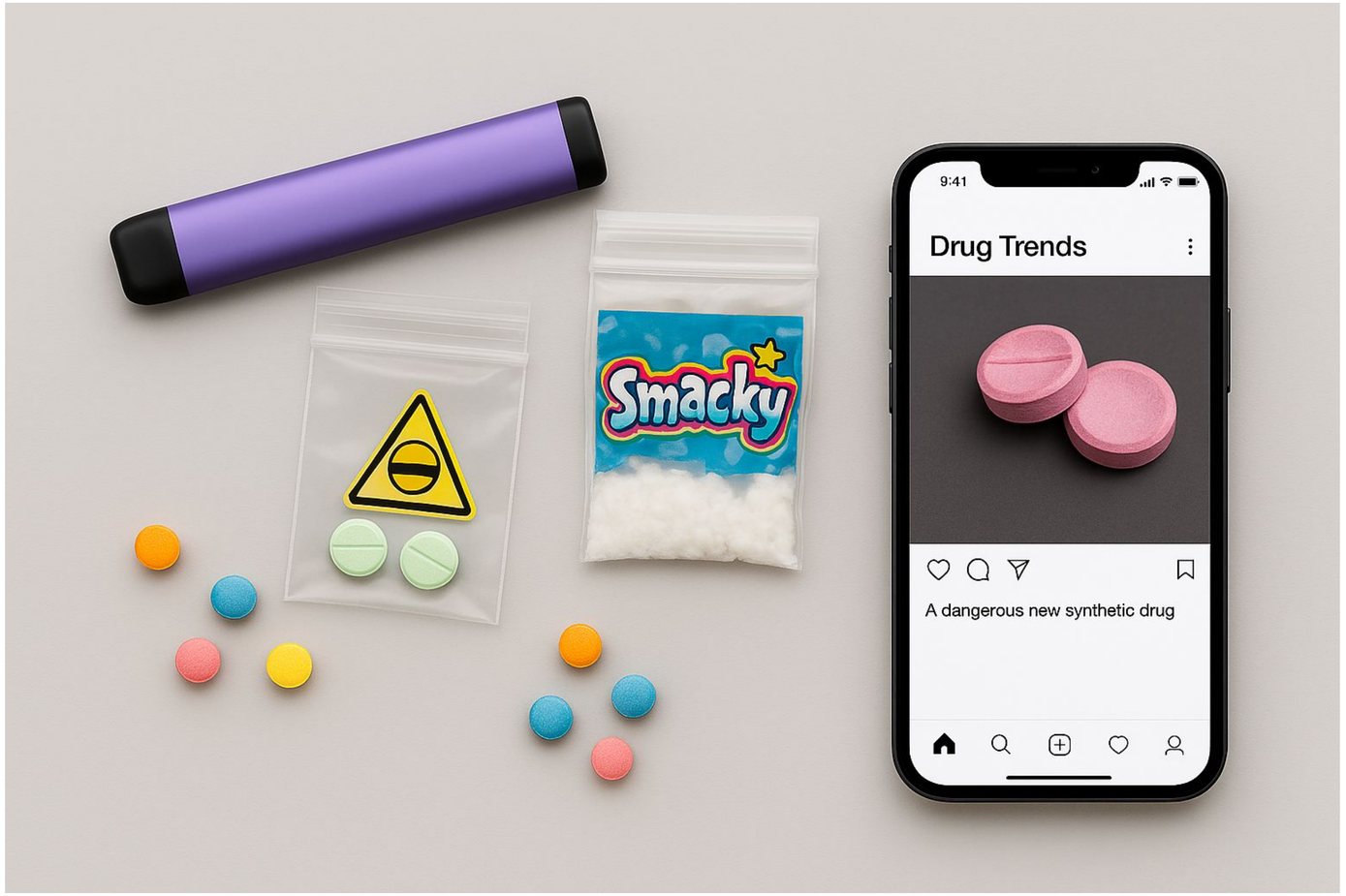
Drugs Awareness Info Session for Parents

12 November 2026

Testwood School



STACEY MILLER CONSULTANCY

Positivity and Prevention

Staff training

Education in schools

Conferences

Wellbeing resources




What are drugs?

What are drugs?





















Illegal drugs

- ✔ Cannabis
- ✔ Ketamine
- ✔ Ecstasy/MDMA
- ✔ Nitrous oxide



Current stats:
18% have ever taken drugs, 12% in the past year, and 6% in the past month

- ✔ Slang names: ket, donkey dust, special k
- ✔ How used: inject, snort, oral
- ✔ Effects: detached from the body and surroundings
- ✔ Risks: loss of bladder control, confusion, agitation



- ✔ Slang names: pills, E,
- ✔ How used: swallowed, snorted
- ✔ Effects: in tune with surroundings and music, love and affection
- ✔ Risks: depression, anxiety, tightening of the jaw, raised body temperature





Nitrous oxide



- ✔ Odourless gas
- ✔ Slang names include laughing gas, hippie crack, nos
- ✔ Effects include dizzy, giggly relaxed
- ✔ Risks include nerve damage, instant death
- ✔ Class C drug (Nov, 2023)



- ✔ Slang names: weed, dope, ganja, green
- ✔ How used: smoked, oral
- ✔ Effects: relaxed, happy, chilled
- ✔ Risks: paranoid, psychosis, isolation, lack of motivation and concentration



Vaping



- ✔ 21% have tried vaping, 7% daily
- ✔ Designed to help people give up smoking
- ✔ Not all contain nicotine
- ✔ 48 hours nicotine leaves body
- ✔ Safer doesn’t mean safe
- ✔ Long term effects unknown
- ✔ Illegal for under 18s
- ✔ £90 proxy or £2500 shop fines
- ✔ THC/CBD/Spice vapes





Nicotine pouches/snus

- ✔ Unlike traditional snus or cigarettes, nicotine pouches are 100% tobacco-free.
- ✔ They contain synthetic or extracted nicotine and are often flavoured
- ✔ Nicotine pouches are discreet and placed under the upper lip so there's no smoke or vape

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Top tips for parents



1. Talk! Openly and consistently. Don't worry about being an expert because you don't need to be! In fact your child will much prefer teaching you!
2. Use opportunities to talk such as when you are both watching a tv programme about drugs or if it is in the media.
3. Research what you want to talk about and don't expect to know everything
4. Don't be afraid to ask them where they are going and be mindful of links of ASB and drugs
5. Encourage social interaction with friends and family and call on them for support if your child is too embarrassed to talk to you.
6. Ask your child what they think could help them and if they don't know, encourage them to try out something new, for example, arts and crafts, etc. Coping strategies is key!
7. Don't be afraid to seek advice from professionals.
8. Lastly don't forget about you because you can't pour from an empty cup. Try and practice what you preach and be a good role model. Your child will learn a lot from you!



Information on all drugs
www.talktofrank.com

Support for people affected by drugs or alcohol in the family
www.parentsupportlink.org.uk

Information about alcohol
www.drinkaware.co.uk

Catch 22, support for young people
https://www.catch-22.org.uk/find-services/hampshire-247/

THANKS FOR LISTENING!

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