

**Do Now**

# What is Nitrous Oxide (noz)? How dangerous is it?

Bogdan was at a festival with his friends. There were small, silver canisters on the floor and his friends were inhaling the air from inside balloons. 'What's that? Helium?' Said Bogdan. 'No it's noz, mate.' Said his friend. 'Wanna have a go?'

**Discuss: What is 'noz'? What should Bogdan do in this situation?**



How might you be able to tell if a person has consumed 'noz'?

*I think you could tell if someone had consumed 'noz' because they might...*

# What is Nitrous Oxide (noz)? How dangerous is it?



## Learning outcomes:

Describe the dangers of nitrous oxide, the legality of the drug and the long and short-term health effects.

**Nitrous Oxide (noz) otherwise known as laughing gas –**

a colourless gas with a sweetish odour, prepared by heating ammonium nitrate. It produces exhilaration or anaesthesia when inhaled and is used (mixed with oxygen) as an anaesthetic and as an aerosol propellant. It is also a common drug of abuse amongst young people in the UK.

**What are the long term affects of nitrous oxide? How can it damage our bodies? Watch the clips below and answer the questions n your booklet.**

**We'll go through the answers together shortly.**

<https://www.youtube.com/watch?v=REFIKBRyhs4>

<https://www.youtube.com/watch?v=JTkKlewcArg>

**What does the neurologist say he's seen in the last few months?**

**How many balloons was Kerri-Ann inhaling?**

**What happened to her?**

**What is nitrous oxide supposed to be used for?**

**What does prolonged use do?**

**What happened to Olivia?**

**Why did she take it?**

**What does she now need?**



**What does the neurologist say he's seen in the last few months?**

An increase in paralyzed teenagers.

**How many balloons was Kerri-Ann inhaling?**

Up to 600 a week.

**What happened to her?**

She started to lose sensation in her limbs. She now needs a wheelchair to move around.

**What is nitrous oxide supposed to be used for?**

Whipping cream.

**What does prolonged use do?**

De-activate vitamin B12

**What happened to Olivia?**

She ended up in a wheelchair as her body was starved of oxygen

**Why did she take it?**

As it was very popular and she wanted to fit in.

**What does she now need?**

24/7 care



## Why do people still take drugs when they know the risks?

Read the statements by teenagers below, explaining why they still take drugs, whilst knowing the risks. Next to each statement, create a reply, imagining this is a friend that you're concerned about, counteracting their point. We'll go through our ideas together in five minutes.

Everyone else is doing it. They're all still ok.

I didn't want to be the odd one out.

I was interested – it was something I'd never done before.

I just get bored. It's something to do.

It can be kinda fun. It's not fun after, but it is at the time, even if it is short.

The media always blow things out of proportion, don't they?



## Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject.

Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.supportline.org.uk/problems/drugs/> Drugs information and help site.

<https://www.talktofrank.com/> Drugs information and help site.

<https://www.drugwise.org.uk> Drugs information and help site.

The Crimestoppers hotline is anonymous – 0800 555 111. Always call 999 if you think there is an immediate danger.

## Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
  - A friend you are worried about
  - Someone being unkind to you
  - Something you have heard and think we should know

### How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

# Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>