

A Drug:

Any substance which causes physiological and/or psychological changes to occur.

This includes all legal drugs, including alcohol and tobacco, all illegal drugs, volatile substances, and over-the-counter and prescription medicines, as well as substances contained in food and drinks (e.g. caffeine).

Types of Drug

1. Unrestricted: anyone can buy these drugs
2. Restricted: there are some rules saying who can buy/use these drugs
3. Prescribed: only a doctor can legally give these drugs
4. Illegal: these drugs can **ONLY** be bought/used illegally