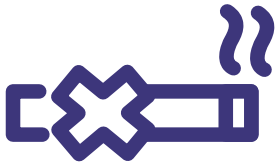


DRUG AND ALCOHOL ABUSE

Learning South Leicestershire School Sports Partnership

There is evidence of a link between cannabis usage and mental health problems.

On average, UK children have their first whole alcoholic drink at just aged 13.



The affects of drug use

Drug users may experience a lack of appetite or might have sores or rashes around the mouth or nose. They may also experience mood swings, start staying out late, or begin socialising with new friends. This may then lead to a drowsy appearance, lack of motivation, and a loss of interest in their personal appearance.

What can you do to help a drug user?

Don't panic - Although you may have a strong emotional reaction, shouting is not going to help. Stay calm and don't just fire questions - make sure that you're listening.

Be supportive - You need to understand why. They may be being bullied, or feeling stressed about school. Make it clear that you're there for them, and are willing to help them with any problems they're having.

Potential risks - speak openly and research the potential risks and effects of taking drugs.
(familylives.org.uk)

The affects of alcohol

An alcohol free childhood until the age of at least 15 is advised, and this is for very good reasons, as teenagers brains and livers are not fully developed, so they cannot break down alcohol. Alcohol has more of an effect so the risk of accidents and injury to themselves or others is high, and perhaps most importantly exam predictions suffer.

What can you do to help an alcohol abuser?

Set a good example - Children as young as seven can recognise the difference between relaxed social drinking and drunkenness.

Talk about alcohol - Make the conversation natural, using something like a TV programme can be a good place to start. If a celebrity has been photographed drunk after a night out, talk about whether it's glamorous or embarrassing.

Discuss the dangers - Talk openly and honestly about the potential dangers of drinking. Make it an inclusive discussion, not a lecture.
(familylives.org.uk)

Where to get help?

Visit - www.familylives.org.uk and follow the sequence below for further information



[Home](#) > [Advice](#) > [Teenagers](#) > [Drugs & alcohol](#) > [Where to get help](#)



Or visit the FRANK website (<https://www.talktofrank.com/>) for email, text and phone call support

Go to **LSLSSP YouTube** channel and listen to the latest *Podcasts about Mental Health and Wellbeing*