

THROUGH THEIR EYES

Drugs

TEACHERS' NOTES



POLICE LINE DO NOT CROSS

THROUGH THEIR EYES

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Drugs

It is really important to strike the right tone with regard to any discussion about drugs. There may be pupils in the group who have tried drugs for themselves or are exposed to people in their family or known to them, who use drugs. The tone needs to be about giving information and teaching concepts for thinking about the challenges that drugs present. Discussions need to be open and non-judgemental, while as the teacher, you need to be aware when pupils' contributions in the session might indicate Safeguarding issues for them or others.

(If this is the first session you are delivering to the group, there are other sessions in Project Right Click which you might want to deliver first: Drugs on Social Media and Child Drug Exploitation. Sessions are free to download: www.safeguardinginpartnership.co.uk).

What is a drug? A drug is any substance, with the exception of food and water, which when taken into the body, alters the body functions, either physically or psychologically.

What are the different types of drugs?

- **A prescription drug:** is a pharmaceutical drug that legally requires a medical prescription to be dispensed. The prescription must be made out by a registered doctor, naming the person for whom it is intended, and the dose and frequency that the drug should be taken. Examples such as: sleeping tablets, anti-depressants, steroid creams, injected drugs and insulin.
- **Over the counter drugs:** these are medicines that are sold directly to a consumer without the requirement of a prescription. They are safe and effective when you follow the directions on the label. Examples such as: painkillers, cough mixture, anti-histamine tablets.
- **Legal highs:** are substances designed to produce similar effects to illegal drugs, but have been created so that their chemical structure is different, to avoid them being classified as illegal.
- **Illegal drugs:** are known as 'controlled' drugs. Illegal drugs cannot be manufactured and they cannot be bought or sold by anyone. Examples such as: cocaine, ketamine, amphetamines.

Drug Use What drugs do people use for non-medical purposes?

LEGAL: alcohol and nicotine (in cigarettes and vapes). You have to be 18 years old to buy either of these. If you are 16 or 17 years old and accompanied by an adult, you can drink with a meal, but you cannot buy beer, wine or cider.

CONTROLLED: diazepam, methylphenidate, dexamphetamine These are drugs that are prescribed by doctors for medical purposes. It is illegal to have or use these drugs if they were not prescribed for you. It is also illegal to give or sell these drugs to anyone else.

ILLEGAL: cocaine, heroin, marijuana It is against the law to make, have, use, or provide/sell these drugs to other people.

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Why do people drink or take drugs?

Engage the group in thinking about why people use/misuse alcohol and drugs. Alcohol and drug misuse can be an issue for anyone, at any age or stage of life. The group may need guidance to not stereotype or be judgemental of people.

To see what it feels like

They feel it is a part of being grown-up

To fit in with a group and be accepted/popular

They are pressurised to try it

To feel more confident

To be rebellious

Hoping to escape from difficult thoughts or feelings

To feel dominant and controlling

To make money

In their early childhood experiences, it was what people did

They feel they have no other opportunities

They are addicted and so depend on law breaking to satisfy their addiction

They may feel hopeless and see no point in living without alcohol or drugs

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There are a number of offences in law with regard to controlled/illegal drugs:

Unlawful production is committed when a suspect has some identifiable participation in the process of producing an illegal drug, by making it, growing it or any other method. If it can be proved that the production of the drugs is for onward distribution, then the additional charge of intent to supply may be made.

Intent to supply means that an individual is suspected of possessing a controlled/illegal drug, with the intention of giving the drug to another person. The charge covers the intent to give drugs to a friend for free and or to sell drugs for a profit.

Unlawful supply is simply the act of passing a controlled/illegal drug from one person to another

Unlawful possession means being caught with drugs, even if the drugs do not belong to the person caught or the person caught claims they did not know what they had was a controlled/illegal drug. The police have the power to stop, detain, and search people, on a 'reasonable suspicion' that they are in the possession of a controlled/illegal drug

Import and export: importing refers to buying drugs from foreign sources and bringing them into the UK. Exporting refers to selling drugs which were obtained/made in the UK in foreign countries. Importing or exporting drugs is illegal.

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Consequences of breaking the law with regard to drug offences.

A first time drug offender, who does not have a criminal record, is unlikely to be sentenced to go to prison. If they admit what they have done, they may get a conditional caution or a community resolution:

- A conditional caution with a DIP (Drug Intervention Programme) condition directs offenders to address their drug misusing behaviours, as an alternative to being prosecuted in court. It is not a conviction. If the conditions are not met, a prosecution will go ahead.
- A community resolution order may involve: apologising to a victim; providing compensation to a victim; cleaning or putting right any criminal damage. A community resolution order is not a criminal caution or conviction.

	Minimum	Maximum
<u>Simple possession</u> of a controlled substance, with 1 prior conviction	15 days	2 years
<u>Simple possession</u> of a controlled substance, with 2 or more priors	90 days	3 years
<u>Drug kingpin</u>	20 years	life
<u>Repeat offender</u>	30 years	life

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Connor's thoughts go through his head

He is shocked: *"What the hell am I going to say?"*

Defensive: *"Why would I want to be like him?"*

Cocky: *"I don't make the tabs...so what people do, is not down to me...is it?"*

He looks back on how he ended up here: *"A bit too much wacky baccy and partying, ending up in me being out of it."*

He sneers at others: *"Right little swot...what will mummy and daddy say if she doesn't do well."*

He blames others: *"It wasn't my fault she wanted more."*

Starts to face reality: *"Turned out she collapsed after school, ambulance job, the lot."*

He decides on his plan: *"I will say 'no comment', that's what I will do".*

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Has Connor made a good decision?

- What impression does saying 'no comment' give to the Police? It makes him sound like he is hiding something.
- Why might his dad be angry with him? His dad has been going on at him about his friends, saying they were a bad influence and that he would end up in trouble. His dad has been proved right.
- What does he think his mum will feel? He knows his mum will be upset and disappointed.
- He thinks he is just the middle man, what offences has he committed? He has smoked weed, bought tablets, and sold them on. His offences are: unlawful possession and unlawful supply.
- Who else is involved? The man who sells him tablets, and his sister, Amy, who vouches for contacts wanting to buy drugs from Connor.
- Does he still have his college place/ has he got a job? He has stopped going to college, and has missed a few job interviews.
- Why did Emily buy drugs? She was panicking about not having done enough revision. She wanted to stay awake all night and do more work.
- What has happened to Emily? She liked the feeling, so she wanted more tablets. She collapsed after school and is in hospital.
- The Police explain that they have information about Connor. If he keeps saying 'no comment', they will know he is not taking responsibility for what has happened.
- The Police say it is important to tell the truth. His decision shows he is trying to avoid telling the truth.

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The effects of alcohol and drugs a person's mental health

This will depend on a number of factors.

How can these factors make a person's mental health worse?

The alcohol or drugs taken: There will never be a guarantee about the strength or ingredients of the alcohol and drugs. It may be that the actual ingredients of the alcohol or drugs are stronger than the person thought. It could be that they contain harmful ingredients, which could be dangerous.

The amount that is taken: The harms from alcohol and drugs increase with the amount taken. Once a person has taken even a small amount, it is likely that their judgement about how much more they can safely manage, is affected. They may become reckless, lose control, and want to increase the effects.

How frequently alcohol and drugs has been taken: If a person is taking alcohol or drugs frequently, they may become used to the impact and want to take more to heighten the impact. They may assume that what they consumed didn't make them ill previously, so more alcohol or drugs will be the same. There is no guaranteed quality in alcohol and drugs.

How the person was feeling at the time: If someone has mental health problems and these are troubling them, they may hope the alcohol or drugs will make them feel better. It could well make them feel worse in unpredictable ways. This might cause them to have suicidal thoughts.

Who was present with the person and what they were doing: If the person is amongst other people who are drinking alcohol or taking drugs, they may be more likely to copy what others are doing. It will be less likely that the other people would be in a position to help them, if they become sick and need medical attention.

The environment in which the alcohol and drugs were taken: Alcohol and drug consumption amongst young people is likely to take happen in places away from public view, where there might not be members of the public to help in an emergency.

Short-term effects, examples include: happy, excitable, energetic, relaxed, sociable, tired, sad, anxious, impulsive, paranoid, out of control.

Long-term effects, examples include: feeling you can't manage without the alcohol or drugs; it may make anxiety or depression feel worse when it's effects wear off; it may make the person feel physically ill.

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What are the effects of taking drugs on Emily?

- She collapsed after school
- She was rushed to hospital
- She is really sick
- People think she has taken an overdose
- They are trying to empty her stomach, to prevent more damage to her system
- They are doing tests
- Her dad has searched her room, and found the drugs

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What was a secret transaction, according to Connor, *“discreet, of course, after school, round the back of the bins behind those offices”*, is now public and Emily is very sick.

Who now knows?

People in the street when she collapsed
Emily’s mum and dad
The ambulance staff
The nurses and doctors in the hospital
Connor’s mum and dad
Amy, Connor’s sister
Staff in the Multi-Agency Safeguarding Hub
A Social Worker
Emily’s teacher
The Police
Connor
The college is going to be contacted and informed

How might Emily feel if she recovers?

She will know that she did something illegal, her parents will be angry/worried/upset; her friends and teachers will know; she took up hospital time and resources; if she doesn’t get better, she will do badly in her exams; she may end up with a Police record.

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Safeguarding children and Child Protection

All organisations that work with or come into contact with children and young people (under 18 years) should have Safeguarding policies and procedures, to ensure that every child, regardless of their age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation, has a right to equal protection from harm.

Setting up and following good Safeguarding policies and procedures means children are safe from adults and other children, who might pose a risk. This includes voluntary and community organisations, faith groups, private sector providers, as well as schools, hospitals and sports clubs.

What is Safeguarding?

Safeguarding is action taken to promote the welfare of children/protect them from harm.

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Child Protection is part of the Safeguarding process. It focuses on protecting any individual children who are identified as suffering or likely to suffer significant harm. This includes Child Protection procedures, which detail how to respond to concerns about a child.

What is the role of a Safeguarding Lead?

The Designated Safeguarding Lead is the point of contact for anyone in an organisation who is concerned about a child. The role is also responsible for leading on:

- Safeguarding policies and procedures
- Training and development of staff
- Receiving concerns about a child and reporting these
- Storing and retaining Child Protection records following the organisation's policies and procedures.

What is the Multi-Agency Safeguarding Hub (MASH)?

This is a service which provides a link between schools, GPs, the Police, Ambulance service, and Social Care. This makes it possible to share information between services so that risks to children and young people can be identified at an early stage. They assess risks and make decisions on what to do to protect a child that has been referred to them. Their assessment is based on information from children, families, and voluntary/ professional services.

Who is responsible for Safeguarding?

Everyone in society has a responsibility to protect and safeguard children and adults from abuse and neglect. Explain to the group this includes them. What could Amy have done?

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What is a caution?

"You do not have to say anything. But it may harm your defence if you do not mention when questioned something which you later rely on in court. Anything you do say may be given in evidence."

If the police have enough evidence to convict you, and you admit to the crime, they may offer you a caution.

If you accept it, then you are agreeing that you are guilty. You also won't get the chance to defend yourself in court.

If you are offered a caution, you do have the right to refuse it. In that case, the police may decide to pass it to the CPS (Crown Prosecution service) instead, and you may be taken to court. This is a more stressful and time-consuming process, but it does give you the opportunity to defend yourself in court.

A caution is not a conviction, but comes with similar consequences. It does go on your criminal record. Cautions may result in fines or other rules for you to follow.

A caution is a warning, which is subject to disclosure for two years if you are a child, and for six years if you're an adult. Disclosure means that if you are asked if you have broken the law, you have to say so, if you are asked within the disclosure period of time.

Cautions always remain on a person's record.

You may be asked to say on job applications whether you have been cautioned or have a criminal conviction.

Employers carry out regular criminal record checks, which contain cautions.

If you travel abroad, there may be some countries you are not allowed to visit. If you need to have a visa to go to a country of your choice, you will need to disclose if you have a criminal record. The disclosure period doesn't apply to visas.

What are the worst things that might follow now for Connor?

- He owes money to the supplier for the drugs seized by the Police, and he is made to pay them, if he doesn't, he is beaten up.
- He carries on taking drugs and becomes addicted, and unable to stop.
- His physical and mental health is affected by his drug use.
- He is rejected by his family and friends, his only company is other drug users.
- He can't get another college place or a job, so he has no money and no prospects.
- He can't afford the money he needs to have somewhere to live, he becomes homeless.
- He sees himself as worthless with no future, criminals take advantage of him.

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What can Connor do now, to turn his life around?

It is important to engage the group in a discussion which has positive ideas and hopefulness for Connor:

- Tell the Police everything he knows, so they can investigate the people who make the drugs and sell them to young people like Connor.
- Listen to his parents' advice and guidance.
- Ask for help with his drug consumption and addiction.
- Stay away from the people who sell and/or use drugs.
- Think about getting education/training which will help him to get a job.

The PowerPoint presentation and the worksheets have logos of organisations and services that exist to help people with alcohol and drug issues