

Lesson 2: Harm Reduction

The law:

The three classes of <u>illegal</u> drugs		
Illegal drugs are put into three categories based on the level of risk: Class A (most risky), Class B and Class C.		
Class A:	Possession: Up to 7 years in prison, an unlimited fine or both	Supply and production: Up to life in prison, an unlimited fine or both
Class B:	Possession: Up to 5 years in prison, an unlimited fine or both	Supply and production: Up to 14 years in prison, an unlimited fine or both
Class C:	Possession: Up to 2 years in prison, an unlimited fine or both (except anabolic steroids if it's for personal use)	Supply and production: Up to 14 years in prison, an unlimited fine or both

Which drugs belong in which class?

- Cocaine
- Anabolic steroids
- Ecstasy (MDMA)
- Cannabis
- Heroin
- Xanax
- LSD
- Ketamine
- Magic Mushrooms
- Codeine

What is Harm Reduction?

Lesson 2: Harm Reduction

Scenario...

Ben is struggling with the pressure of his GCSEs. He has never taken drugs before but he is desperate to relax and is looking for a way to switch off. He sneaks out to the park on Friday evening (telling his mum that he was going to the cinema) and meets up with some friends who are drinking beers. They are approached by a drug dealer who offers them 'K' (Ketamine).

His friends buy a gram for £21 and offer Ben some saying it will help him relax. Ben is reluctant but his friends tease him for being pathetic. Ben gives in and snorts some.

Think back to the last lesson. Based on what you know about the drug, the set and the setting, what are all the possible dangers in this situation? Remember to take into account his profile too!

If we were to replay this scenario, what advice would you give Ben in order to reduce the possibility of harm?

Drug testing

The Loop are an organisation that test drug samples at a number of festivals and clubs. If they find a significant number of pills or powders that have been cut with dangerous substances, or if there is a particularly 'pure' drug at a festival, they put out warnings on social media like this.

Lesson 2: Harm Reduction

Have a read of this post

What are some of the dangers of MDMA now?



The Loop
19 September 2021 · 🌐

On one day at one festival we tested four pharaoh pills... and all four pills contained different drugs!

Just because you or your friends have had a similar looking pill or crystal doesn't mean you know the contents of what you're taking.

"What these four pills show is that anyone can buy the press, anyone can put whatever drug they want in them." says The Loop's [Adam Woff](#)

There are many more 'imposter drugs' being missold as MDMA this summer.

⚠️ "Two years ago when we were testing in 2019 roughly 95% of what we expected to be MDMA turned out to be MDMA – this summer it's been nearer 50%. There's much, much more misselling than we've found in the past." says Adam ⚠️

He says users should always try to get their drugs lab tested. As well as some festivals, the Loop also sometimes set up pop-up testing sites in city centres.

Read more below 🏠🏠🏠🏠🏠🏠🏠🏠

<https://metro.co.uk/.../four-different-drugs-found-in-.../>



METRO.co.uk

METRO.CO.UK
Four different drugs found in Pharaoh MDMA pills at Parklife festival
At a time when misselling is especially high, it is particularly important for users to get their dr...

Watch the video and then discuss the following questions:

1. What do you think about taking illegal drugs to a tent at a festival to get them tested?
2. Why do you think the government are encouraging this approach?
3. Do you think it's right?



Lesson 2: Harm Reduction

Do you know the recovery position?

- If a person is unresponsive (check by gently pinching them and calling their name) but breathing with a pulse, you should put them in the recovery position.
- It stops them choking on their own tongue and their vomit.



Some top tips on Harm Reduction

- | | |
|--|--|
| <ul style="list-style-type: none">• If you do choose to take drugs, take a quarter of what you are given and don't re-dose for at least an hour. | <ul style="list-style-type: none">• Research what you're taking (Drug Science website is great and The Loop will test your drugs at festivals) |
| <ul style="list-style-type: none">• Don't mix drugs | <ul style="list-style-type: none">• 'Pure' doesn't necessarily mean safe |
| <ul style="list-style-type: none">• Never 'do drugs' alone and make sure you're in a safe place | <ul style="list-style-type: none">• Know where to get help if things go wrong |
| <ul style="list-style-type: none">• Don't be afraid to call 999 and ask for an ambulance | |

Key quotes on staying safe:

"If something bad happens to you or a friend when they're taking a drug, get help! So many people die because their friends are scared they'll be arrested if the police come and find them with a drug. They won't... they'll be taken to hospital."

David Nutt on episode 5 of The Exchange on The Science of Drugs

Lesson 2: Harm Reduction

“In this country, you’re not going to be arrested for calling the paramedics. You could well save someone’s life.”

Zoe Shuttleworth on episode 1 of The Exchange on The Science of Drugs

Jot down any questions you have from today’s lesson:
