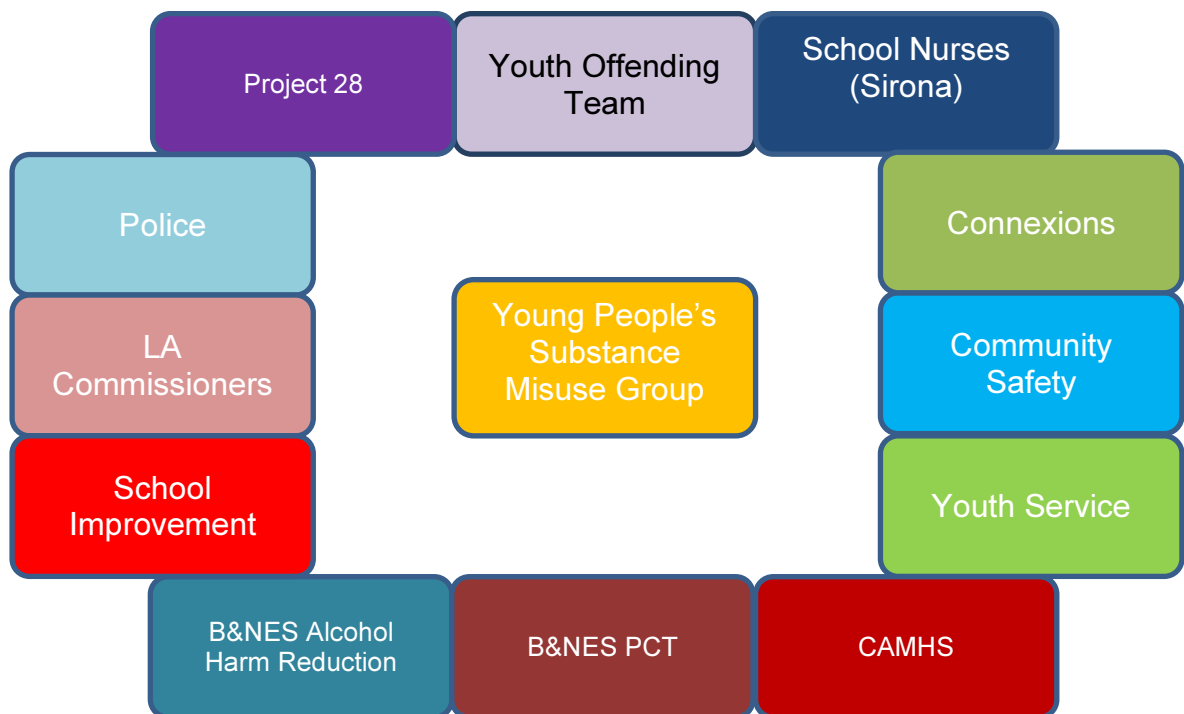


Preventing Drug and Alcohol Misuse by Young People

Kate Murphy PSHE & Drug Education Consultant
**Liz Ball, Manager Project 28 (Young People's Drug & Alcohol
Service)**

The Young People's Substance Misuse Group



Aims of the Young People's Substance Misuse Group

- ❖ Raise the profile of substance misuse services for young people in B&NES
- ❖ Ensure that substance misuse issues and services are addressed / delivered / monitored in the Children and Young People's Plan
- ❖ Bring our influence to bear on local, regional, national and international debates, approaches and strategies around substance use & misuse
- ❖ Discuss local issues and priorities to inform our Needs Assessment, Service Delivery and Commissioning
- ❖ Influence the prevention agenda, ensuring that an effective early intervention strategy is in place
- ❖ Share information and good practice with other statutory and voluntary agencies
- ❖ Focus on education, harm reduction and treatment
- ❖ Keep informed on local and national strategies and initiatives and of new drugs on the scene
- ❖ Develop an understanding of the funding mechanisms for substance misuse work
- ❖ Encourage local partnerships, ensuring that both statutory and voluntary agencies have positive & effective working relationships, especially with Project 28
- ❖ Develop user-friendly methods of screening and referral
- ❖ Raise problematic issues and seek support from other agencies
- ❖ Promote positive media messages and news stories

What do we know about drug and alcohol use amongst young people in B&NES & the UK?

From the SHEU (School Health Education Unit) survey - 3500 Year 8s and 10s from 11 B&NES secondary schools (July 2011 - national statistics in brackets)

- **6%** (9%) of pupils smoked at least one cigarette in last 7 days
- **30%** (36%) had an alcoholic drink in the last week
- **4%** had taken some form of illegal drug in the last month (mainly cannabis)

From the British Crime Survey 2010/11 – National figures

- **17%** of 16 to 24 year olds used cannabis in the last year (*down from 27% in 2000*)
- **0.4%** of 16 to 24 year olds used heroin in the last year
- **2.1%** of 16 to 24 year olds used ketamine in the last year

Drug Education in the Curriculum

1. SCIENCE National Curriculum (Statutory)

Pupils should be taught:

Key Stage 1:

About the role of drugs as medicines

Key Stage 2:

About the effects on the human body of tobacco, alcohol and other drugs, and how these relate to their personal health

Key Stage 3:

That the abuse of alcohol, solvents, and other drugs affects health

Key Stage 4:

The effects of solvents, alcohol, tobacco and other drugs on body functions

2. PSHE Non Statutory Guidelines

Pupils should be taught:

Key Stage 1:

How to make simple choices that improve their health and wellbeing

That all household products, including medicines, can be harmful if not used properly

Key Stage 2:

Which commonly available substances and drugs are legal and illegal, their effects and risks

To recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable

That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting

pressure to do wrong

School rules about health and safety, basic emergency aid procedures and where to get help.

Key Stage 3:

Basic facts and laws, including school rules, about alcohol and tobacco, illegal substances and the risks of misusing prescribed drugs

To recognise and manage risk and make safer choices about healthy lifestyles, different environments and travel

To recognise when pressure from others threatens their personal safety and wellbeing, and to develop effective ways of resisting pressures, including knowing when and where to get help

Basic emergency aid procedures and where to get help and support

Key Stage 4:

To think about the alternatives and long and short term consequences when making decisions about personal health

To use assertiveness skills to resist unhelpful pressure

About the health risks of alcohol, tobacco and other drug use, early sexual activity and pregnancy, different food choices and sunbathing, and about safer choices they can make

To seek professional advice confidently and find information about health

What is Drug Education?

The development of knowledge, understanding and skills and exploration of attitudes and values which enable young people to be able to make informed decisions about their own and other people's use of drugs and to lead healthy lifestyles

Research (Coggans, Cohen and others)

- Drug Education is unlikely to **prevent** young people from experimenting with drugs (e.g alcohol)but good quality drug education can contribute to **decreasedharm / increased safety** for young people, their families and communities
- Shock / scare tactics are likely to be ineffective and may be counter-productive

Educational Approach

Pupils should :-

- develop a range of personal and social skills (e.g. self-esteem, managing risk, finding help and advice, focussing on other positive aspects of their lives)
- be able to make an informed decision about their own / other people's drug use.
- be encouraged to explore a range of attitudes, views, values
- be encouraged to challenge stereotypes
- be given accurate (normative) information to challenge myths (e.g about numbers of young people using drugs)

These aims are best delivered through a well-planned programme of Personal Social and Health Education (PSHE) and Healthy Schools Programme which link with the Every Child Matters outcomes of being healthy, staying safe, enjoying and achieving, making a positive contribution and achieving economic well-being.

What support have we given schools / other settings?

- Training (150 teachers , pupils and other professionals been involved in our PSHE accredited training)
- Project 28 training and tailored training for schools
- Training in techniques to support on a one-to-one basis
- Resources , including Drugs and Stuff , Primary resources,
- Year10 Q& A sessions delivered by PSHE / Drug Education Consultant and police
- Year 9 Under the Influence sessions delivered by police
- Targeted Year 6 sessions according to need (from SHEU survey) delivered by PSHE / Drug Education Consultant
- Assist Programme (Smoking)

Project 28

- Brief up-date on the service
- What Project 28 does
- Where referrals come from
- Effective partnership working
- A couple of case studies