

1	Alcohol	A chemical substance that changes the way you feel by changing the way the brain sends and receives messages to the rest of the body.	11	Cancers and diseases caused by smoking	
2	Alcoholic	Someone who cannot stop drinking large amounts of alcohol, even when this is making them ill	12		
3	Alcohol units	Units are a simple way of expressing the quantity of pure alcohol in a drink.	13		
4	Alcohol abuse	Drinking in a way that's harmful, or being dependent on alcohol.	14		
5	Physical effects of alcohol abuse.	The most well recognised adverse effect of alcohol abuse is liver damage, leading in severe cases to liver cirrhosis.	15	Drugs	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
6	Social effects of alcohol abuse.	Alcohol abuse is well recognised as a cause of deteriorating relationships. Alcohol abuse is also associated with increases in crime, violence and unemployment.	16	Trip	A psychedelic experience It's a temporary altered state of consciousness. During a trip people's perception of reality can become altered.
7	Chemical in cigarettes		17	Stimulants	Raises levels of physiological or nervous activity in the body.
8			18	Depressant (Downers)	Lowers neurotransmission levels, which is to depress or reduce arousal or stimulation, in various areas of the brain.
9			19	Hallucinogens	Alter a person's awareness of their surroundings as well as their own thoughts and feelings.
10			20	Class A drugs	The maximum penalty for possession of a class A drug is 7 years in prison, an unlimited fine or both. Drugs include - Crack cocaine, cocaine, ecstasy, heroin.

21	Class B drugs	The maximum penalty for possession of Class B drugs is up to 5 years in prison, an unlimited fine or both. Drugs include - Amphetamines, cannabis, codeine, ketamine.	23	Psychoactive substances include things like nitrous oxide ('laughing gas').	You can get a fine or prison sentence if you:  Carry a psychoactive substance and you intend to supply it. Make a psychoactive substance. Sell, deal or share a psychoactive substance.
22	Class C drugs	The maximum penalty for possession of Class B drugs is up to 2 years in prison, an unlimited fine or both. Drugs include - Anabolic steroids, khat.	24	Substance abuse	A pattern of harmful use of any substance for mood-altering purposes. "Substances" can include alcohol and other drugs (illegal or not) as well as some substances that are not drugs at all.