



Parental Drug and Alcohol Awareness Workshop

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Workshop aims



Raise awareness and give information about:

- Alcohol, cannabis, Ketamine, cocaine and nitrous oxide
- The misuse of prescription drugs
- The law and associated risks of misusing drugs
- Tips for positive conversations about drugs & alcohol at home
- Where to go for additional information and support in Hertfordshire.

What is a drug?



A **drug** is any natural or pharmaceutical substance you take that affects the way your body and / or mind works.



#myth-buster¹



You have to be an expert to talk about drugs.

FALSE

- You don't need to be a drug expert to talk to your child about making healthy choices.
- Learning about alcohol units and basic drugs information will help.
- Go to www.talktofrank.com to find out more.

The basics



- ✓ Not all drugs are 'bad'
- ✓ In the UK the most commonly used drugs are controlled by age
- ✓ Others can be bought 'over-the-counter'
- ✓ Some are prescription only
- ✓ Some drugs are illegal to make, buy, possess or sell
- ✓ All are dangerous if misused.

Misuse of Drugs Act 1971



- Sets out illegal drugs as Class A, B or C
- Broadly based on harm to the user and / or to society.
- The class affects the penalty for an offence involving the drug.
- Drugs controlled under the Misuse of Drugs Act are illegal to buy, possess, produce, give away or sell.

Questions:



- Q. Which is the most popular drug to misuse in the UK?
- Q. Which causes the most deaths each year (after tobacco)?
- Q. Which costs the NHS and emergency services the most?

Answer = Alcohol



- ✓ Oldest known drug in the world?
- ✓ Widely available.
- ✓ Socially acceptable.
- ✓ Relatively cheap.



Medicines Act 1968



- This covers prescription drugs and medicines sold over-the-counter (OTC).
- Some OTC can be misused so the quantity you can buy is regulated.
- Some drugs, e.g. prescription painkillers and Ritalin, are illegal without a valid prescription.
- Some are not prescribed on NHS e.g. Xanax.
- Concerns about sales of unlicensed prescription drugs via internet and social media.

Xanax

Drug & Alcohol
Awareness



- Anti-anxiety drug
- Benzodiazepine
- Illegal without a prescription
- Private prescription only
- Dangerous mixed with alcohol / other illegal drugs
- Online marketing



#myth-buster2



**All young people
experiment with drugs
and alcohol.**

FALSE

- Myth is reinforced by stereotypes about young people and youth culture.
- This matters because perceptions of 'social norms' can shape behaviour.

Hertfordshire Health Related Behaviour Survey 2016



Primary school & alcohol

- **46%** of **Year 5 & 6** pupils say they have tasted alcohol
- **12%** say they have tasted spirits
- **4%** said they have had more than 'just a sip' in the last 7 days
- **Majority** say they drink with parent/carer consent.

Hertfordshire facts 2016



Secondary school & alcohol

- **14%** said they have had an alcoholic drink in the last week
- **22%** of Year 10 compared to **6%** of Year 7
- **4%** got drunk on at least one day in the last week
- **30%** drink with parental consent
- **Most** common place to drink was at home

Hertfordshire facts 2016



Drugs

- **38%** of **Year 7** say they are '*fairly sure*' or '*certain*' they know someone that uses illegal drugs.
- This rises to over **50%** by **Year 10**
- **29%** of **Year 10's** have been offered cannabis, but only **12%** report taking it
- **8%** say they have taken an illegal drug

#myth-buster3



**Only people with
problems drink or
take drugs.**

FALSE

- Anybody might choose to
- Regardless of gender, age, ethnicity and social background.

Exercise 1: Why?



100 adults were asked the question:

Why do (some) adults choose to take drugs or drink alcohol, despite knowing the health risks?



Reasons or excuses?



to unwind after a stressful day to feel euphoric ... for fun
... to feel nothing ... to celebrate ... to experiment ... to rebel
to feel more confident ... to work longer hours ... why not?
... to enhance performance ... to be sociable ... to fit in ...
to prevent / stop boredom ... to alleviate emotional pain ...
other health problems ... peer pressure ... experience ...
to aid relaxation ... to help creativity ... because it is a habit
... to satisfy cravings ... to avoid withdrawal symptoms ...
to make it easier to express feelings ... to help lose weight
... because it's there ... escapism ... a hobby ... it's cheap .
. it helps concentration ... to experience an altered state ...
***because it's Friday ... because it's Saturday ... just
because ..***

What can parents do?



- ✓ Encourage positive activities e.g. sports, music, youth clubs etc.
- ✓ Talk about it openly e.g. at family meals.
- ✓ Don't scare children with exaggerated horror stories.
- ✓ Share your opinions and ask theirs.
- ✓ Role-model healthy choices & ways to cope with stress.
- ✓ Set clear boundaries and expectations of behaviour.
- ✓ Get to know their friends.
- ✓ Encourage personal responsibility for choices made.
- ✓ Trust them and let them know they can talk to you.
- ✓ Get advice and support if needed.

Alcohol



What's the problem?



- Over 9 million people in England drink more than the recommended daily limits
- In 2014 there were 8,697 alcohol-related deaths in the UK
- Alcohol is the biggest lifestyle risk factor for disease and death in the UK, after smoking and obesity.



Source: Alcohol Concern

Calculating the risks

HEALTH

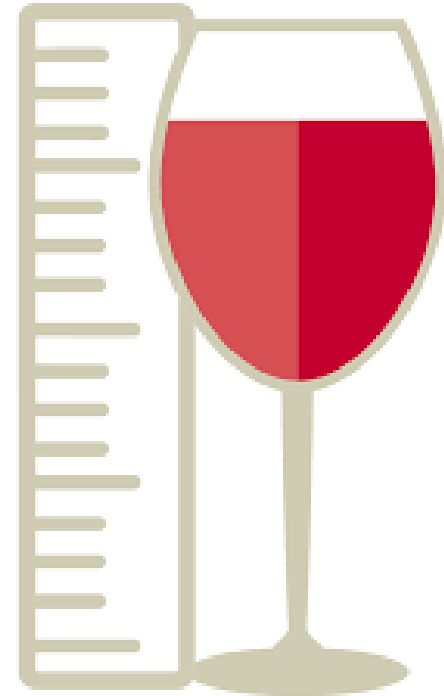
- Drinking any alcohol carries health risks
- Adult safer drinking limits = no more than 14 units a week
- No safer drinking limit for under 18's

DRIVING

- Legal limit for driving is 35mg of alcohol in 100ml of breath
- If you've drunk any alcohol, best not to drive at all

Units explained

- Units are a simple way of expressing the quantity of pure alcohol in a drink.
- One unit equals 10ml or 8g of pure alcohol.
- But what does that look like?



Additional risks for young people

- Physical factors
- Gender
- Experience
- Emotional state
- Who you're with
- Where you drink
- Other medication



#myth-buster4



Ways to sober up:

- Coffee?
- Drinking water?
- A cold shower?

FALSE:

- Only time sobers you up.
- The average adult liver processes alcohol at a rate of about one unit per hour.



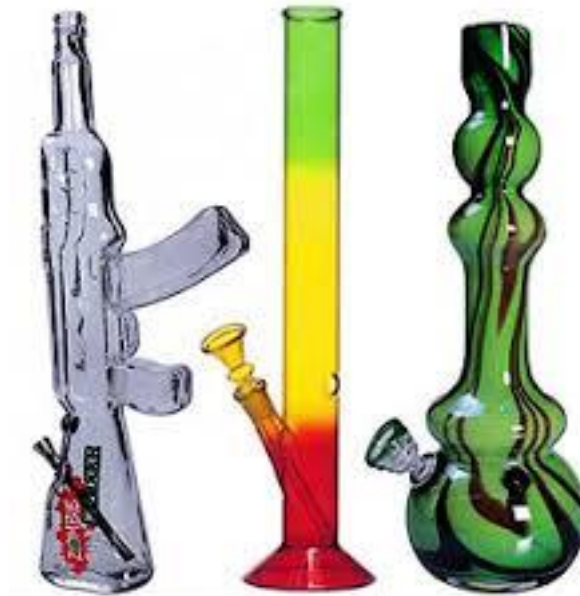
Cannabis

Cannabis ...Pot ...Bud
...Marijuana ... Skunk ...
Weed ...Blow ... Dope ..
Green ...Ganja ... Hash



Which is legal?

Awareness Drug & Alcohol



Cannabis Facts



1. Most of the cannabis sold in the UK is grown in the UK
2. Cannabis is classified as a depressant and hallucinogenic drug.
3. Looks like dried leaves, buds and flowers or a black/brown block of resin.
4. The mind-altering ingredient is THC.
5. Levels of THC have increased.

#myth-buster5



**Cannabis is
harmless**

FALSE:

- Increases risk of mouth and lung cancer and other lung conditions.
- Can increase likelihood of psychosis.
- Risk of road traffic accidents whilst driving under the influence.
- Impairs judgement so increases risk of poor decision making.

Cannabis is a Class B drug



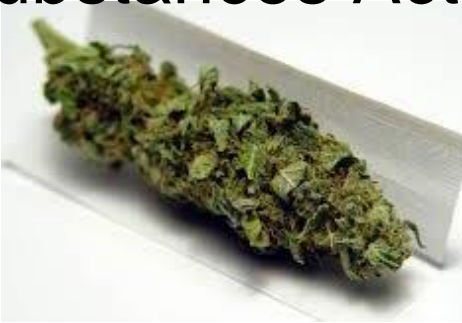
- **Possession:** up to 5 years in prison, an unlimited fine or both.
- **Supply and/or production:** up to 14 years in prison, an unlimited fine or both.



Synthetic cannabis (Spice)



- Formerly sold as a 'legal high'
- **Illegal** - Psychoactive Substances Act 2016



- Has similar effects to cannabis
- May be smoked in paper, pipes, bongs etc.
- Unsafe as no long term health research yet.
- Concerns about negative impact on mental health.

K is for Ketamine



- Special K, Donkey Dust, Super K etc
- Sometimes called a 'dance drug'
- Produces a dream like state.

- Powerful anaesthetic
- 'Horse tranquilliser'
- Dangerous when mixed with other drugs.



Ketamine misuse



- Made in a liquid, evaporated into a powder to be snorted or made into tablets
- Can be prepared for injection
- All carry a risk to the user

Ketamine = Class C



Other Class C drugs include GHB and tranquillisers like Rohypnol and Diazepam.

Maximum Penalties

Possession = 2 years + fine

Supply = 14 years + fine



Risks of misusing Ketamine



- ✓ Feeling that you can't move
- ✓ Injury without feeling
- ✓ 'Entering the K-hole'
- ✓ Can cause confusion, anxiety, panic attacks and impairment in short and long term memory.
- ✓ Can cause serious bladder problems.
- ✓ Can trigger depression and mental ill health.

Cocaine

- **Cocaine:** coke, Charlie, sniff, gear
- **Crack:** rock, stones, bones
- **Effect:** stimulant
- **Use:** powder form usually snorted, 'rocks' are smoked.



#myth-buster6



**Cocaine is only for
the rich and famous**

FALSE:

- In real terms prices have fallen, making it more affordable.
- Perceived as more socially acceptable than 20 years ago.
- Celebrities reputation appears undamaged if caught.

Cocaine in the UK



- **More than 750,000** people a year regularly use cocaine, according to Home Office figures
- Approximately **100** people a year die as a direct result of cocaine misuse
- **£45** is the average street price for a gram of cocaine
- The average user will 'chop' **20** lines from each gram
- **25%** of heart attacks amongst 18 to 45 year olds is attributed cocaine.

The risks



Risks: weight loss, insomnia, increased body temperature and heart rate, aggression, dizziness, nausea/vomiting, kidney failure, seizure, stroke, heart attack, tooth damage, nasal damage, smoking crack cocaine can cause lung damage, mental health problems, addiction, death.

Cocaine & the Law

- **Possession:** up to 7 years in prison, an unlimited fine or both.
- **Supply and/or production:** up to life in prison, an unlimited fine or both.

Class A drug



Nitrous oxide



- Laughing gas, NOS or 'Whippits'
- Selling and distribution now an offence.
- Can no longer be sold on the high street or festivals.
- Legal exemption for legitimate purposes

Nitrous oxide effects



- Clear, sweet smelling gas
- Causes giddiness, a dreamy or floating sensation, and a pain-free state
- Inhaling it produces a short high
- This can pose serious risks to the brain and body when it's used outside of a medical setting
- Inhaling can result in a lack of oxygen to the brain
- Tolerance builds up, can be addictive

#myth-buster7



**You can tell if
someone uses
drugs**

FALSE

- It can be easy to miss potential indicators.
- You can't know everything your child does when they aren't with you.
- You can't always tell just by looking at someone.

Potential indicators

- Secrecy and unexplained need for extra money
- Moody and uncommunicative
- Drugs paraphernalia
- Distinctive smell (cannabis)
- Change in appetite ('munchies')
- Impaired coordination, concentration, and memory
- Slowed speech, constant cough, chronic sore throat
- General disinterest and lack of motivation
- Red or bloodshot eyes (often masked by eye drops)
- Impaired tracking and visual distance
- Delayed decision making and distortions in time estimation.

What should I do?

If you're worried or concerned:

- Try to stay calm
- Get help and support early
- Don't make unfounded accusations
- Don't make threats or hasty decisions
- Keep talking
- Make it clear it's the behaviour you don't like, not the person



Information and support

1. FRANK

www.talktofrank.com

2. Al Anon

Confidential helpline on 020 7403 088

3. Adolescent and Family Drug and Alcohol Service Hertfordshire (AFDASH)

AF.DASH@nhs.net 01992 531917