

**A CROYDON PARENTS' GUIDE**

# Do your children know more about drugs than you do?

MAY 2007

## Introduction

Many parents worry about their child becoming involved with drugs. They feel they don't know enough about drugs to help prevent their child from coming to harm. Sorting out fact from fiction is often difficult. There are many stories in the media about young people binge drinking or taking drugs leading to addiction, crime and death. It is important to remember that:

- Most people who do try drugs do not continue using them
- Those who try illegal drugs do not usually suffer any long term harm to their health
- More young people experience problems from drinking too much alcohol than from taking drugs
- Young people who drink too much alcohol in their early teens are more likely to develop problems with drug use later in life

However there are serious health and legal risks associated with drug use. These are set out in the table on the other side of this leaflet.

## Why do people use drugs?

Many young people don't see drug taking as a big issue. Young people may be attracted to drugs in the same way that they are attracted to alcohol.

- Because they enjoy the effects
- It's what their friends do, it's seen as cool
- They are bored
- Drugs are easily available
- There may be underlying worries or problems

There are as many reasons as there are young people.

## What can you do?

- Be a good role model. If you drink alcohol, try and set a good example by drinking moderately. Never drive under the influence of alcohol or drugs
- Croydon Trading Standards are keen to hear of retail outlets that may be selling products illegally, eg: cigarettes, alcohol and solvents. Contact them on ☎ 020 8407 1310
- Arm yourself with the basic facts about drugs, alcohol and tobacco. This will prepare you for the most important thing you can do... **talk with your family.** It is never too early to start

## Discussing drugs with children & young people

An open and supportive approach is recommended, make sure the information they have is accurate

- If drugs are mentioned on TV or in the papers use the opportunity to have a discussion
- Think carefully about what you say and how you say it, discuss, don't lecture, try and put yourself in their shoes
- Find out what drug and alcohol education is provided in your child's school, and show an interest in their work

**REMEMBER!**  
MISUSING DRUGS IS ILLEGAL  
TALKING ABOUT THEM ISN'T

**WARNING!**  
THERE IS NO SUCH THING AS A HARMLESS DRUG

## What is taught in schools?

Drug education is usually taught in school as part of the general Personal, Social, Health Education (PSHE) programme. It aims to increase pupils knowledge and understanding about drugs as well as allowing them to explore attitudes towards drug issues and develop skills for making healthy informed choices about drugs, alcohol and tobacco. It will include illegal drugs, alcohol and tobacco, as well as the safe use of over the counter and prescription medicines.

**THE LAW**  
MISUSE OF DRUGS ACT 1971 - MAXIMUM PENALTIES

The Misuse of Drugs Act 1971 divides controlled drugs into three categories - classes 'A', 'B' and 'C'. They are classified according to their degree of harmfulness or danger, both to the individual and to society at large, with penalties varying accordingly.

	Possession	Supply
Class A	7 years imprisonment or a fine or both	Life imprisonment or a fine or both
Class B	5 years imprisonment or a fine or both	14 years imprisonment or a fine or both
Class C	2 years imprisonment or a fine or both	14 years imprisonment or a fine or both

## Croydon drug and alcohol services for young people and their families

**DNA (Drugs'n'Alcohol)**  
C/O Off the Record  
72 Queens Road, Croydon CR0 2PR  
☎ 020 8296 9655  
email: info@offtherecordcroydon.org

**Croydon 'Drop-In'**  
132 Church Street, Croydon CR0 1RF  
☎ 020 8680 0404  
email: enquiries@croydondropin.org.uk  
www.croydondropin.org.uk

**Croydon Schools Drugs, Alcohol, Tobacco, and Volatile Substance Abuse Advisor**  
Croydon Education Department - QDI  
7th Floor, Leon House  
233 High Street  
Croydon CR0 9XT  
☎ 020 8726 7435

**Croydon Community Drug Agency (aged 17 & over)**  
100 Church Street, Croydon CR0 1RD  
☎ 020 8686 7500

Croydon's Specialist Substance Misuse workers have combined to become Croydon's Virtual Young People's Substance Misuse Team. The workers are from DNA, Child and Adolescent Mental Health Services, Oak Avenue Project, and The Youth Offending Team. The team aims to provide co-ordination and easier access for young people, parents/carers and professionals to Substance Misuse services in Croydon. For more information please contact Virtual Team Co-ordinator on: 020 8296 9655 or email virtualteam@offtherecordcroydon.org.

**'TALK TO FRANK' IS THE NEW NATIONAL DRUGS HELPLINE**  
0800 77 66 00 talktofrank.com

## Translations available

Please call the number below if you require this document in large print

**French**  
Ces informations sont disponibles en Francais. Veuillez contacter l'adresse ci-dessous.

**Portuguese**  
Esta informação está disponível em português. Por favor, contacte o endereço abaixo.

**Turkish**  
Buradaki bilgileri Türkçe olarak bulabilirsiniz. Lütfen aşağıdaki adresle temasa Buradaki

**Albanian**  
Kjo informatë është në përdorim edhe në gjuhën Shqipe. Ju lutemi kontaktoni adresën e poshtshënuar.

**Somali**  
Macluumaadkan oo af Somali ku qoran baad helikartaa. Fadlan, cinwaanka hoos ku qoran la xiriiir.

**One Stop, Taberner House, Park Lane, Croydon CR9 2BA**  
Tel: 020 8726 6000

**Tamil**  
இத் தகவல் தமிழில் உள்ளது. அதைப் பெறுவதற்கு கீழ் தரப்பட்ட விலாசத்தில் தொடர்பு கொள்ளவும்.

**Urdu**  
یہ معلومات اردو میں دستیاب ہیں۔ برائے مہربانی مندرجہ ذیل پتے پر رابطہ کیجئے۔

**Chinese**  
這些訊息備有中文翻譯，如欲索取，請聯絡以下地址：

**Punjabi**  
ਇਹ ਜਾਣਕਾਰੀ ਪੰਜਾਬੀ ਵਿਚ ਮਿਲਦੀ ਹੈ। ਮਿਹਰਬਾਨੀ ਕਰਕੇ ਹੇਠਲੇ ਪਤੇ 'ਤੇ ਮਿਲੋ, ਲਿਖੋ ਜਾਂ ਫੋਨ ਕਰੋ।

**Gujarati**  
આ માહિતી ગુજરાતી ભાષામાં પ્રાપ્ય (મળે) છે. મહેરબાની કરી નીચેના સરનામે સંપર્ક કરો:

As many as **1 in 3** people have taken drugs that's why we need

