

Article 24: Every child
has the right to the best
possible health.

What is good health?

- Physical – Diet , exercise, vaccinations
- Intellectual – Reach your full potential, challenge, progress
- Emotional - Mental health, love, valued
- Social – Support, friendships, belonging



1 in 4 OF US
WILL EXPERIENCE
**MENTAL HEALTH
PROBLEMS**
IN OUR LIFETIMES.

How are our health needs met?

- NHS
- School
- Family



How to ensure you have good health.

- Take control
- Make good choices
- Be educated

Substance Abuse Awareness Week

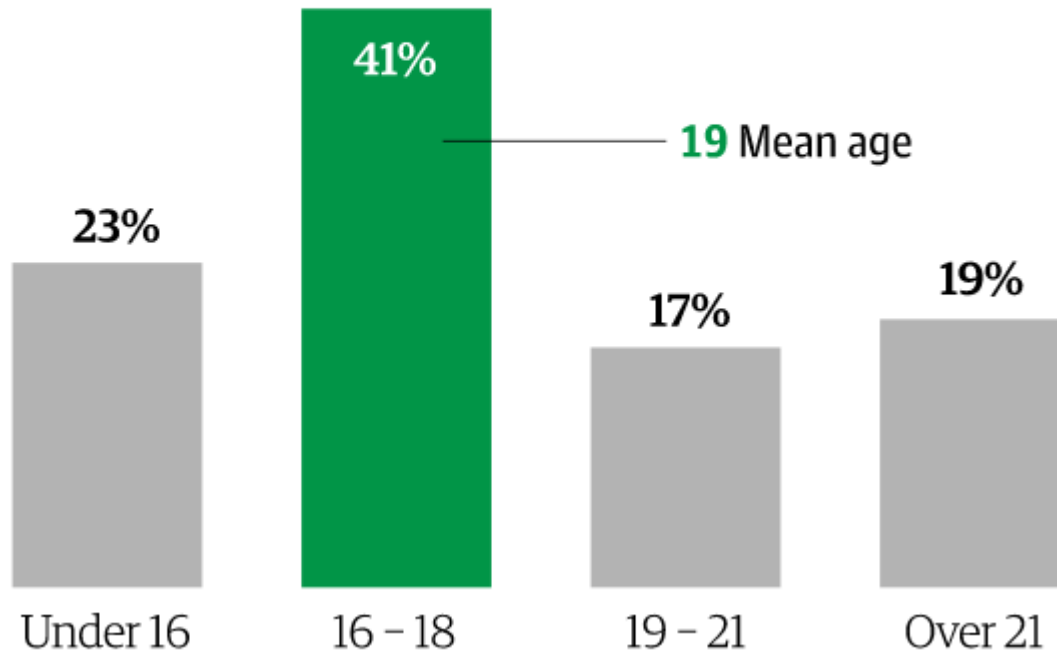
- What is a drug?
- Illegal drugs
- Legal drugs



Drug Use

How old were you when you first took an illegal drug?

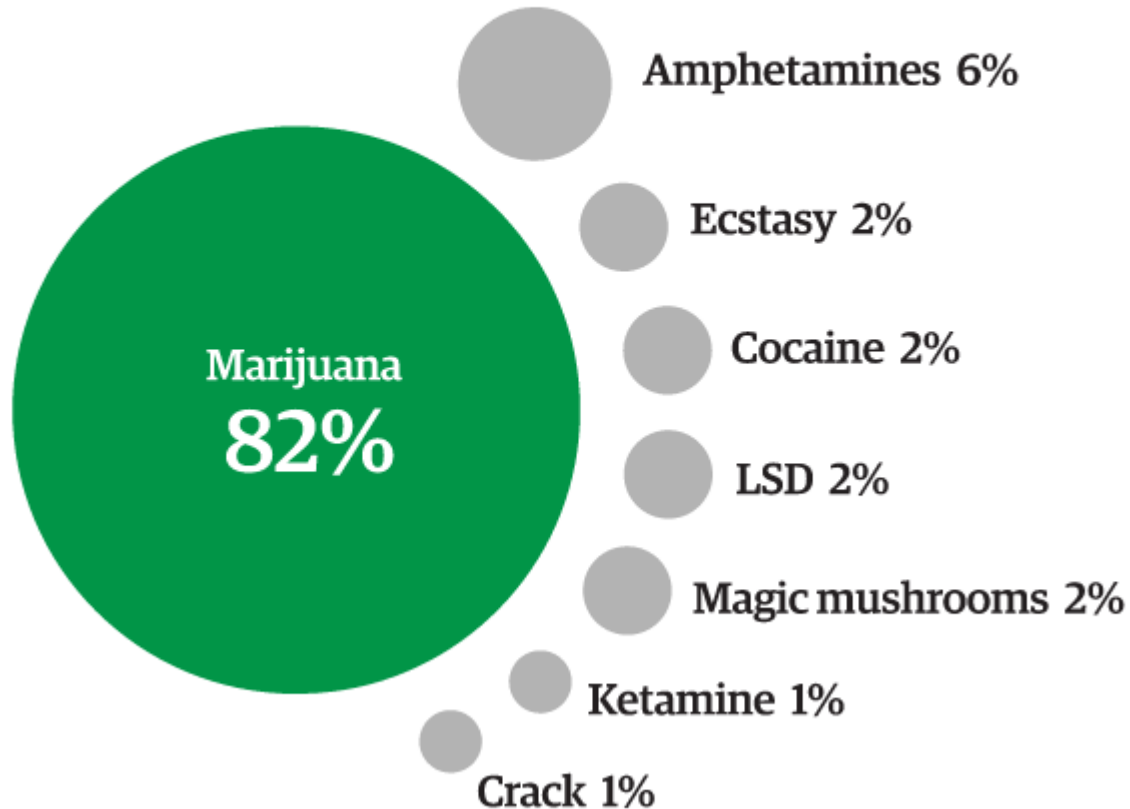
BASE: ALL WHO ARE CURRENT USERS OF ILLEGAL DRUGS



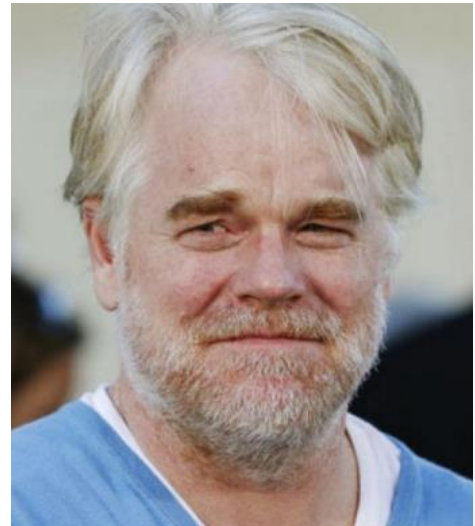
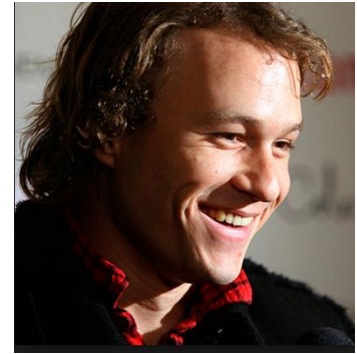
Drug Use

What was the first illegal drug you ever took?

BASE: ALL WHO HAVE EVER TAKEN ILLEGAL DRUGS



What do they have in common?



Celebrity Deaths

- Amy Winehouse – Alcohol poisoning
- Heath Ledger – Overdose of prescription drugs
- Whitney Houston - Drowned in the bathtub, with heart disease and cocaine use listed as contributing factors.
- Peaches Geldof – Heroin overdose
- Phillip Seymour Hoffman- Drugs overdose
- Elvis Presley – Overdose of prescription drugs
- Michael Jackson – Overdose of prescription drugs
- Cory Monteith - Heroin and alcohol overdose

Why do people take such risks?

Which of the following best describes why you first took drugs?

BASE: ALL WHO HAVE EVER TAKEN ILLEGAL DRUGS



Addiction

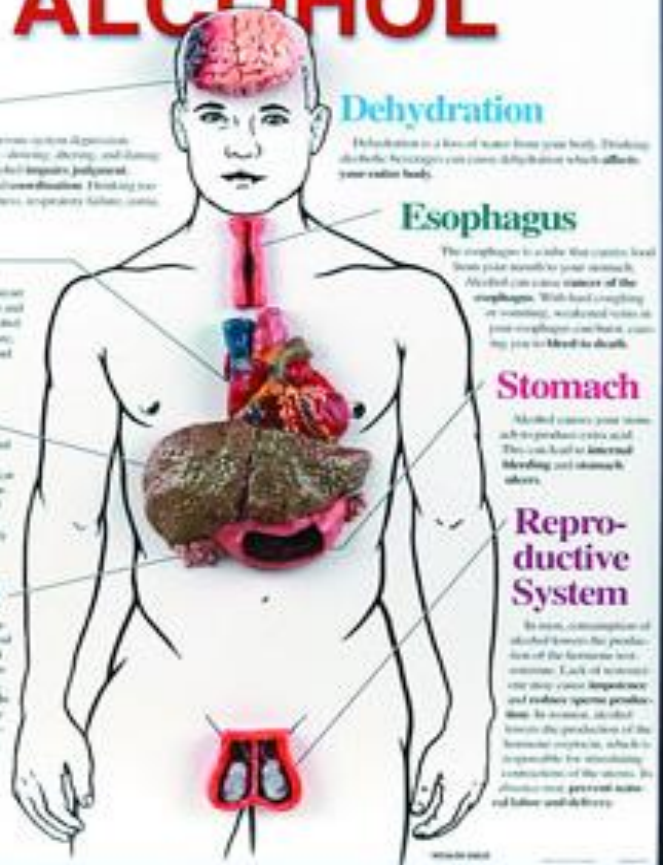
- When a drug user can't stop taking a drug even if he wants to, it's called addiction. The urge is too strong to control, even if you know the drug is causing harm.
- When people start taking drugs, they don't plan to get addicted. They like how the drug makes them feel. They believe they can control how much and how often they take the drug. However, drugs change the brain. Drug users start to need the drug just to feel normal. That is addiction, and it can quickly take over a person's life.

Consequences



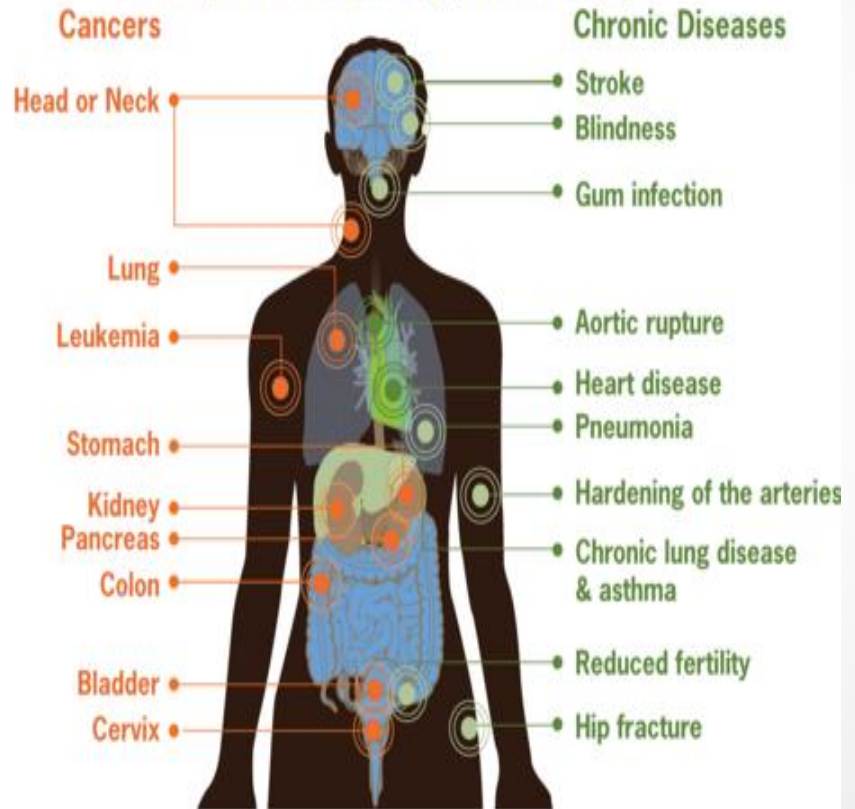
Legal drugs

Hazards of ALCOHOL



Risks from Smoking

Smoking can damage every part of the body



Tobacco and Alcohol

- About **100,000 people** in the UK die each year due to smoking. Smoking-related deaths are mainly due to cancers, chronic obstructive pulmonary disease (COPD) and heart disease. About half of all smokers die from smoking-related diseases.
- More than 9 million people in England drink more than low risk levels. About **15,000 people** in England die from alcohol-related causes each year. About 32% of these deaths are from liver disease, 21% from cancer and 17% from cardiovascular illnesses, such as heart disease and strokes.
- Alcohol misuse costs England around £21bn per year in healthcare, crime and lost productivity costs.
- The cost of treating smokers in England was estimated at **£2.7 billion** in 2006.

**NO SMOKING
DAY**

9 March 2016

How to ensure you have good health.

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