

Did you know...

There have been lots of reports recently about people getting seriously ill and even dying after vaping in North America. Not all the facts are known yet, but it looks like it's mainly young people using e-cigarettes to vape cannabis oils who have been affected. very little is known about the health impact of vaping cannabis oils. What is known is that there is no entirely safe way to use any drug and vaping home-made or illicit e-liquids or adding substances to vapes is risky.

28 different commonly abused drugs: Laguna

Alcohol	Cocaine	Ayahuasca	Hallucinogens
Mescaline	Marijuana	Heroin	Cannabinoids
Cathinones	LSD	MDMA	DMT
GHB	Methamphetamine	Ketamine	Inhalants
Khat	Prescription painkillers	Prescription tranquilizers	Prescription stimulants
Psilocybin	Kratom	Over-the-counter drugs	PCP
Rohypnol	Salvia	Steroids	Tobacco

What you child can do if...

It can be hard to say 'no' to your friends, especially if they're all doing drugs. If they're trying to get you to do something that you don't want to do, this could make you feel scared and alone.

it's not okay for friends to pressure you like this. And it's not your fault. Try these tips to help:

1. Say it with confidence

Be assertive. Practise saying 'no' so that it's easier when someone asks. Avoid situations which feel unsafe or uncomfortable. You could explain that you're going to pay for something instead of stealing it.

2. Try not to judge them

By respecting their choices, they should respect yours.

3. Spend time with friends who can say 'no'

It takes confidence to say no to your friends. You could try seeing how your other friends stand up to peer pressure and you can try this too.

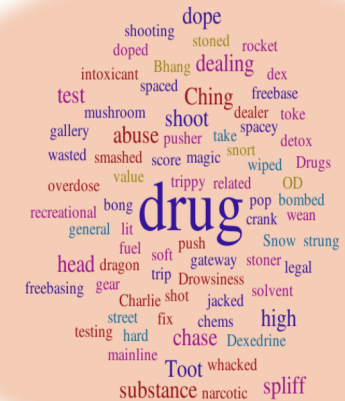
4. Suggest something else to do

If you don't feel comfortable doing what your friends are doing, why not suggest something you could do instead.

Preventing Drug use-
We Help Each Other Learn



Ramsden Hall Academy Support for parents Drugs



At Ramsden Hall Academy, we are committed to educating our students about Drugs and the facts

We hope you find this leaflet helpful.

Tel: 01277 624580



How to talk to students about drugs...

Further Information /Links

<https://www.talktofrank.com/get-help/worried-about-a-child#the-effects-of-drugs>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/>

<https://www.familylives.org.uk/advice/teenagers/drugs-alcohol/where-to-get-help-for-your-teen-about-drugs/>

<https://www.nhs.uk/live-well/healthy-body/talking-about-drugs-with-your-child/>

<https://drugfree.org/article/get-one-on-one-help/>

<https://www.drugrehab.co.uk/street-drug-names.htm>

Some useful tips -

It can be difficult to know how and when to start. Try having brief, open and relaxed conversations.

You could try using cues such as drug issues happening on TV, PSHE lessons at school to start a conversation.

Try to stay calm. It can be upsetting to find out your child is taking drugs, but getting angry and shouting may stop them from speaking to you in the future.

Talking to them calmly and when you're both relaxed will encourage them to be open about their actions and stop them from becoming secretive

Encourage your child to be honest with you. Ask them what they're taking, how often and where they're getting the money to pay for it.

It's also important to find out why they're taking drugs. It could be due to stress, peer pressure or to boost their confidence. But there might be another reason. Listening to what they say and how they feel can give you an idea of how you can help

We have regular Life Skills lessons that the students attend.

These lessons enable the students to learn about drugs and the effects. The impacts the drugs have on society and the difficulties this can bring on families and individuals.

