

## **TALKING TO YOUR CHLD ABOUT DRUGS AND ALCOHOL**

- Be ready to talk if your child asks you about alcohol and drugs
- Don't give them a lecture - listen and have a conversation
- Show that your main concern is for their health, safety and well-being
- Don't use scare tactics - they may have the opposite effect
- Don't glamorize drinking - try to explain the good and bad points about drinking
- Try to set a good example
- If you suspect your child is taking drugs, don't panic. Try to talk to them calmly and without losing your temper - you are more likely to find out what's going on

## **SUPPORT AVAILABLE IN SCHOOL**

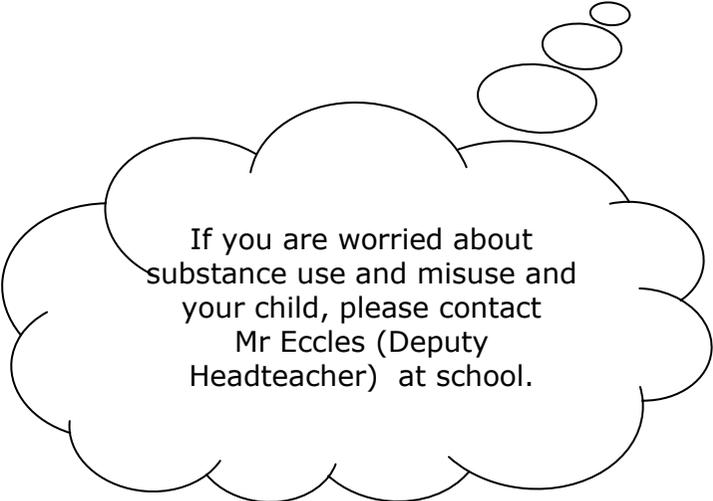
- Tutor, Head of Year and Deputy Headteacher (Pastoral)
- Information in science, citizenship, PE and Health and Social Care lessons
- School Nurse

## **OTHER SUPPORT AVAILABLE**

[www.addaction.org.uk](http://www.addaction.org.uk)

[www.talktofrank.com](http://www.talktofrank.com)

[www.mentoruk.org.uk](http://www.mentoruk.org.uk)



If you are worried about substance use and misuse and your child, please contact Mr Eccles (Deputy Headteacher) at school.



# **SUBSTANCE MISUSE**

**INFORMATION FOR  
STUDENTS, PARENTS AND  
CARERS**

Tel: 0208 239 2383  
[www.overtongrange.sutton.sch.uk](http://www.overtongrange.sutton.sch.uk)

## INTRODUCTION

At Overton Grange School we are aware of the barriers that can affect learning and prevent students from realising their full potential.

One of the areas that worries parents/carers the most is that of substance use and misuse - whether that is tobacco, alcohol or illegal substances.

This leaflet sets out some of the ways that parents/carers can work with the school to identify, prevent and deal with substance misuse.

### REMEMBER

For most young people illegal drug taking is **not** a normal part of life. Most people who try drugs do **not** continue using them.

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)  
Friendly, confidential drugs advice

## SUBSTANCE MISUSE

Many parents/carers worry about their child becoming involved in drugs. They feel that they don't know enough about drugs to prevent their child from coming to harm.

However, many parents/carers think that getting drunk is just an experience when growing up, but there are serious health and personal safety risks associated with drunkenness and binge drinking, particularly for young people.

Why do some young people want to use alcohol and drugs?

- They enjoy the short term effects
- Their friends use them
- They are curious about the effects
- The substances are easily available
- As part of growing up, they may just want to 'break the rules'

Young people use drugs for different reasons in different situations.

**Experimentation** - when someone takes drugs or alcohol because they are curious about what the effects feel like

**Recreational** - when someone takes drugs or alcohol for pleasure or social reasons, for example when going to a party. Most young people who take drugs use them in this way.

**Problem drug use** - when drug or alcohol use has a harmful effect on a persons life. They may need to take a drug or drink alcohol just to feel able to cope with normal life

## IMPORTANT INFORMATION FOR YOUR CHILD



### About drugs

- The user can never be sure of exactly what they are taking
- The user cannot be sure what effect a drug will have even if they've taken it before
- Not knowing the strength of what has been bought can lead to accidental overdose
- It can be very dangerous to mix different drugs - and this includes taking a drug and drinking alcohol at the same time.



### About alcohol

- Binge drinking is especially risky for young people because their bodies are not physically mature and alcohol will have a greater effect on them
- Mixing drinks can be risky at any age
- 1000 young people under the age of 15 are admitted to hospital each year with alcohol poisoning
- After drinking alcohol young people are more likely to have an accident and some are more likely to become involved in a fight and even criminal activity

**All substance use and misuse carries risk to health and well-being**