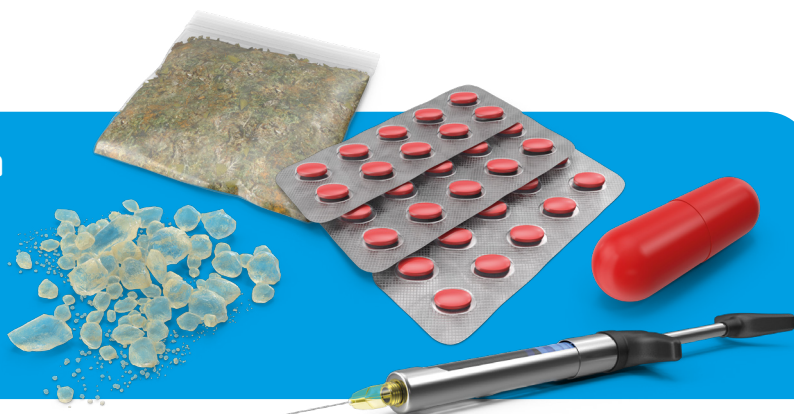


What to say to my children when we talk about/if they ask about:

# Drugs



## Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best.



## The facts, useful information and how to word things:

Drugs can be arranged into two groups: legal (helpful - medicines) and illegal (harmful).

Some legal drugs have age restrictions - Alcohol and Nicotine - 18.

Doctors advise that alcohol can be consumed safely in limited quantities once you are 18. Doctors know that nicotine, when inhaled through cigarettes, increases the risk of illness. The long-term effects of vaping are unknown.

Challenge 25 in shops, checks for those buying alcohol and nicotine. If they look under 25 they have to prove with ID that they are over 18. Some people look older than they are.

Legal drugs – medicines can also be harmful if taken in the wrong quantities or by someone they were not prescribed for.

It is against the law to possess many illegal drugs (have them on you). Never agree to hold or carry something for someone you don't really know, or if you don't know what it is.

A criminal record relating to drugs possession can affect the job you get or countries you are allowed to travel to. Difficult to get jobs as Teachers, Police, Army or travel to countries such as USA, India and Australia.

Avoid instilling fear about drugs. The vast majority of young people do not use drugs. Being informed about the risks and consequences and having the skills to step away is an effective way of staying safe.

## What skills should you talk about as well?

Our approach is that children are best armed with accurate facts and information from the programmes used in school and what you discuss with them. Alongside this, they need strategies and skills to say No if they need to. Visit our Family Hub to find out and reinforce the strategies your children have been taught during the Life Skills Programme.

These include:

- Dealing with stress and peer pressure.
- Communicating clearly when saying No.
- The MATES resistance strategies.
- Considering risk and consequence within our SKILL decision-making model.

This guidance is designed to help you if your child is taking part in one of the Life Skills programmes at school. Its content relates to the topics covered in this programme. The school's PSHE scheme may include other topics.