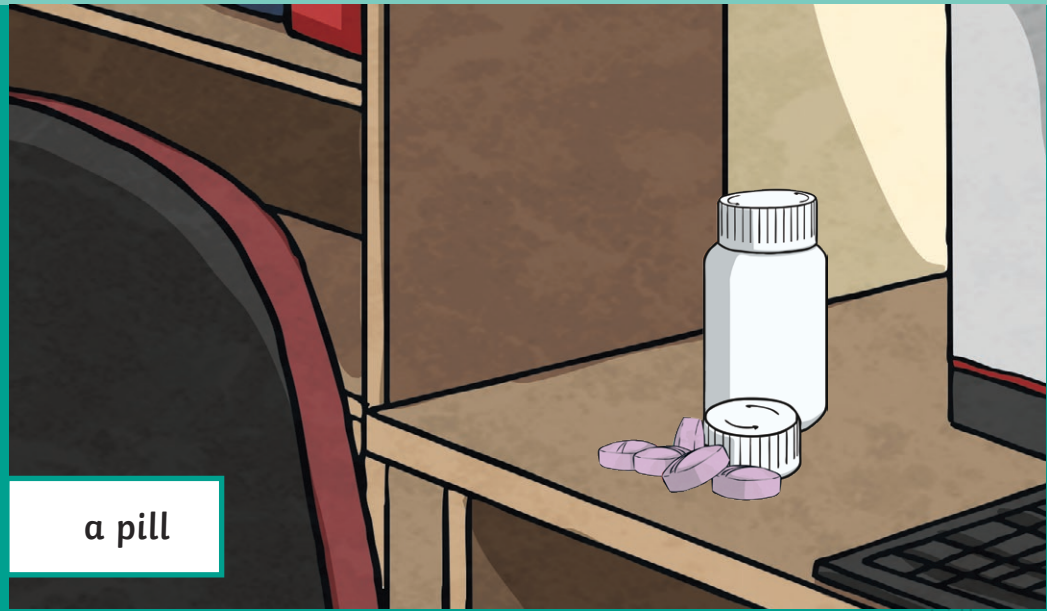
cannabis



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

Substance

a pill



Substance

white powder



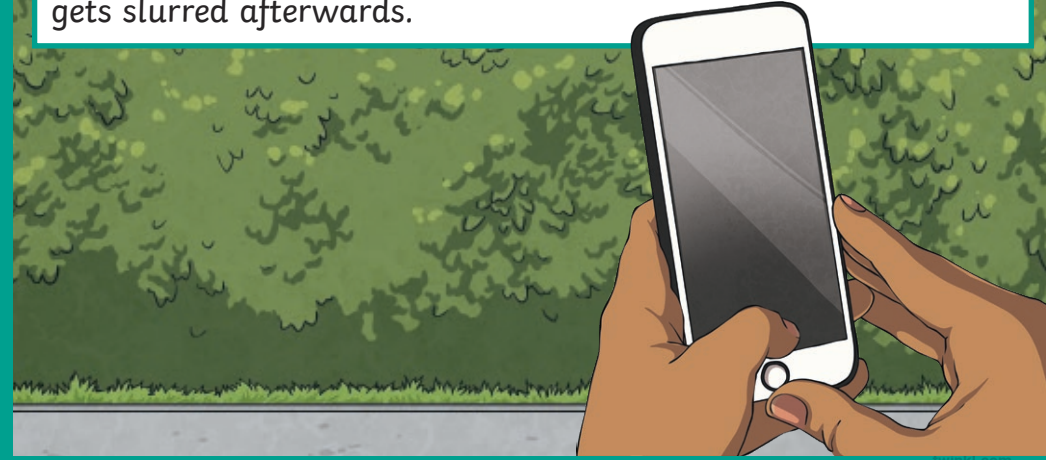
## Substance

an e-cigarette



## Situation

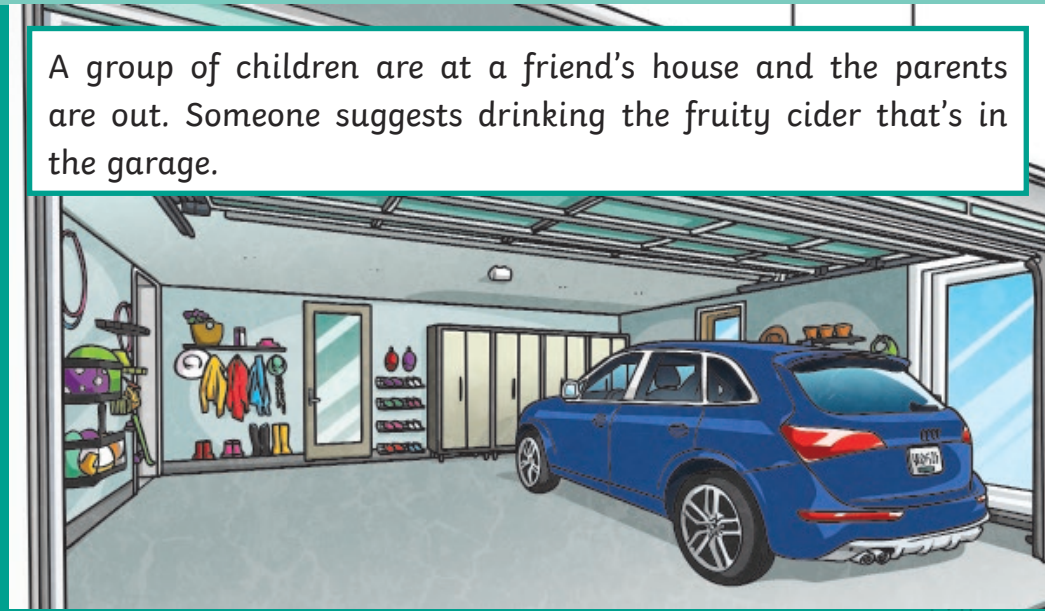
A 'challenge' is spreading online to get young people to post videos of themselves sniffing strong glue to see if their speech gets slurred afterwards.



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## Situation

A group of children are at a friend's house and the parents are out. Someone suggests drinking the fruity cider that's in the garage.



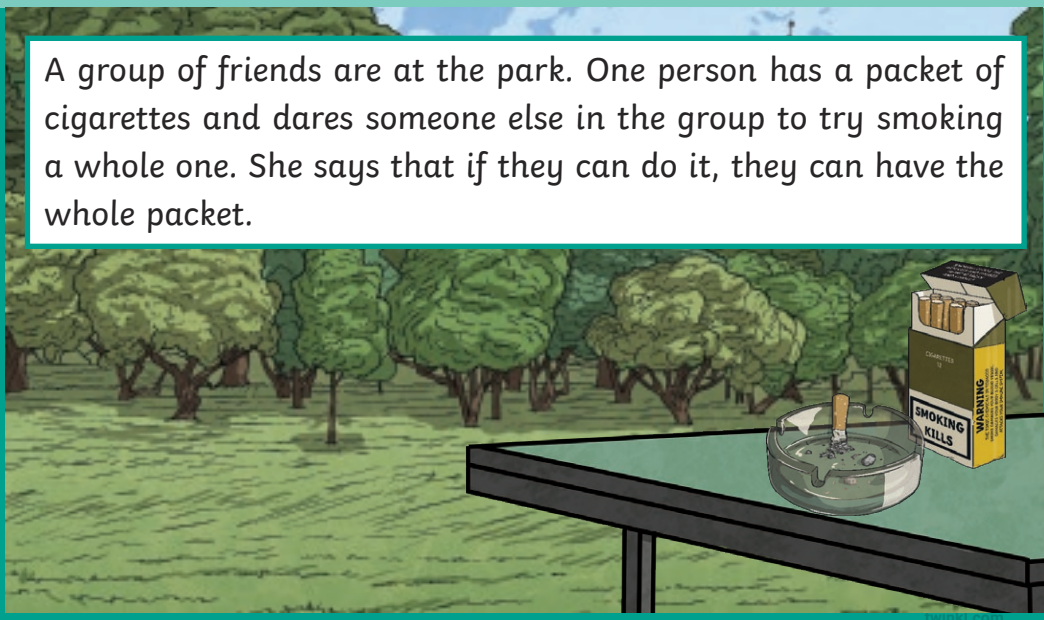
## Situation

An older child (about 16) has been hanging around after school, offering children cigarettes containing cannabis for money. He says it will relax them and give them the giggles.



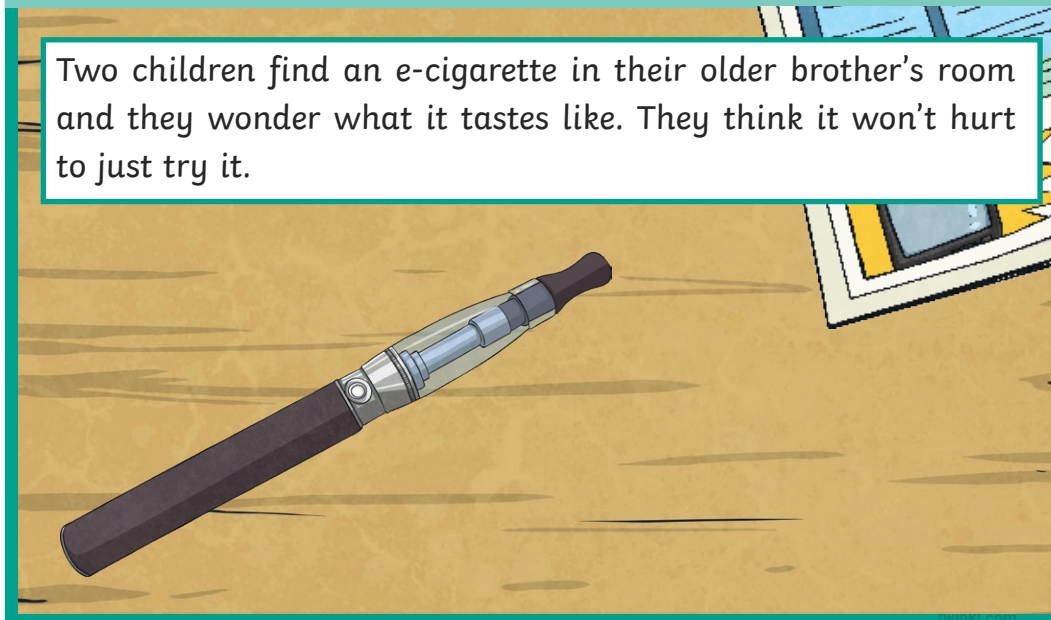
### Situation

A group of friends are at the park. One person has a packet of cigarettes and dares someone else in the group to try smoking a whole one. She says that if they can do it, they can have the whole packet.



### Situation

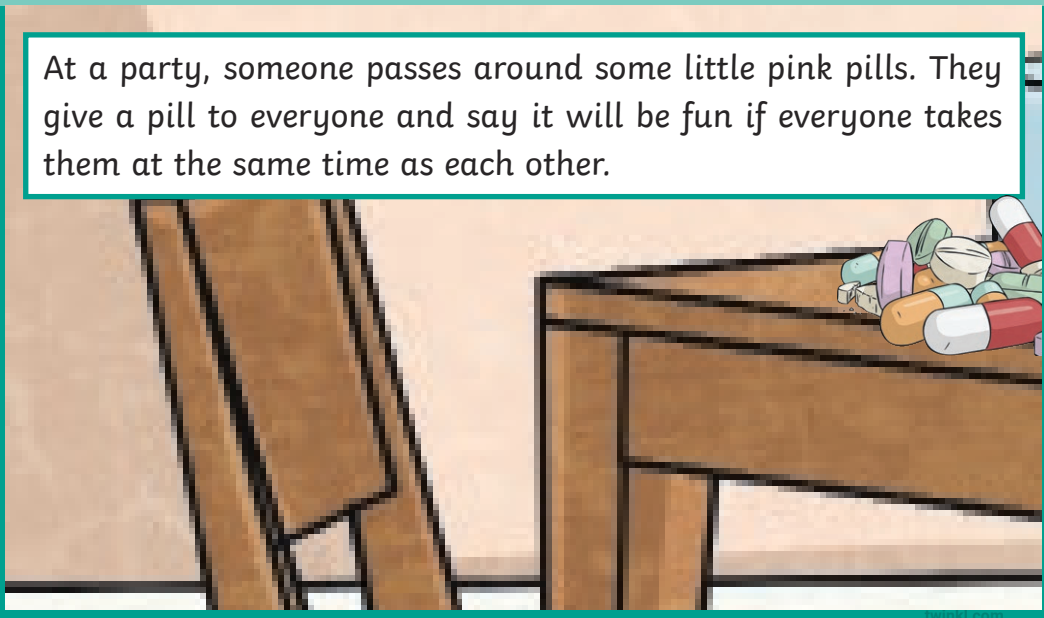
Two children find an e-cigarette in their older brother's room and they wonder what it tastes like. They think it won't hurt to just try it.



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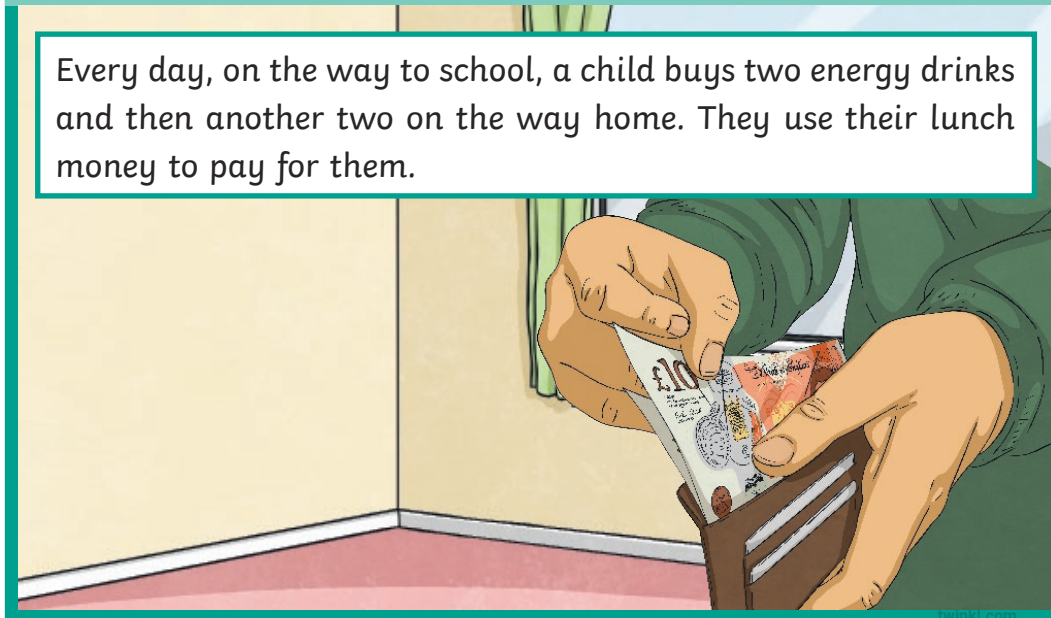
### Situation

At a party, someone passes around some little pink pills. They give a pill to everyone and say it will be fun if everyone takes them at the same time as each other.



### Situation

Every day, on the way to school, a child buys two energy drinks and then another two on the way home. They use their lunch money to pay for them.



## Situation

Some children find a little bag of white powder at the bus stop. One says it might be fun if they dab their finger into it, to see if it makes them 'feel funny'.



## Possible Consequence

The children start coughing. One feels a burning in their throat and says they don't want to try the e-cigarette again but the other one does.



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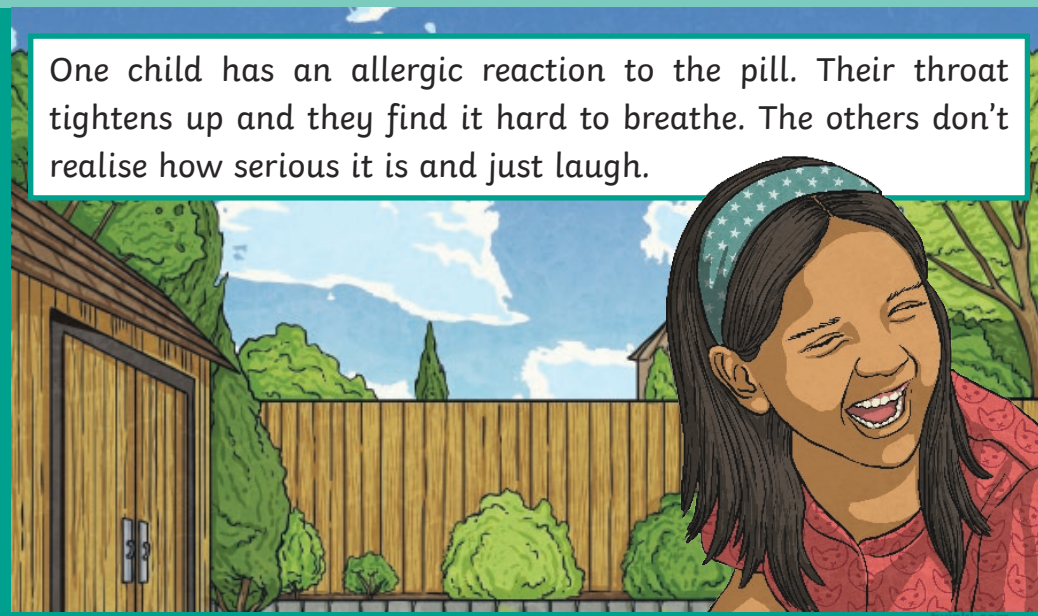
## Possible Consequence

After a few bottles, one of the children says they feel sick and they vomit all over the sofa. They want to go home but the others call them 'a lightweight'.



## Possible Consequence

One child has an allergic reaction to the pill. Their throat tightens up and they find it hard to breathe. The others don't realise how serious it is and just laugh.



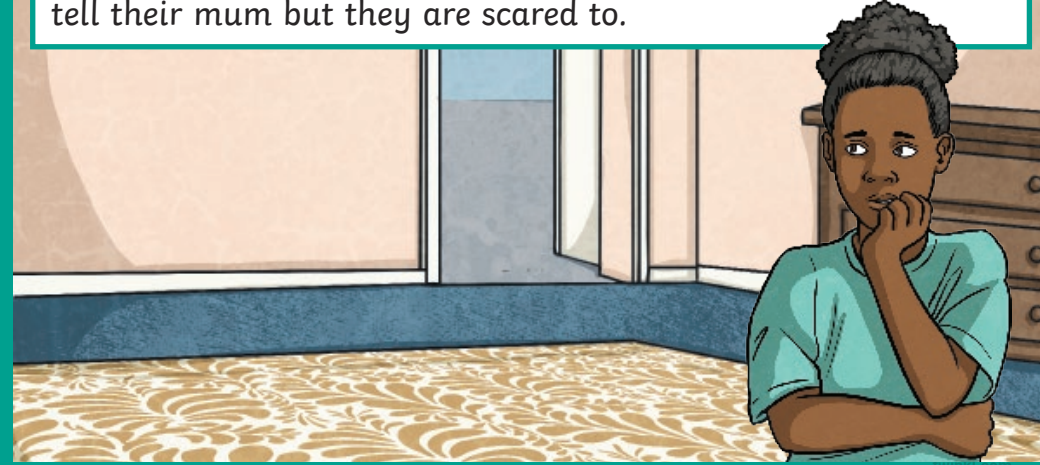
### Possible Consequence

One child takes more powder than the others and starts to act strangely. They say they feel like they are super fast and strong and then run out into the road.



### Possible Consequence

One child who tries this challenge gets a sudden, sharp pain in their head. Then, they feel very dizzy and sick. They want to tell their mum but they are scared to.



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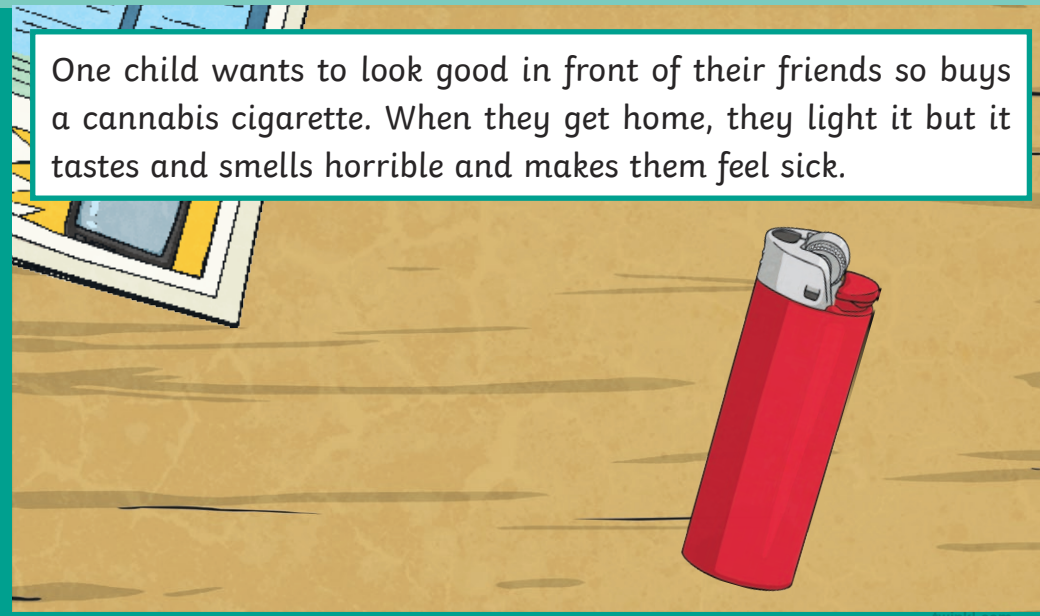
### Possible Consequence

The child who was dared to smoke the cigarette wants to look cool, brave and mature but the cigarette makes them cough and splutter and feel a bit sick. They are worried, too, that their clothes and hair will smell.



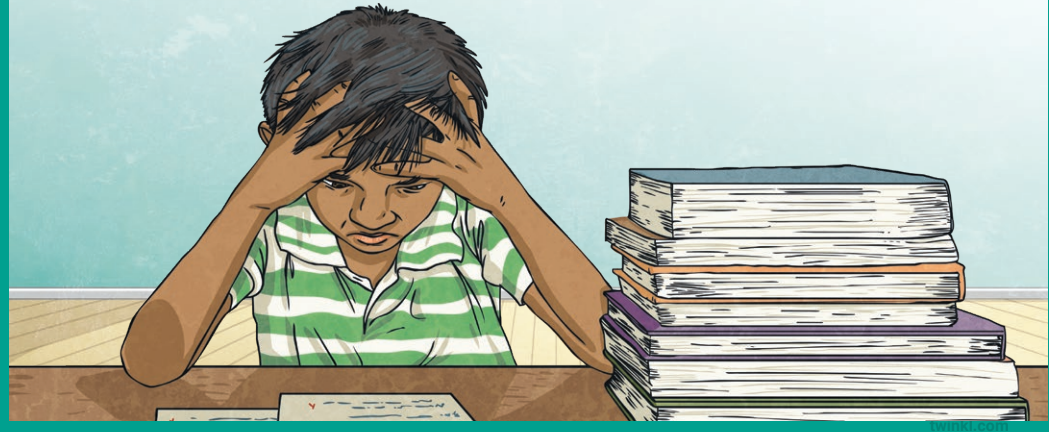
### Possible Consequence

One child wants to look good in front of their friends so buys a cannabis cigarette. When they get home, they light it but it tastes and smells horrible and makes them feel sick.



## Possible Consequence

The child is finding it hard to focus in school. They often feel panicky and get headaches. They are hungry at lunchtime and feel really tired in the afternoon lessons.



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