

# Drugs

## Where to go for advice & support

We know that the majority of young people don't use drugs ([Growing up in North Yorkshire Survey](#)), in fact research shows that young people's drug use has been declining over the past 10 years, but there's still a small group of young people who get drawn into using drugs so it's important that parents/carers know where to go for information and support if they need to.

Support

Listen

Advice

Help

Talk

## Information for young people:

Exploring and experimenting with new things is a natural part of growing up to. Some young people use drugs because they like the feeling, or because their mates are using them or simply because they are curious – but there are some real dangers associated with using drugs which can lead to unforeseen (and unpleasant!) consequences...

Drugs can have a serious impact on your mental health, physical health, relationships, education, safety and, ultimately, your future life chances.

Being under the influence of drugs can make you act and behave differently to how you might ordinarily behave; this might include getting into situations which you wouldn't ordinarily put yourself in, taking risks you wouldn't ordinarily take - such as getting into fights, risky sexual encounters, getting into trouble with the police or putting yourself at risk in other ways such as being in places that aren't safe or associating with people who could exploit you or cause you harm.

There are lots of different types of drugs, they are generally grouped into hallucinogens (such as mushrooms and LSD), depressants (such as alcohol and solvents) or stimulants (such as cocaine and amphetamines) – however, it is worth noting that MDMA (aka ecstasy) acts as a stimulant and a hallucinogen; each has different effects on the body and bring their own set of risks and problems. No drug is risk free. But if you are going to use drugs then it's important to be informed and to know the facts – people often think they know about drugs when actually all they know are urban myths and rumours that other people have told them. Being misinformed can lead to poor decisions so why not find out more by going onto the FRANK website [www.talktofrank.com](http://www.talktofrank.com)

## Drugs Information for Parents/Carers

As your child enters adolescence it can be difficult to know how much control to relinquish as you both try to adapt to new boundaries; they may want to stay out later, see different friends and go to new places. Of course, part of growing up is exploring, learning and experiencing new things but, as parents/carers, you want them to do it safely.

Below are some tips for parents/carers on how to talk to your child about drugs and alcohol:

### **Don't Panic!**

If you find out your child is taking drugs or using alcohol, you might feel angry and upset. However, remain calm and wait for a good time when the anger has passed to talk to them.

### **Do your homework**

Do your research on drugs and alcohol before talking to your child. This will give you more confidence to talk to your child in an informed way. Use reliable websites such as FRANK [www.talktofrank.com](http://www.talktofrank.com) or call Compass REACH on 01609 777662

### **Pick the right time**

Choose the right time to talk to your child; don't bring it up just before they are about to leave for school or when they've just got in from an evening out with friends. Mealtimes or whilst driving in the car could be a good time or when television news articles or programmes about drugs come on TV.

### **Be honest**

Be prepared to talk openly about your own views on drugs and what you're really worried about.

### **Don't forget to listen**

Try asking your child what they understand about drugs rather than telling them what you know. Get a conversation going. If there are questions you don't know the answers to look them up with your child together. Make sure your child knows you are there for them to talk to and support them and show them love.

### **Keep talking**

Your child has to cope with many issues as they grow up, including peer pressure. Try to get into the habit of talking regularly with your child about what's going on for them, how they see their life and what's worrying them.

### **Avoid using scare tactics**

Using scare tactics won't help. Simply telling young people that drug use can have fatal consequences rarely acts as a deterrent. Instead try talking about how drugs can affect your mental health and future aspirations.

### **Set boundaries**

Let your child know what your attitudes are towards drug use - make sure they clearly understand the boundaries and expectations you are setting them in relation to their behaviour.

## Where to get further support:



### Early Help – aged 0 -19

Early Help Teams work closely with families, schools, health teams and other key partners to provide

the right level of support at the right time. They will support you with concerns you may have about your child/young person. It could be around behaviour, difficulties at school, routines and boundaries or other problems you may be facing. The Children and Families Worker will build on your family's strengths and work with you to find solutions.

Telephone: 01609 780780

Visit our website and send us a message. Go to [www.northyorks.gov.uk](http://www.northyorks.gov.uk)

Email:

[customer.services@northyorks.gov.uk](mailto:customer.services@northyorks.gov.uk)



### Healthy Child Team - aged 5-19

The Healthy Child Team promotes and protects the health and wellbeing of all children and young people. They work with children, young people and families to empower and enable them to make informed decisions about health, and to support them in transitioning safely and happily into adult life.

Details on how to refer can be found at [www.hdft.nhs.uk/services/childrens-services/5-19-ny](http://www.hdft.nhs.uk/services/childrens-services/5-19-ny)

Telephone: 01609 780780



### Compass REACH – aged 9 – 19 years

Compass REACH is the specialist young people's drug and alcohol treatment provider for those young people who have been screened as having moderate or high levels of need with regard to substance misuse/alcohol.

[NYRBS@compass-uk.org](mailto:NYRBS@compass-uk.org)

Telephone: 01609 777662

Freephone: 0800 008 7452



### North Yorkshire Horizons – aged 18+

North Yorkshire Horizons is the adult drug and alcohol recovery service for North Yorkshire. They provide a range of free, confidential and non-judgemental services for individuals and their families.

<https://www.nyhorizons.org.uk/>

Telephone: 01723 330730

#### Useful websites:

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

[www.compass-uk.org/services/north-yorkshire-compass-reach/](http://www.compass-uk.org/services/north-yorkshire-compass-reach/)

<https://mentoruk.org.uk/get-the-facts/>

<https://www.themix.org.uk/>

<http://mentor-adepis.org/about-us/>

[Rise Above Digital Hub](#)

To report concerns or crimes contact:

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.