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- Drink and drug awareness -

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Drink and Drug Awareness

Aims of this course:

- Underage drinking and drug terminology; alcohol and drug laws
- The characteristics of some well-known illegal drugs
- The necessity to educate youngsters about alcohol and other drugs, as well as their potential short- and long-term effects
- Young children's reactions to parental substance abuse
- The significance of protecting children whose parents abuse alcohol or other drugs
- How professionals can evaluate the danger
- The function of county lines; what it signifies and how it affects
- The role of Ofsted

What is the laws position on alcohol?

Giving alcohol to children under the age of five is prohibited by law however it is permissible for children between the ages of 5 and 17 to consume alcohol at home or on other private property with adult supervision. The ideal option, according to the Chief Medical Officer of the UK, is an alcohol-free childhood. Alcohol consumption by minors under the age of 18 is discouraged as the child's life may be negatively impacted by underage drinking over time.

What is alcohol abuse?

When someone drinks excessively or becomes dependent on alcohol, they are said to be misusing alcohol. It's advised that neither men nor women habitually consume more than 14 units of alcohol each week.

A unit of alcohol is 8g or 10ml of alcohol, This is about equal to one small shot measure (25ml) of spirits and half a pint of lower to normal strength lager, beer, or cider.

A 125ml glass of wine contains 1.5 units of alcohol.

What are the immediate dangers of alcohol abuse?

Alcohol poisoning symptoms include confusion, clammy skin, fits, unconsciousness, and vomiting.

- misplacement of personal items including keys, cash, and phones
- accidents that result in incidents requiring hospitalisation
- engaging in aggressive behaviour and experiencing violence
- Unprotected sex that leads to STDs, AIDS, or unintended pregnancies; careless and irresponsible behaviour

What are the long-term dangers of abusing alcohol?

Additionally, it may have an effect on things like:

- domestic violence,
- unemployment,
- marriage,
- divorce,
- breakups,
- homelessness,
- financial difficulties

Continued long- term alcohol can also affect your health;

- Stroke
- Heart conditions
- Liver, bowel, mouth, breast, head, and neck cancer
- Pancreatitis
- Liver illness
- High blood pressure

Alcoholism: What Is It?

A person who is reliant on drinking is an alcoholic. If a dependent drinker reduces or stops drinking, they experience physical or psychological withdrawal symptoms. They might drink to alleviate the symptoms listed below. Relief drinking is what we call this.

- Sweating,
- Worry,
- Trembling hands (sometimes known as the shakes),
- Depression
- Delusional states
- Snoozing

Alcohol consumption by children

Even after age 15, drinking alcohol can be harmful to a child's health.

It may have an impact on the

- Brain,
- Liver,
- Bones,
- Hormones

Drinking Before the Age of Fourteen

Vital organ growth and function may not proceed normally. Underage drinking is associated with:

- Alcohol-related accidents
- Suicidal ideas and actions
- Committing acts of violence
- Careless and negligent conduct

Early Alcohol Consumption

Early drinking has been linked to:

- Employment issues
- drug use
- pregnancy
- violence
- alcohol contributing to an unhealthy rise in sexual partners

Talking

It is important to discuss the dangers of drinking with children.

This is something that parents and teachers can do. They should calmly discuss:

- their opposition to drinking
- how alcohol impairs judgement
- drink spiking

- consuming non-alcoholic beverages between alcoholic beverages
- staying safe
- the consequences of underage drinking in law

The Facts about Drugs

Drugs are potent chemicals that alter the body's physiology in several ways, some of which may be lethal. Prescription pharmaceuticals, alcohol, and tobacco products are examples of drugs that are legal. However, if these are used in excess, there is a risk to the health of both the person taking them and others around them, especially if they are combined with smoking. Some substances are prohibited, and either the user or the distributor could face criminal charges.

The phrase "drug misuse" frequently describes someone who:

- uses illicit drugs
- takes illicit substances to get high or behaves erratically

Types of addictive drugs:

Ecstasy (pills, crystal, MDMA, e) is:

- a stimulant making you feel alert, chatty, affectionate and heightens the experience from music or colours
- in powder (snorted or dabbed on gums)
- in tablet form

Cannabis (also known as hash, weed, grass, skunk, or marijuana) is:

- the most widely used drug derived from the cannabis plant.
- It is a calming substance that affects one's perception and thought process.
- It can be consumed or drunk. It can cause abnormally high levels of happiness, relaxation, paranoia, anxiety or suicidal thoughts.
- It can also result in long-term physical and mental health issues, including schizophrenia.

Speed (amphetamine, billy, whizz) is:

- a stimulant that makes you feel unnaturally alert, overconfident, full of energy, and a stimulant that makes you feel paranoid, psychotic, or mentally confused.
- It is also addictive. typically a pink or off-white powder, occasionally injected (dabbed on gums, inhaled, or swallowed)
- Dangerous to the heart, resulting in heart attacks and high/low blood pressure

Heroin (smack, gear, horse) is:

- is a strong drug that induces feelings of abnormal happiness, relaxation, and euphoria.
- It is a white or brown powder made from morphine that is extracted from the opium poppy and smoked by heating it before inhaling the smoke (this is sometimes referred to as "chasing the dragon").
- injecting substances that dissolve in water (very risky and can result in overdose) Heroin is the illegal narcotic that kills the most people when snorted.

Cocaine (powder cocaine, coke, crack, freebase) is:

- is a highly addictive stimulant that gives users energy, a happy mood, and an overconfidence that might lead them to take risks.
- (Freebase and crack) smoked
- snorted (cocaine powder) or injected (cocaine powder and crack) a substance with short-lived effects that tempt users to take more, which causes a nasty "comedown" that leaves them feeling ill and depressed; a narcotic that is simple to overdose on

Why do people use recreational drugs?

There are many different reasons why people use drugs, and these motives can be intricate and multifaceted. The following are a few of the typical causes for drug use:

Recreational Use: Many people use drugs to achieve euphoria, relaxation, altered states of consciousness, or a general feeling of enjoyment. Temporary relief from stress, boredom, or other unpleasant feelings may be offered by these effects.

Social Pressure: Individuals who use drugs may do so as a result of peer pressure or a desire to blend in or be accepted by a particular group. Those who take drugs frequently in social contexts could feel pressured to engage in order to fit in.

Coping mechanism: for emotional distress, traumatic experiences, anxiety, depression, or other mental health conditions. People may start using drugs.

Curiosity: Some people experiment with drugs out of curiosity regarding altered states of consciousness or the effects of drugs.

Enhancement of Experience: Some people think that using drugs might improve their creativity, attention, or performance in other spheres of life, including work, the arts, or sports.

Escape from reality: including stressful situations, issues, or obligations. The stress of daily living may be reduced by this brief getaway.

Physical or psychological dependence: may result through prolonged use of some substances, in which case users feel obliged to consume the drug in order to prevent withdrawal symptoms or to maintain a particular level of functioning.

Peer Influence: Friends, family members, or role models who use drugs may have an impact on a person's decision to take drugs.

Influence of the media and culture: A person's beliefs and decisions regarding drug usage can be influenced by cultural norms, media portrayals, and society attitudes towards drug use.

Misinformation or Lack of Education: People may underestimate the possible harm and choose poorly if they lack proper information on the risks and effects of drug usage.

The Function of Local Governments

Local drug and alcohol treatment centres can take action to assist stop negative outcomes for parents and kids in the future; the help includes:

- "screening for problematic alcohol and drug use in parents who attend their services," as part of this assistance.
- assessing the impact their current use has on their children assessing the risks to their children if their alcohol or drug use escalates
- providing help and support at an early stage'
- (Government Guidance - Safeguarding and Promoting the Welfare of Children) affected by Parental Alcohol and Drug Use

The Role of Local Authorities

Most families and children referred to children's services for assessment will have more than one issue identified, as well as drink and/or drugs.

Additional factors can include:

- domestic violence mental health
- Some families will have all the above factors present.

Safeguarding

Working together to safeguard children and promote their welfare, involves a multi service approach which is child centred. Education, health, social and support organisations must act to protect children in circumstances that arise due to parental drink and drug abuse. Due to the nature of these circumstances, a family approach is taken. Services have to work collectively and collaboratively, promoting the best outcomes for all children. Safeguarding and advancing the

wellbeing of children is described as follows in the document Working Together to Safeguard Children:

- "guarding against child abuse and preventing harm to children's development or health"
- ensuring that children are raised in conditions that allow for the delivery of safe and effective care
- taking action to enable all children to have the best outcomes'
- When a parent abuses alcohol and/or drugs, it has an adverse effect on the child's chances in life.

What are the Signs to Look For?

- unexplained sudden money, mobile phones, new clothes children missing, or found out of their home area, without explanation
- excessive receipts of phone calls, or texts
- unhealthy relationships with unidentifiable, older individuals or groups
- unexplained injuries
- weapons being carried
- parental concerns
- decline in school performance or attendance changes in emotional well-being and/or self-harm
- unexplained depression