• **Drugs and alcohol** [1]

A range of free resources, including the reference book *A Quick Guide to Drugs and Alcohol*, pamphlets and online research guides are available from the Drug Info website to support PDHPE students and teachers. These resources directly address curriculum outcomes relating to the study of drugs and alcohol.

These electronic and print resources also provide students with the opportunity to analyse and evaluate health services and information which is designed to address the needs of young people.

*A Quick Guide to Drugs and Alcohol* contains information on a range of different legal and illegal drugs, drug effects, drugs and driving, pregnancy, treatment, statistics, drugs and the law and where to go for help and further information. An activity sheet for the book is available online to enable students and teachers to explore the book content.

The online research guide takes you to key websites, eresources, books and information about drugs and alcohol for PDHPE students.

Use the guide to find sources of information about:

- drug use including polydrug use, drug treatment and dependence
- specific drugs, including their long and short term effects, how they are used, legal status and information on mixing drugs
- adolescent drug use
- consequences of drug use
- statistics and reports
- drug trends and policies
- how to analyse and assess online health information.

Find these resources and more on the [School Resources page](https://druginfo.sl.nsw.gov.au/school-resources) [2] of the Drug Info website.

**Source URL:** https://www.sl.nsw.gov.au/drug-info/blogs/resources-pdhpe

**Links**