

Drug Awareness for parents

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Show of hands

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Drug definition



**A substance that is not food
which, when taken into the body,
changes the way the brain
works**

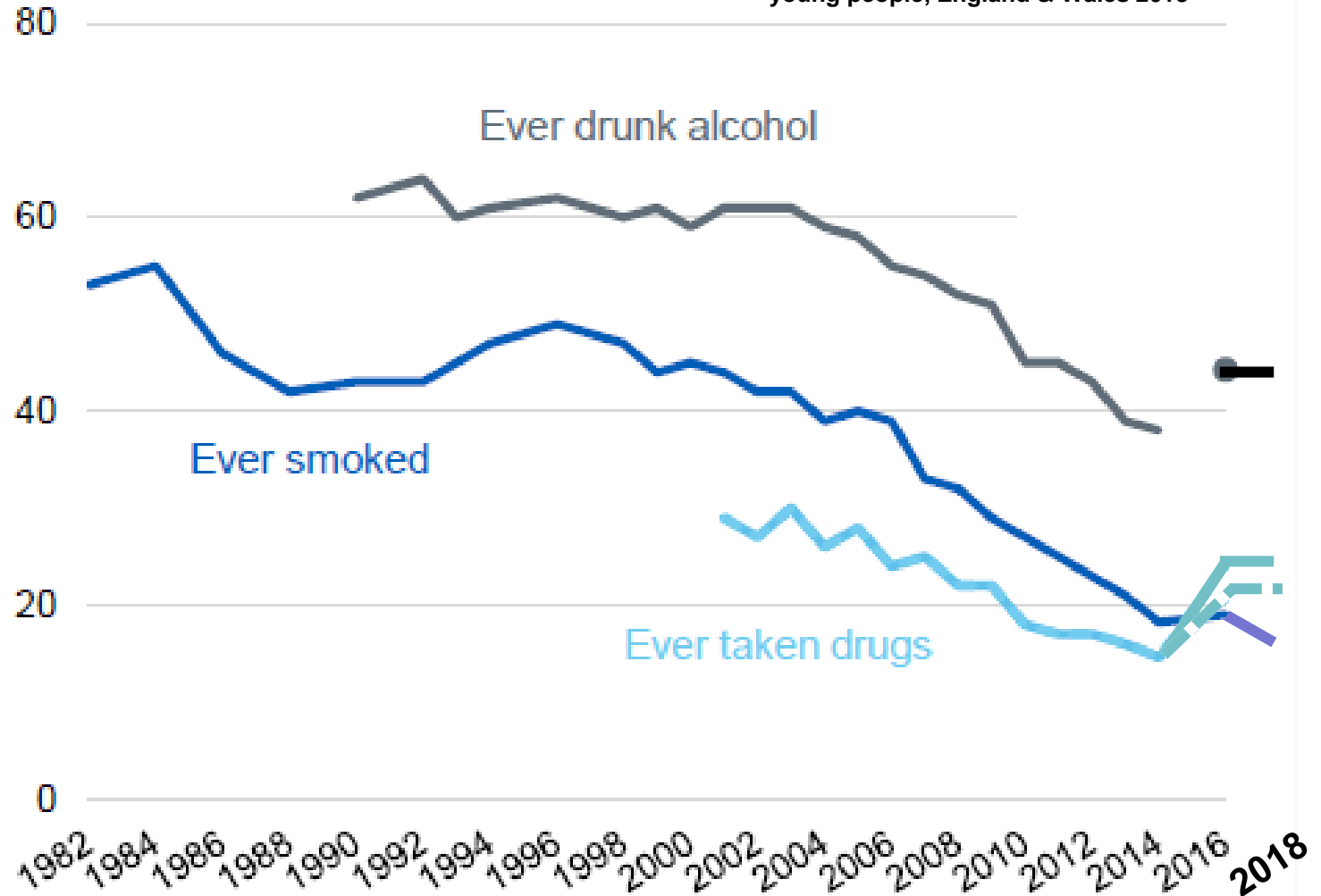
i.e. a psychoactive substance

Under 16s & drugs



Percent

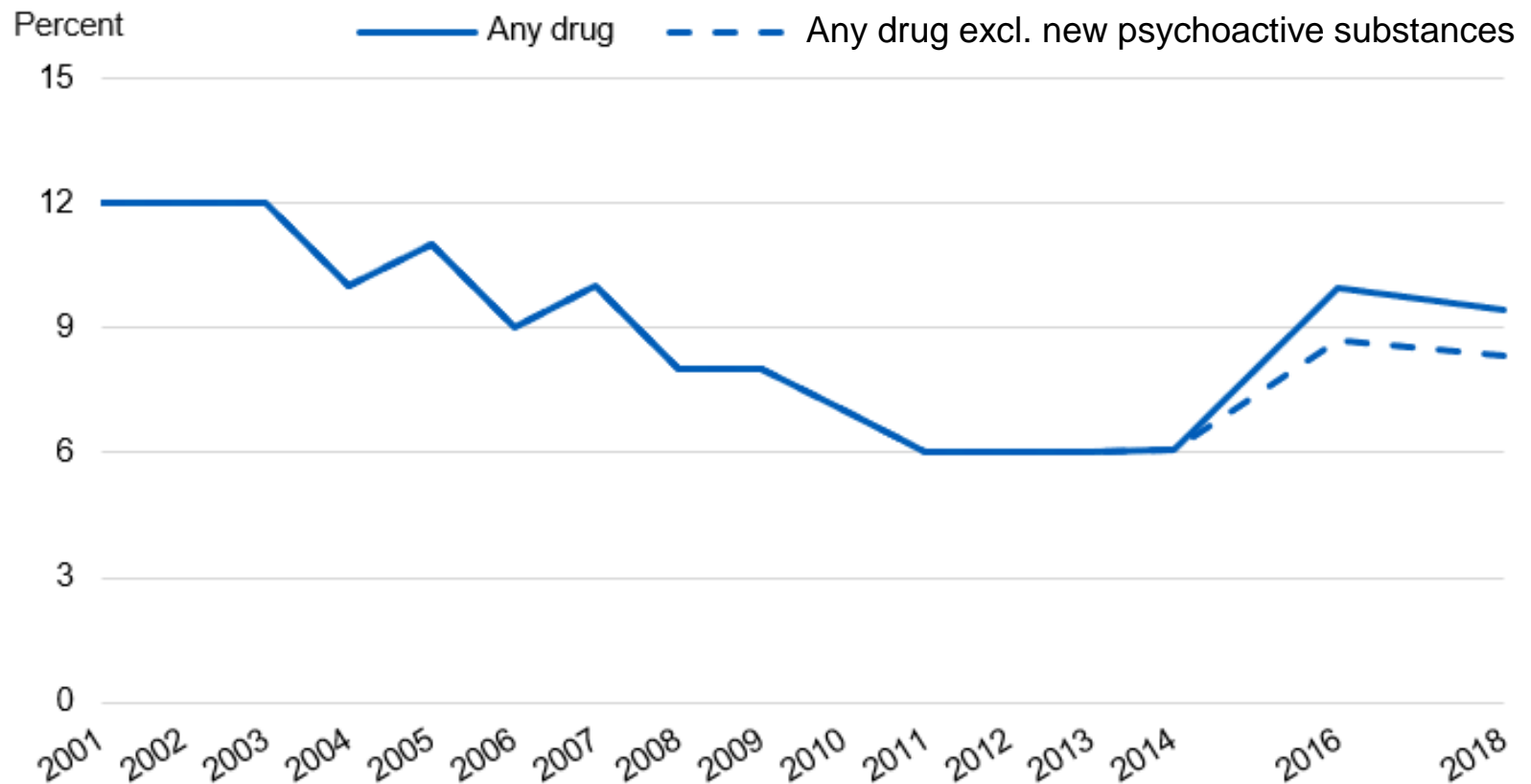
NHS: Smoking, drinking and drug use among young people, England & Wales 2018



Under 16s: A closer look

Drug use in last month

(Totals since 2001 – Excludes Alcohol & Smoking)

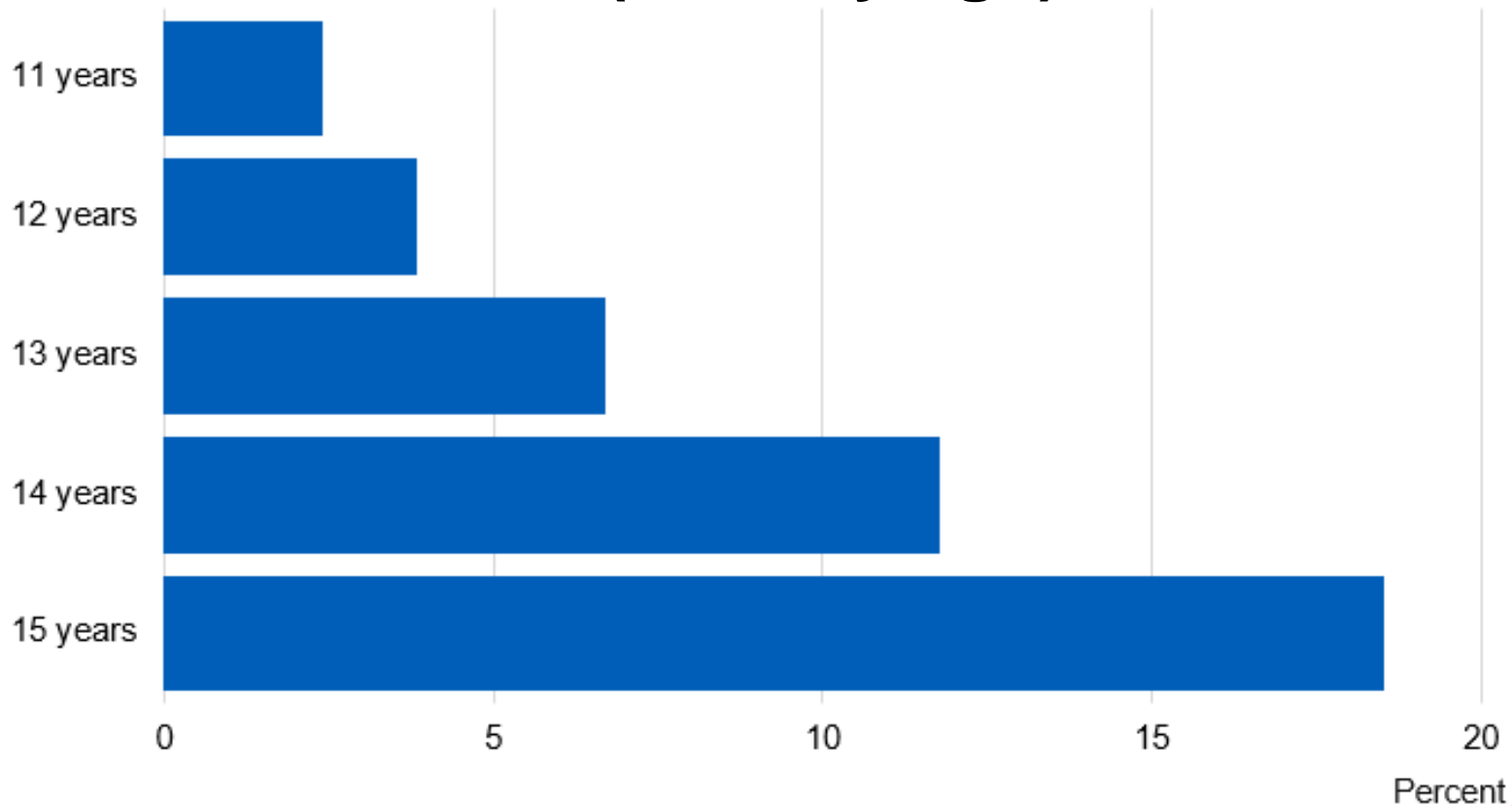


NHS: Smoking, drinking and drug use among young people, England & Wales 2018

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Under 16s: A closer look

Drug use in last month (2018 by age)



NHS: Smoking, drinking and drug use among young people, England & Wales 2018

“Nice to have” effects

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**Energetic,
Confident**



**Uninhibited,
Sociable**



**Relaxed,
Calm**



**Focused,
Awake**



**Hallucinations,
Escapism**



**Pain relief,
Pleasure**

Negative effects

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Which of these drugs is the most & least dangerous?

- **Alcohol**
- **Amphetamines**
- **Caffeine**
- **Cannabis**
- **Cocaine**
- **Ecstasy**
- **Heroin**
- **LSD**
- **Medicines**
- **New Psychoactive Substances**
- **Solvents**
- **Tobacco**

Q1: Which drug kills the most people in the UK?

- Alcohol
- Amphetamines
- Caffeine
- Cannabis
- Cocaine
- Ecstasy
- Heroin
- LSD
- Medicines
- New Psychoactive Substances
- Solvents
- Tobacco

Q1: Which drug kills the most people in the UK?

A close-up photograph of an open pack of cigarettes. Four cigarettes are visible, arranged diagonally from the top left to the bottom right. The cigarettes have orange filters and white paper. The pack is white with blue and gold accents.

1. Tobacco	95,600
2. Alcohol	26,187
3. Heroin & other Opiates	3,315
4. Medicines (excl. opiates)	1,699

Eng. & Wales

Tobacco - ONS: Adult smoking habits, Annual Population Survey 2018

Alcohol - Public Health England 2017; www.gov.wales 2017; www.nrscotland.gov.uk 2017, www.nisra.gov.uk 2018

Opiates & Medicines - ONS: Deaths related to drug poisoning in England and Wales: 2018 registrations; www.nrscotland.gov.uk 2018; www.nisra.gov.uk 2017

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Q2: Which drug is most likely to kill at first use?

- Alcohol
- Amphetamines
- Caffeine
- Cannabis
- Cocaine
- Ecstasy
- Heroin
- LSD
- Medicines
- New Psychoactive Substances
- Solvents
- Tobacco

Q2: Which drug is most likely to kill at first use?



**SOLVENT
ABUSE
CAN KILL
INSTANTLY**

1. Volatile Substances (e.g. Solvents)

- 67% of VSA deaths in 2009 had no evidence of previous use, or the history was unknown

2. Any drugs available as tablets, capsules, crystals, powder

Q3: Which drug is the most addictive?

- Alcohol
- Amphetamines
- Caffeine
- Cannabis
- Cocaine
- Ecstasy
- Heroin
- LSD
- Medicines
- New Psychoactive Substances
- Solvents
- Tobacco

Q3: Which drug causes the strongest dependency?

1. Heroin & other opiates:

Psychological dependency

+

Physical dependency

Q3: Which drug causes the strongest dependency?

1. Heroin & other opiates

2. Any other drug which produces physical dependency:

- Alcohol
- Benzodiazepines
- Caffeine
- Crack Cocaine
- Crystal Meth
- Nicotine

Note: ALL drugs can produce psychological dependency

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Drug dependency (addiction) definition

A strong need to continue taking a drug despite any negative consequences.

Adult dependency - England

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Drug deaths: 27,704
(2017 All ages; excl. tobacco & VSA)

Adults in treatment: 280,133

Needing treatment: ~800,000
(Estimate)

Deaths (England & Wales) - Alcohol: PHE 2017. Other drugs: ONS 2017. Excludes VSA
Treatment (England only) - National Drug Treatment Monitoring System 2017-2018
Home Office: Drug misuse 2017/18 crime survey England & Wales

Image: vse-zdarma.info

U18 dependency - England

In treatment	16,436
Cannabis:	14,449*
Alcohol:	8,058*
Ecstasy:	1,815*
Cocaine:	1,473*
New Psychoactive Substances:	585*
Amphetamines:	491*

* Primary & adjunctive

Needing treatment:

10% drank in the last week

10% used other drugs in the last month

Treatment (England only) - National Drug Treatment Monitoring System 2017-2018
NHS: Smoking, drinking and drug use among young people, England & Wales 2016

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Q4: Alcohol or Cannabis... which one is more harmful to young people's mental health?

Alcohol



Cannabis



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Q4: Alcohol or Cannabis... which one is more harmful to young people's mental health?

Alcohol



Cannabis



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Cannabis & the teenage brain

Risk of mental illness

King's College, University of London

Up to **3x**

Up to **5x**
Skunk

Risk of depression by age 35

Oxford University

3x

Higher than average risk of developing mental illness

Royal College of Psychiatrists

Worse long term effect than alcohol on thinking, memory & ability to learn

University of Montreal, Canada

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“It’s only a bit of weed... right?”

Cannabis risk factors:

- **Age** – The developing brain is vulnerable
- **Frequency of use**
- **Length of use**
- **Family history of mental illness** - i.e. your genes
- **Strength** – High strength Skunk now dominates the UK market (94% of cannabis seized by Police in the UK, 2016)

Q5: Which drug causes most harm to UK society?

- Alcohol
- Amphetamines
- Caffeine
- Cannabis
- Cocaine
- Ecstasy
- Heroin
- LSD
- Medicines
- New Psychoactive Substances
- Solvents
- Tobacco

Q5: Which drug causes most harm to UK society?

1. Alcohol

- 26,187 deaths & high dependency levels
- Factor in 53% of all violent crimes (ONS 2013/14)
- Hospital/Police/Social Services time & cost
- Cost to NHS: £3.5b (PHE 2018)
- Overall cost to UK society: £21b (PHE 2012)

2. Tobacco

- 95,600 deaths
- Cost to NHS: £2.5b; UK society: £11.9b (UK Govt. 2017)

3. Other drugs

- Dependency, health problems, deaths
- Associated criminality
(e.g. Gang culture, County Lines)

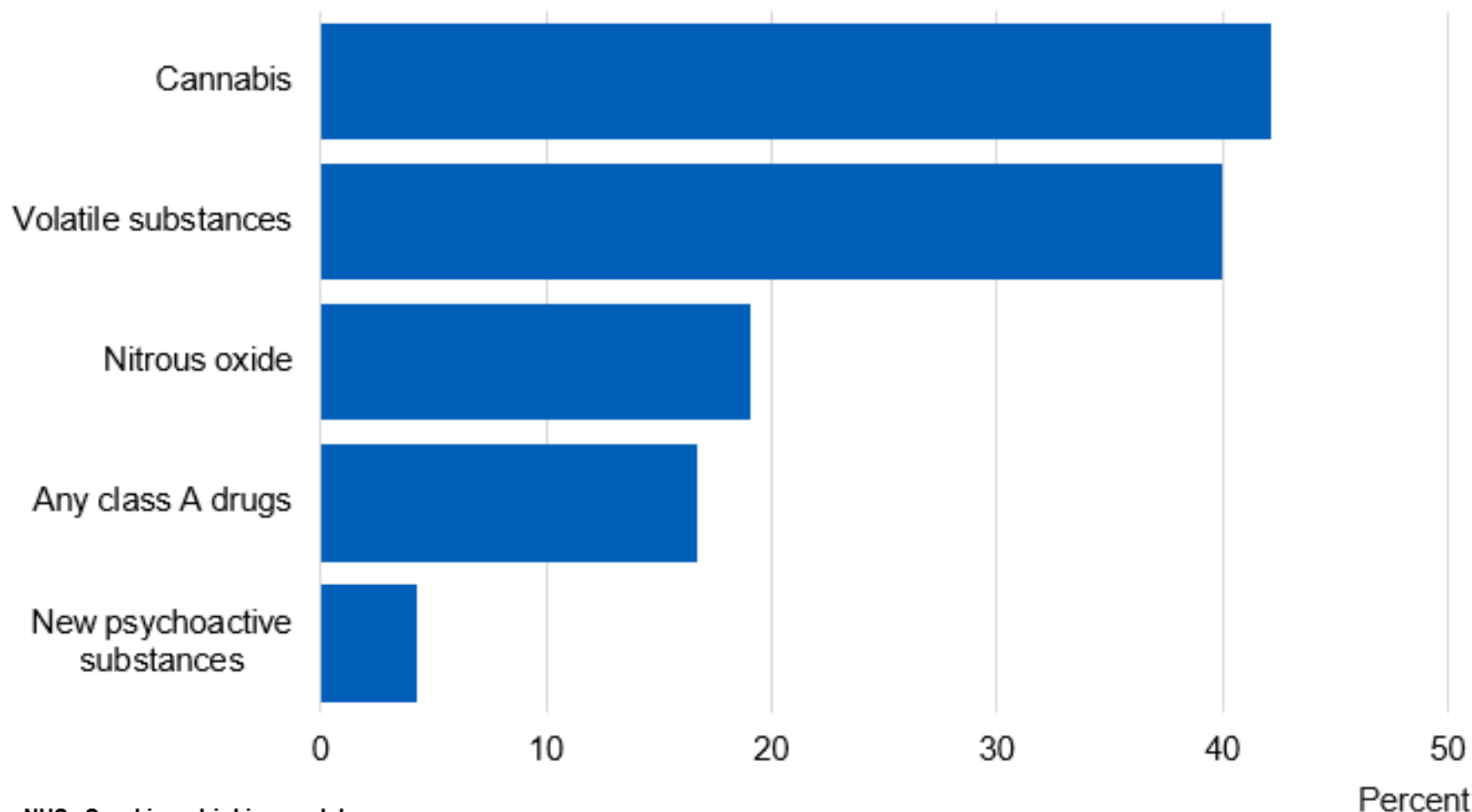
Choices, decisions & consequences



U16: Drugs taken at first use

(Excluding alcohol & tobacco)

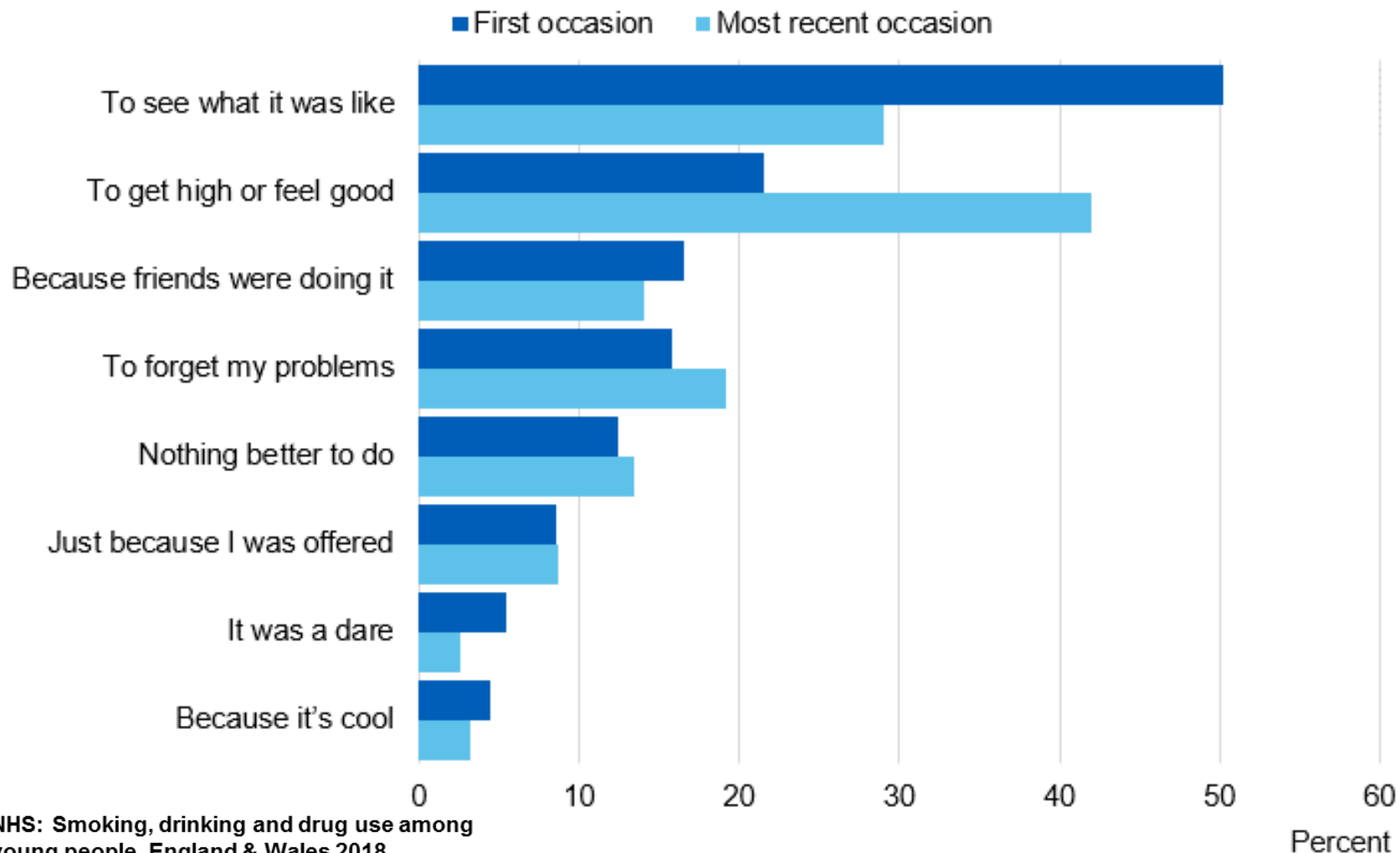
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NHS: Smoking, drinking and drug use among young people, England & Wales 2018

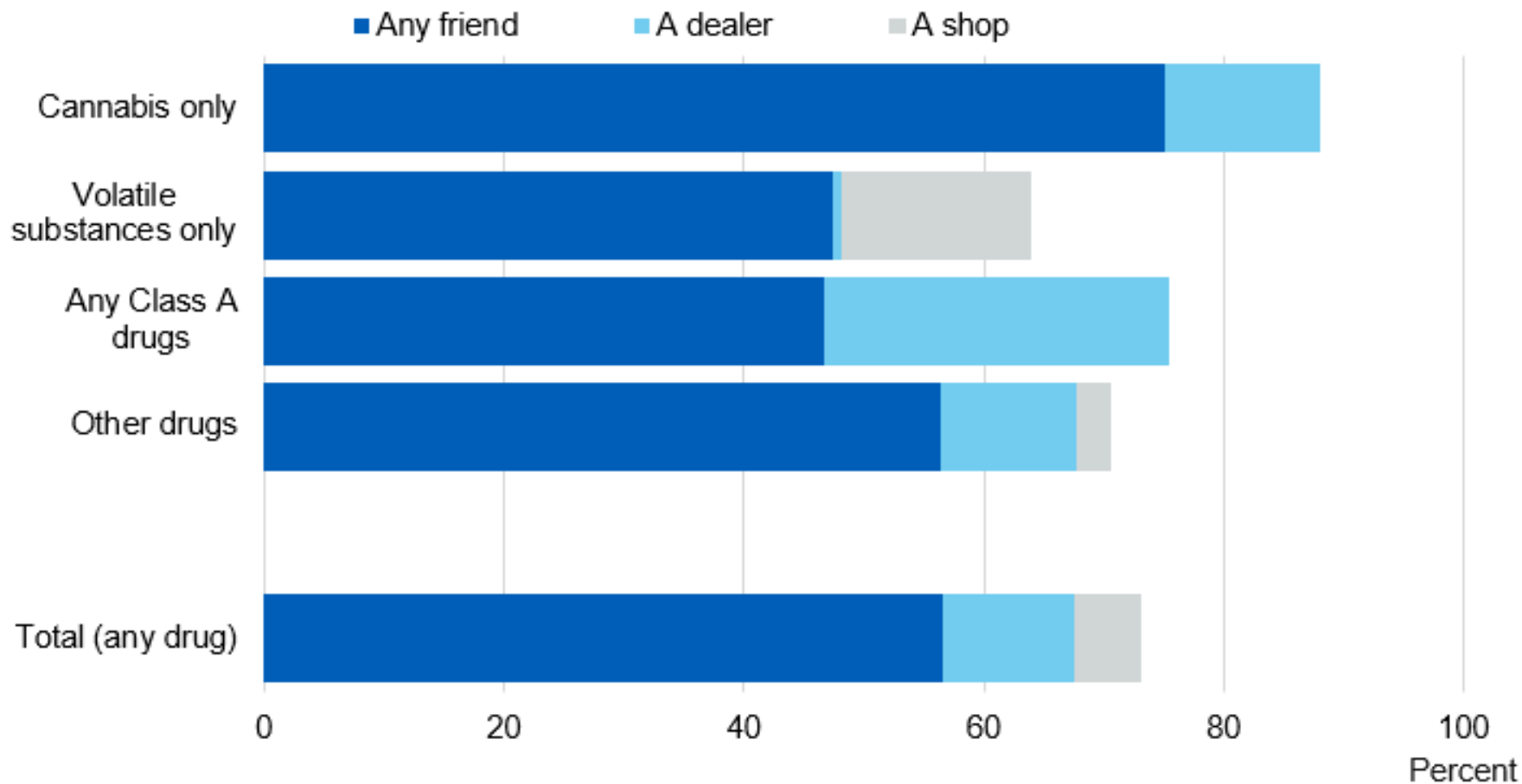
Under 16s: Reasons for using drugs

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U16s: Obtaining drugs at first use (excl. alcohol & tobacco)

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Family Strategy ideas

- 1. Try to enjoy yourselves without alcohol or smoking.**
- 2. Do things together.**
- 3. Build up self worth in your children.**
- 4. Be there for your children.**
- 5. Help your children develop decision-making skills.**
- 6. Supervision & structure is important.**
- 7. Don't give up. Try not to overreact!**

Do your own research

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

DrugWise

Promoting evidence-based information
on drugs, alcohol and tobacco

NHS

Live Well

Advice, tips and tools to help you make
the best choices about your health
and wellbeing

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Your local Hope UK Educator

Dan Wisniewski

Office: 020 7928 0848

enquiries@hopeuk.org

Appendix 1

Family Strategies

More details

Family Strategies - 1



Ideas for parents trying to encourage their children to make drug-free choices:

1. Try to enjoy yourselves without alcohol or smoking.

Do your children see you socialising, celebrating or relaxing without the use of a drug? Do you use alcohol-free options as a family sometimes? What role model are you giving your children?

2. Do things together.

Try to do things as a family that your children will enjoy. As far as possible, keep your promises. Plan things as a family and try to ensure they happen.

3. Build up self worth in your children.

Encourage and help them develop their own interests and hobbies. Give them positive encouragement and praise. Try to avoid negative language.

4. Be there for your children.

Always be ready to listen to your children, so they can talk about their thoughts, feelings and emotions. Become informed, so you can help them work through issues without reacting unhelpfully.

Family Strategies - 2



5. **Help your children develop decision-making skills.**

Find ways to help your children develop the art of choosing for themselves. Encourage them when they make mistakes and help them develop the ability to know their own mind.

6. **Supervision & structure is important.**

Give rules and boundaries that are there independent of the mood of you as parents. It helps your children if you try to stick to routines and regular meals. Give the children a calm start to the day and let them end the day in a good way with you. Give children peace and quiet for homework and help them when needed.

7. **Don't give up. Try not to overreact!**

There are many ways you can look at drug issues; not all of them will work for you and your children. Find out what works and use it. Don't give up or exaggerate the dangers. Scare tactics do not work in the long term. Don't react emotionally to mistakes.... Talk things through instead.

N.B. This list is not comprehensive! More ideas out there.

N.B. Remember that you are not alone – schools, doctors and other agencies are there to help you!

Appendix 2

Information & help

Useful links

Information & help - 1

FRANK – Drug information and free, confidential advice and help 24 hrs a day. Tel: 0300 123 6600 www.talktofrank.com

Drugwise – Information about drugs. www.drugwise.org.uk

NHS – Drug Information www.nhs.uk/live-well/healthy-body/the-effects-of-drugs

Adfam National – information for the families and friends of drug users.
www.adfam.org.uk

No.5 – Confidential listening and counselling service for young people in Reading.
Tel: 0118 9015668 <http://www.no5.org.uk>

The Edge - Young People's Drug and Alcohol Service for West Berkshire. Tel: 01635 582 002 www.edgecrew.co.uk

SOURCE - Young People's Drug and Alcohol Service for Reading.
Tel: 0118 9015666

Drinkline – confidential help and advice. Tel: 0300 123 1110



Information & help - 2

Alcohol Concern: Information about alcohol Tel: 020 3907 8480.

www.alcoholconcern.org.uk

Alcoholics Anonymous – a support group for drinkers. National Helpline: 0800 917 7650 www.alcoholics-anonymous.org.uk

AlAnon/Alateen – a group for families/teenagers seeking help and support because of a family member's drinking. 24hr helpline: 020 7403 0888, www.al-anonuk.org.uk

Re-Solv Freephone National Helpline – Monday to Friday 9am-5pm.
Tel: 01785 810762.

Re-Solv (Volatile Substance Misuse) - Information, Referral. www.re-solv.org
Tel: 01785 817885

The Samaritans – confidential problem line. Tel: 116 123 www.samaritans.org

Childline – Freephone Tel: 0800 1111

Narcotics Anonymous – a support group for drug users. Tel: 0300 999 1212
www.ukna.org

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Drugs news stories - 1

“Psychosis and me” – BBC documentary by actor David Harewood. Includes examples of the link between regular cannabis use and the development of psychosis, together with descriptions of the symptoms of this condition

<https://vimeo.com/336875652>

Cannabis: What are the risks of recreational use?

<https://www.bbc.co.uk/news/health-44532417>

Cannabis 'more harmful than alcohol' for teen brains

<https://www.bbc.co.uk/news/health-45732911>

Cannabis use in teens linked to depression

<https://www.bbc.co.uk/news/health-47215806>

Dad jailed for 'cannabis-induced' baby murder attempt

<https://www.bbc.co.uk/news/uk-england-leeds-46136374>

Fentanyl and cocaine drug deaths rise

<https://www.bbc.co.uk/news/uk-45083167>

Drugs news stories - 2

Bestival drugs death: Boyfriend guilty of manslaughter (Louella Fletcher-Michie story)

<https://www.bbc.co.uk/news/uk-england-dorset-47385211>

The little-known 2C drugs causing family devastation

<https://www.bbc.co.uk/news/uk-47308059>

Spice 'most severe public health issue in decades'

<https://www.bbc.co.uk/news/uk-england-lincolnshire-45341458>

VIDEO: Spice 'Like a zombie all day'

<https://www.bbc.co.uk/news/av/uk-wales-44852522/like-a-zombie-all-day>

VIDEO: Monkey dust

<https://www.bbc.co.uk/iplayer/episode/p06v6110/on-the-ground-monkey-dust-drug-ruined-my-sons-life>

Thames Valley Police 'won't arrest drug users' in pilot programme

<https://www.bbc.co.uk/news/uk-england-46591100>

County lines: Drug gangs 'exploiting children as young as 11'

<https://www.bbc.co.uk/news/uk-47043251>

Appendix 3

Adult dependency - England

Detailed breakdown of numbers
shown on slide

Drug deaths (2017; All ages; Excl. VSA) **27,704** England
Alcohol: 24,208
Other drugs: 3,496

Adults in treatment (2017-18) **280,133** England
Opiates: 141,189
Alcohol: 75,787
Other drugs: 35,473
Other drugs + Alcohol: 27,684

Needing treatment (2017-18) **~800,000** England
Alcohol: 458,101
All other drugs (daily users): ~400,000

Deaths - Alcohol: PHE 2017. Other drugs: ONS 2017. Includes VSA
Treatment - National Drug Treatment Monitoring System 2017-2018
Home Office: Drug misuse 2027/28 crime survey England & Wales

Appendix 3a

Adult dependency - England

Detailed breakdown of numbers
shown on slide + Smoking &
VSA

Drug deaths (2017; All ages; Excl. VSA) **106,013** England
Smoking: 78,000
Alcohol: 24,208
Other drugs: 3,805

Adults in treatment (2017-18) **280,133** England
Opiates: 141,189
Alcohol: 75,787
Other drugs: 35,473
Other drugs + Alcohol: 27,684

Needing treatment (2017-18) **~800,000** England
Alcohol: 458,101
All other drugs (daily users): ~400,000

Smokers (2017) **6.1 million** England

Smoking: ONS: Adult smoking habits in the UK 2017
Alcohol: PHE 2017. Other drugs: ONS 2017; NROS 2017, www.nrscotland.gov.uk 2017;
www.gov.wales 2017, NISRA 2017. Includes VSA & NOX
Treatment: National Drug Treatment Monitoring System 2017-2018
Home Office: Drug misuse 2027/28 crime survey England & Wales