

What are we investigating today?

Young adults (16-24): Usage among this group **rose to 3.8% in 2023**, a significant increase from 0.8% in 2013, marking a **400% surge over a decade**.

In the year ending March 2023, an estimated **299,000 individuals aged 16-59 across England and Wales reported uses** - the highest number on record.

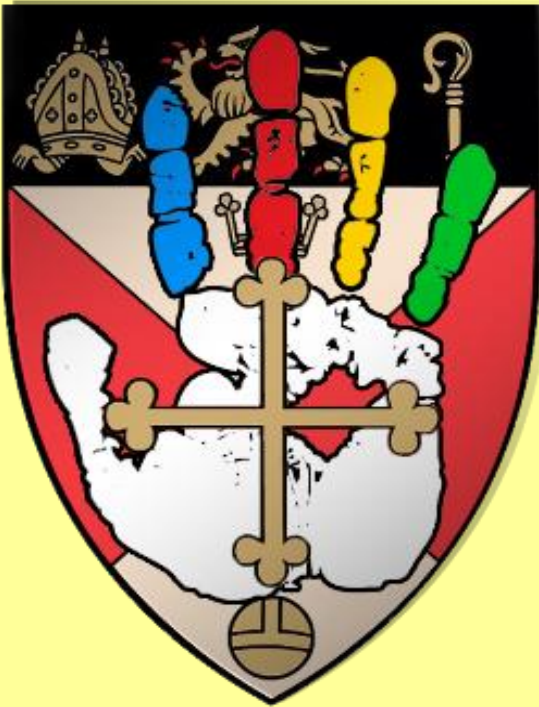
Related deaths have **soared by 650% since 2015**. With 53 lives lost in 2023, this averages at around 1 death per week.



What are the effects of excessive use of ketamine?

LESSON OBJECTIVE:-

To develop our knowledge and understanding of the risks and consequences of taking ketamine.



LESSON OUTCOMES:-

- Be able to explain why Ketamine use is on the rise.
- Be able to explain the effects of taking Ketamine on the body and mind.
- Be able to debate your thoughts of whether Ketamine should be upgraded as a drug.

What are the effects of excessive use of Ketamine?

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Ketamine 'stealing futures of our city's children'



PA MEDIA

Teenagers in Liverpool are falling prey to the drug ketamine, councillors are warned

Claire Hamilton
BBC Political Reporter, Merseyside

6 April 2025

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Hooked on ketamine - Gen Z's drug of choice



Before rehabilitation (left), Casey Innalls was using ketamine every day

Lydia Wilson
BBC News

10 February 2025

TASK:-

Why are we looking at this topic today?

Why has Ketamine use increased?



TASK:-

Why has the amount of Ketamine use increased in the past few years?

Why has Ketamine use increased?

"everybody else is doing it and I didn't really want to be the odd one out"

"You can buy it for pocket-money prices"

"It were easy to get – like, really easy"

"to self-medicate unmet mental health support needs such as anxiety and trauma"

"Sometimes the parents have no idea - If Lexi had been coming home drunk or smelling of weed, her mother Claire would have twigged."

"The effects can wear off from about 40 minutes to just over an hour after taking it"



The BBC article suggests the following ...

What is Ketamine?



Ketamine, a powerful horse tranquiliser and anaesthetic. It is a licensed drug that can be prescribed medically.

However, when misused, it can cause serious and sometimes permanent damage to the bodies.

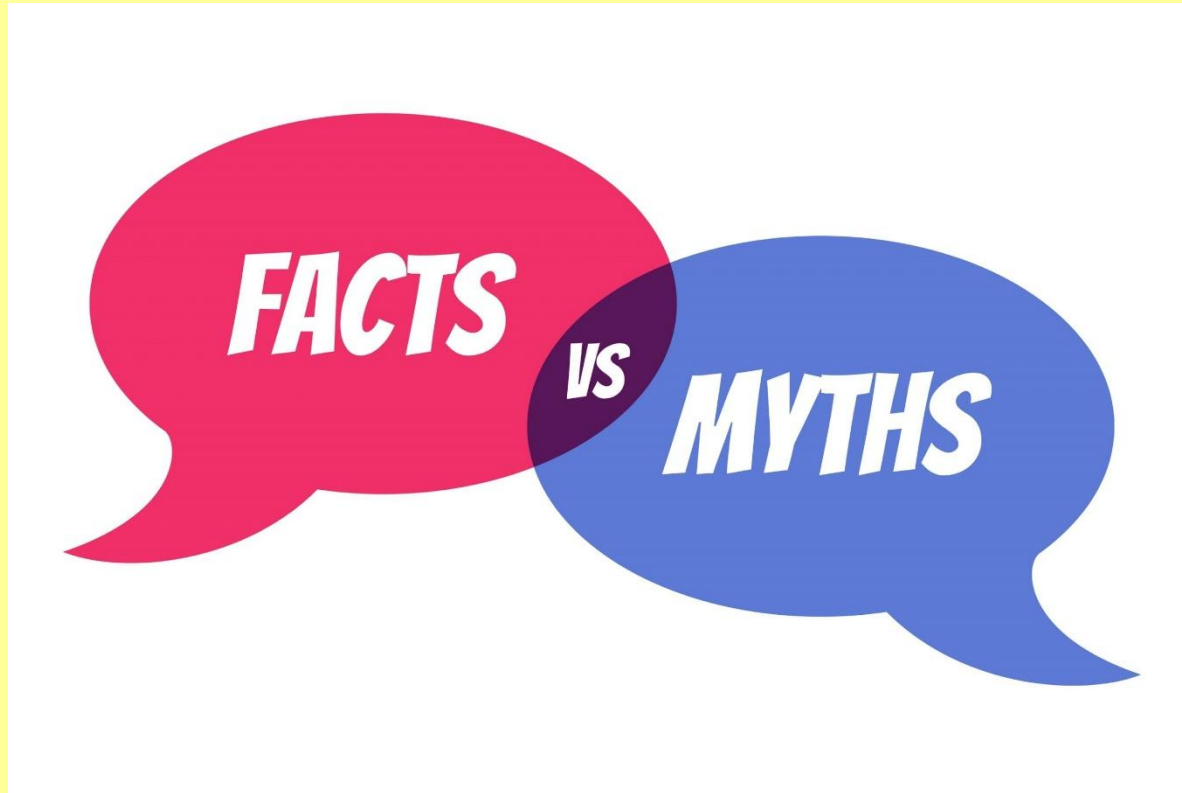
What is Ketamine?

There are many slang names for ketamine including:



- Super C
- Honey Oil
- K
- Purple
- Special K
- Super K
- Jet
- Wobble
- Super acid
- Vitamin K
- Ket
- Green
- Donkey dust

Facts vs Myths on Ketamine

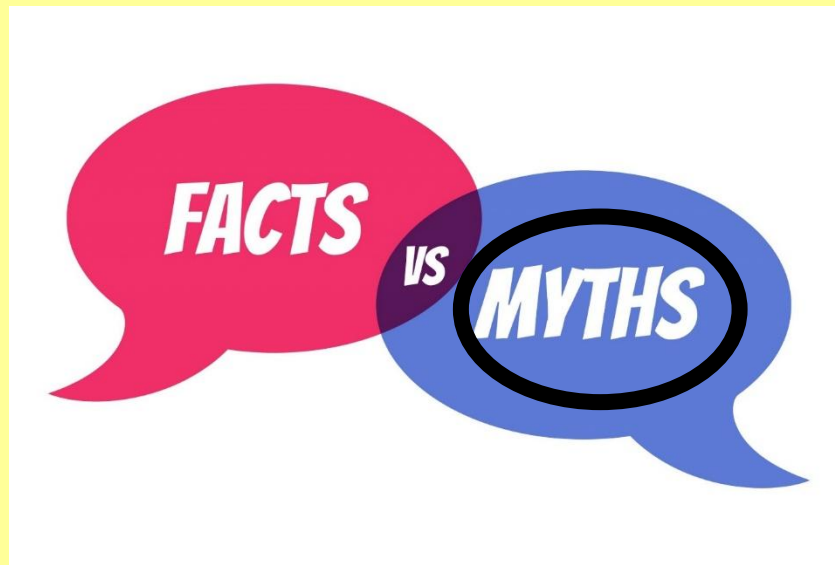


TASK:-

Read the 7 statements and decide if they are facts or myths about Ketamine.

Facts vs Myths on Ketamine

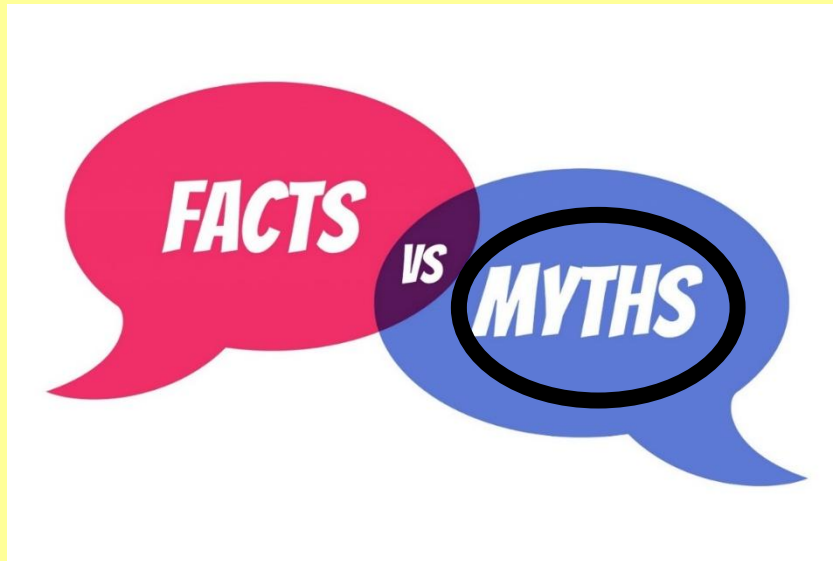
1. “Ketamine is just a dangerous street drug”



Ketamine is an approved medical aesthetic that has been used safely in hospitals since the 1960s. It is commonly used in emergency medicine, for surgery, in veterinary medicine and in controlled settings to treat severe depression. A prescription form called Esketamine (nasal spray) is approved for treatment-resistant depression in several countries.

Facts vs Myths on Ketamine

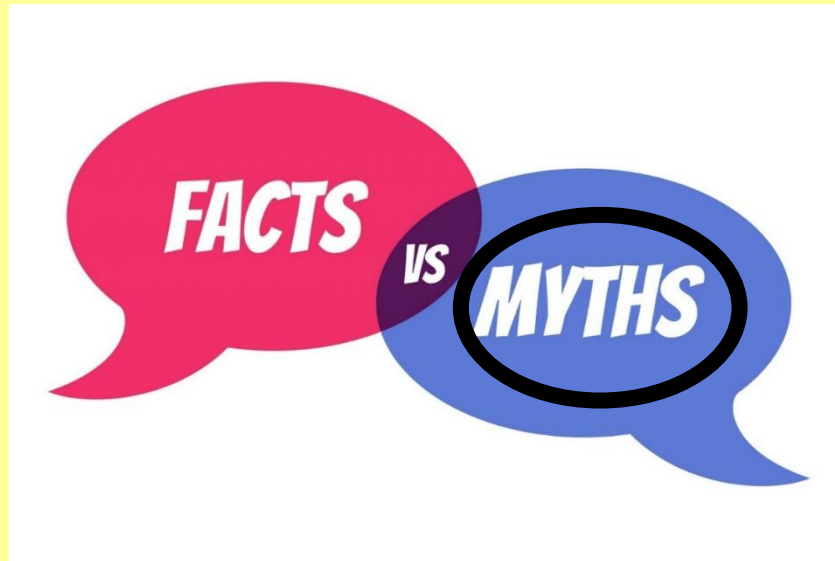
2. “Ketamine is mainly a horse tranquilizer”



Ketamine is used by veterinarians, but it was originally developed for humans and is still widely used in human medicine. The “horse tranquilizer” label is mostly media shorthand.

Facts vs Myths on Ketamine

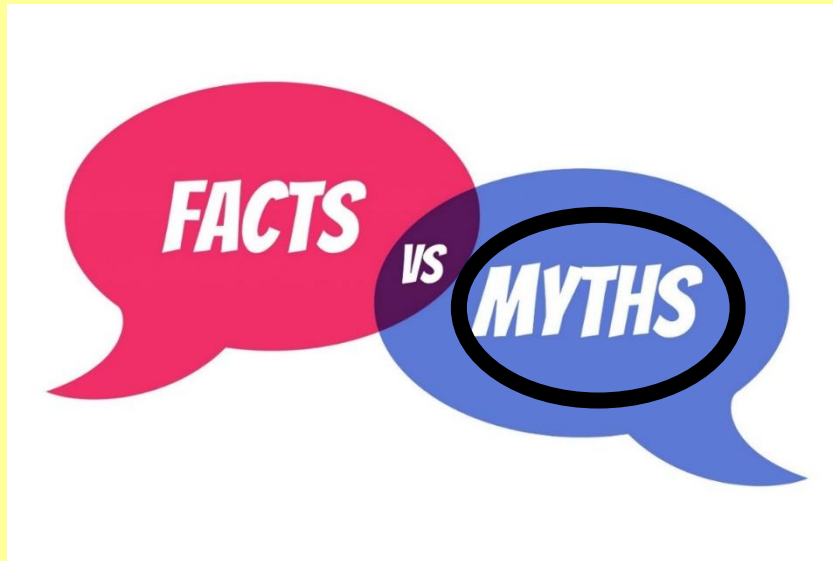
3. “Ketamine instantly cures depression”



Research shows ketamine can rapidly reduce symptoms of severe depression in some people, sometimes within hours. But it does not cure depression. Effects may last days to weeks. Treatment usually involves multiple monitored sessions.

Facts vs Myths on Ketamine

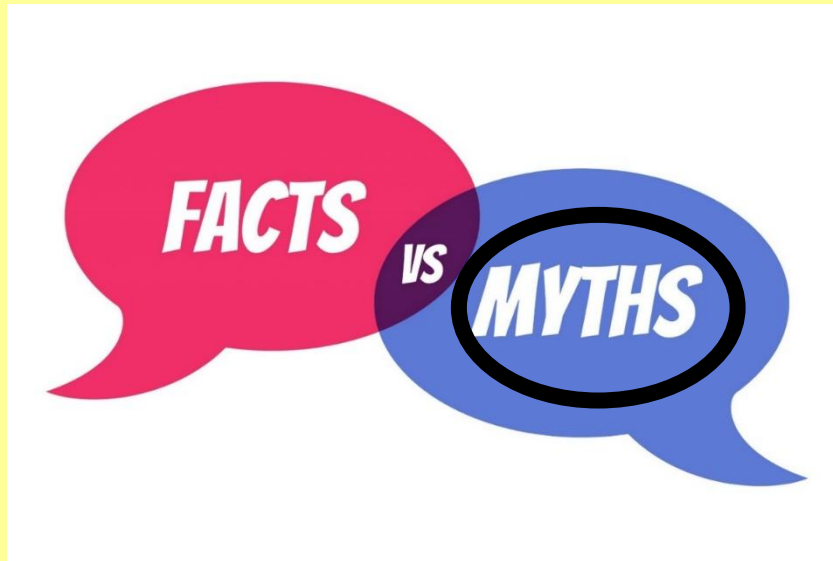
4. “Ketamine always causes hallucinations”



Ketamine can cause dissociation (a feeling of detachment) and sometimes visual distortions at certain doses. However, at medical doses, many patients report mild or manageable effects. Clinicians monitor patients carefully during therapy.

Facts vs Myths on Ketamine

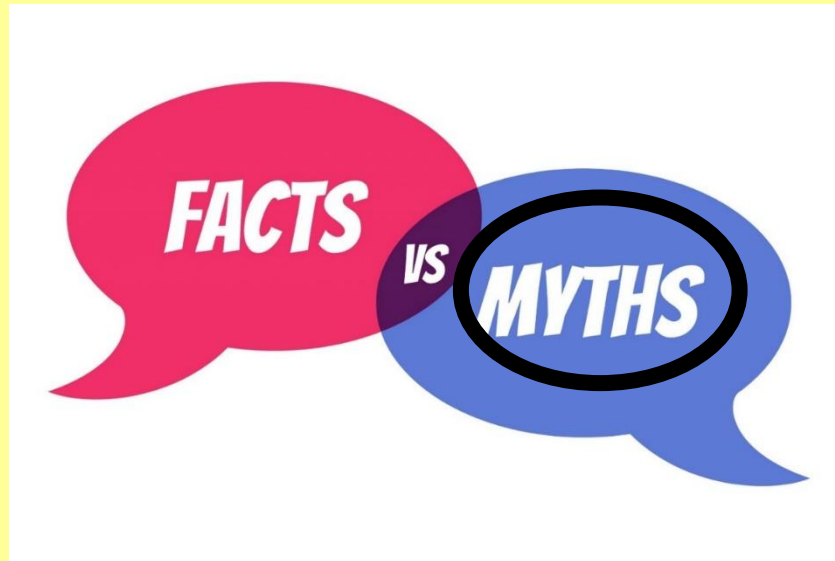
5. “Ketamine isn’t addictive”



Ketamine can be addictive, especially with repeated recreational use. Risks include psychological dependence, increasing tolerance, craving and compulsive use.

Facts vs Myths on Ketamine

6. “Ketamine permanently damages the brain”

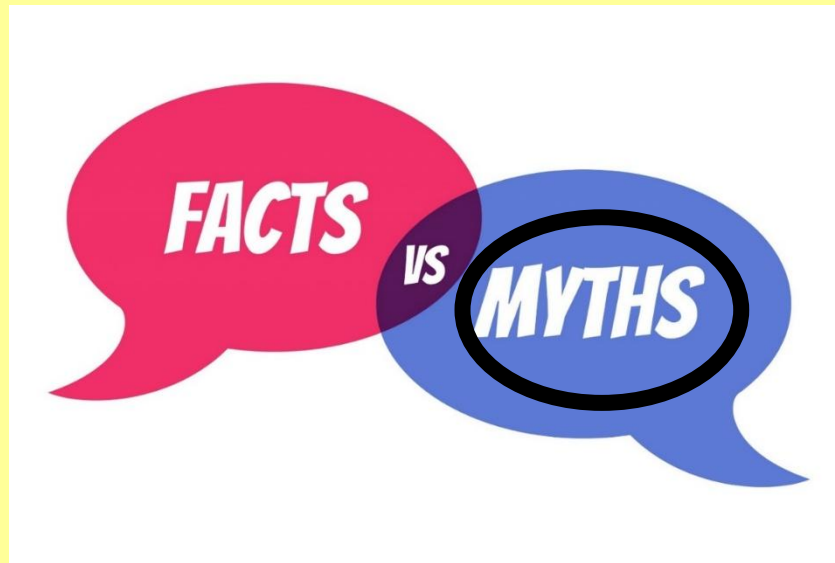


Medical use under supervision appears generally safe.

Heavy recreational use can lead to problems such as memory issues, bladder damage (“ketamine bladder”) and cognitive changes.

Facts vs Myths on Ketamine

7. “Ketamine works the same for everyone.”



Ketamine affects everyone differently. The effects will depend a lot on the dose and how often it is taken.

What are the short-term effects of using ketamine for recreational use?

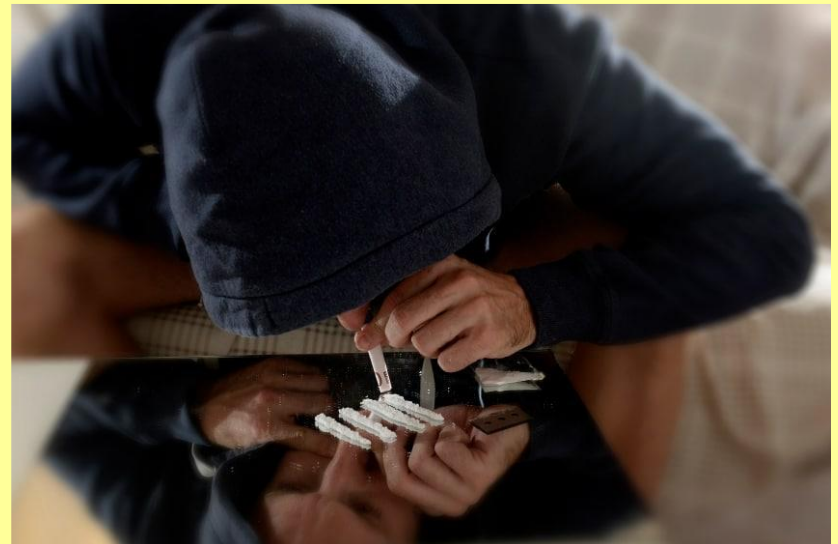
The user may experience:

- feeling happy and relaxed
- feeling detached from their body
- lowered sensitivity to pain
- visual and auditory hallucinations
- confusion and clumsiness
- increased heart rate and blood pressure
- drowsiness
- slurred speech and blurred vision
- anxiety and panic
- vomiting
- going into a k-hole (out of body experience with paralysis)
- risk of harm by others

DISCUSSION:-

"The short-term effects can wear off from about 40 minutes to just over an hour after taking it"

Why might some see this short-term effect as attractive?



What are the long-term effects of ketamine?



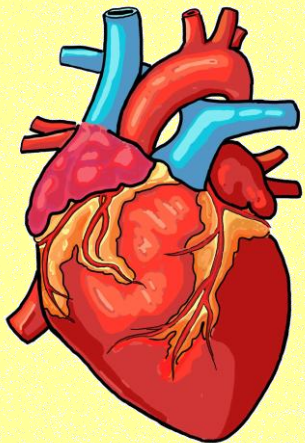
Brain and Cognitive Effects

- Memory problems
- Poor concentration
- Slower thinking
- Mood changes
- Anxiety or depression



Mental Health Effects

- Panic attacks
- Severe anxiety
- Paranoia Psychosis-like symptoms



Breathing and Heart Effects

- Slow breathing
- Increase blood pressure
- Cause irregular heart rhythms in rare cases



Addiction and Dependence

- Cravings
- Using more than planned
- Difficulty stopping
- Prioritising ketamine over work or relationships

What are the long-term effects of ketamine?

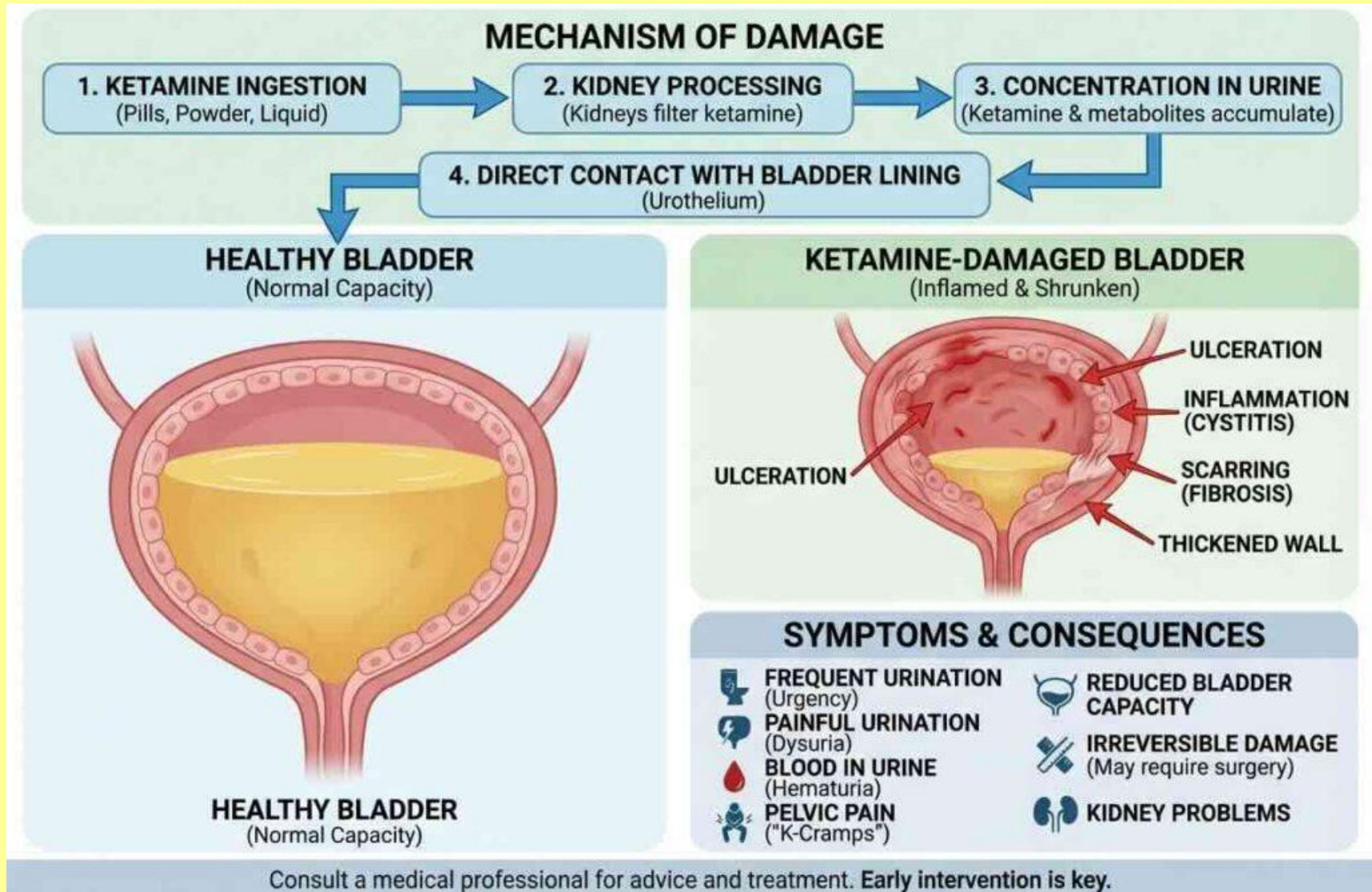


One of the most common serious complications of long-term Ketamine misuse is Ketamine-induced cystitis (bladder damage).

What happens:

- The bladder lining becomes inflamed and damaged.
- Over time the bladder can shrink and scar.

What are the long-term effects of ketamine?



True stories



TASK:-

Read the true stories of four young individuals who used Ketamine recreationally.

What other effects does Ketamine cause?

Mixing Ketamine with other substances

1. Mixing ketamine with alcohol

- Increases risk of nausea and vomiting at lower doses.
- Increased risk of side effects at higher doses. For example, passing out, vomit aspiration.



3. Mixing ketamine with cannabis

- Unpredictable and potentially dangerous side effects.
- Increased confusion, drowsiness, disorientation and risk of respiratory depression.



2. Mixing ketamine with cocaine

- Increased risks of anxiety.



4. Mixing ketamine with opioids

- Potentially very dangerous.
- Increased risk of adverse effects, e.g. nausea & vomiting, vomit aspiration, respiratory depression.



What should you do?

If you are with someone is currently intoxicated on ketamine by recreational use. What should you do?

1. Stay calm and keep them safe.

Ketamine can cause dissociation, confusion, poor coordination, and reduced awareness of surroundings.

Helpful things:

- Move them to a quiet, safe place
- Encourage them to sit or lie down
- Avoid bright lights or loud stimulation
- Stay with them until effects wear off
- Effects typically last 45–90 minutes, with after-effects for a few hours.

2. Prevent injuries

Ketamine affects balance and perception.

Avoid:

- Walking around outside
- Stairs or roads
- Swimming
- Driving or cycling
- If they lie down, place them in the recovery position (on their side) in case they vomit

3. Watch for warning signs

Most ketamine intoxication passes without medical treatment, but seek urgent help if they have:

- Difficulty breathing
- Chest pain
- Seizures
- Severe agitation or panic
- Unconsciousness that doesn't improve
- Blue or very pale skin
- Repeated vomiting

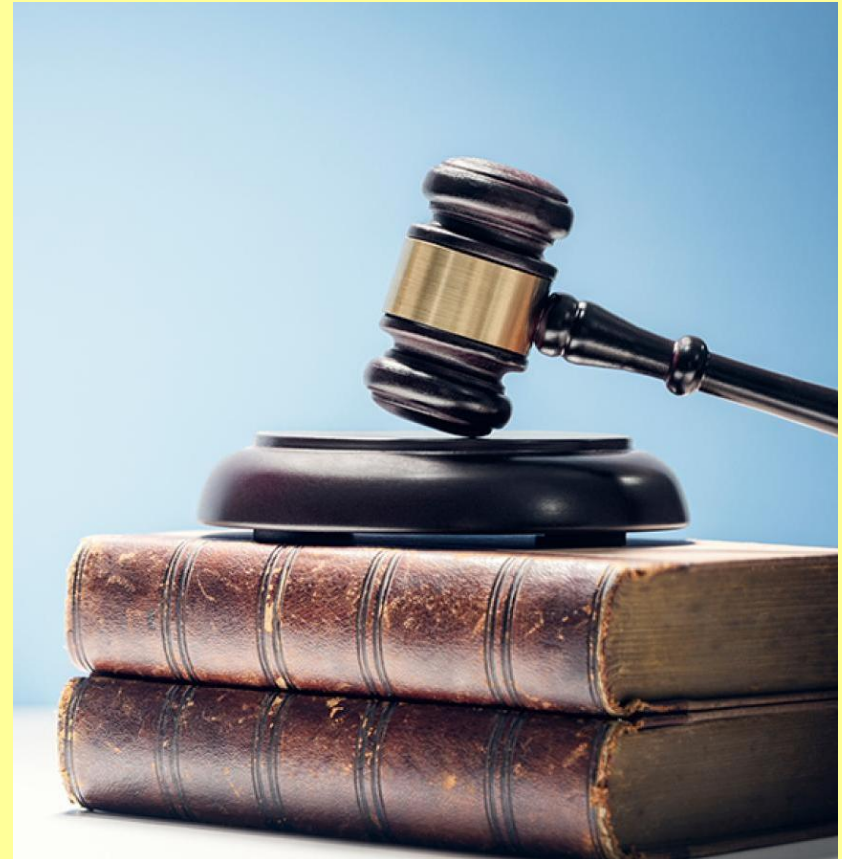
In the UK, you can call 999 for emergencies or 111 for medical advice.

Ketamine and the law

TASK:-

What does the law say about Ketamine possession and supply?

- Currently Ketamine is a class B drug.
- The penalty for possession is imprisonment for up to **five years**.
- For supply, the penalty is up to **fourteen years** imprisonment. There may also be an **unlimited fine**.



Should Ketamine be upgraded as a drug classification?

Recently there has been a big debate whether Ketamine should remain a class B controlled substance or be upgraded to a class A.



TASK:-

Watch the BBC documentary.

Following the documentary, we will be discussing whether Ketamine should remain a class B controlled substance or be upgraded to a class A.

<https://youtu.be/o97P9dtvkoQ?si=w2YicfT7AskbtK0I>

Should Ketamine be upgraded as a drug classification?

Recently there has been a big debate whether Ketamine should remain a class B controlled substance or be upgraded to a class A.

Class A	Class B	Class C
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TASK:-

What do we think - **Should Ketamine remain a class B controlled substance or be upgraded to a class A?** This would mean anyone supplying it could be handed a life sentence.

CHALLENGE:-

Does changing the classification resolve the issue of the drugs popularity today?

Where can you go for support?

The logo for FRANK, where the letters are stylized with a dotted pattern.

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

For information on drugs and getting help.

The logo for addaction, with 'add' in yellow and 'action' in white on a grey background.

National charity providing services to help transform the lives of people affected by drug and alcohol problems.

The logo for STOP KETAMINE UK, featuring the word 'STOP' in a blue rounded square and 'KETAMINE UK' in black text on a teal background.

The UK's first ketamine focused charity which educates and supports families.

The logo for Adfam, featuring a stylized orange sun icon above the word 'Adfam' in grey, with the tagline 'Families, drugs and alcohol' below it.

Support for family and friends of people with drug and alcohol problems.

Reflecting on your learning today ...

What new information have you learnt
in today's lesson?

NEW

What information did you know already
that you have heard in today's lesson?

OLD

BORROWED

What new information have to learnt
from another pupil in today's lesson?

BLUE

What unusual fact have you learnt in
today's lesson?

