

## Drugs, Substances, Alcohol and Smoking

You and your friends will most likely encounter situations with drugs, substances, smoking and alcohol at some point in your lives. We hate sounding preachy, but we want you to know all of the facts about how these things can affect your body and mind. Long-term use and abuse of these substances can have serious consequences for your health, so take some time to look at the information here.

### Drugs and Substances

There's tons of different drugs and substances out there, coming in various forms and having very different effects on your body. There's info here and on sites like Talk to FRANK about the most common drugs and substances from acid and crack to weed and X.

### Alcohol

It's booze! Also known as hard stuff; hootch; moonshine; liquor; tippie and whatever else... it's alcohol. When you're 18, you can legally buy alcohol virtually anywhere in the UK. But statistically, you're also likely to have tried an alcoholic drink at a younger age. There's no harm in enjoying drinking sensibly, but how much is too much? When it comes down to it, getting completely mullered isn't going to do wonders for your street cred as well as your health.

### Smoking

With the UK going Smokefree, is being seen to smoke cool any more? There aren't many positive reasons to smoke other than listening to people who say 'it's cool'... From the age of 16 it's legal for you to buy cigarettes, so it's often seen as being a mature thing to do. But don't you find those people who go around begging for fags a bit lame?

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