

# Drugs and Alcohol Information Evening - 16 May 2023

## Key takeaways:

- Banchory Academy educates our young people to make informed decisions, and guidance teachers deliver information about drugs during S2 PHSE lessons. Pupil safety and wellbeing is the school's number one priority, and the school works with pupils to support them and their family.
- This is also the approach of the police. They will work to support the young person and reduce the risk of harm to them - harm caused by the drug itself and by people taking advantage of the person under influence of a drug.
- Drugs are being mixed with other substances and have different strengths and effects even within the same batch. They're often much stronger than 10 or 20 years ago. You can find out more about each drug and its effects on the slides below.
- Drugs are very cheap compared to alcohol e.g. £1.50 per tablet, and much easier to get hold of via social media (especially SnapChat)
- When talking to your young person about drugs you should:
  - ✓ admit you don't know it all
  - ✓ explain what you do know
  - ✓ encourage them not to use drugs, but don't lecture them - try to have an open conversation
  - ✓ appreciate the peer pressure
- Contact the local police on 101 or visit the Banchory Police station from 08:00-18:00 7 days a week to report any drug use or possession. Knowledge is key to the police reducing drug dealing and exploitation in our community.

## Vaping

Vapes or e-cigarettes are intended for adults who *already smoke* and want to avoid the harmful substances found in tobacco. It is illegal to sell vapes to people under 18.

Vaping among young people is a way **into** smoking, **not from it**. Because it is less harmful than ordinary cigarettes many teens and adults think vapes/e-cigarettes are harmless. This is not the case as vapes contain nicotine. **Nicotine is highly addictive** and the reason it is so hard to stop smoking.

The vapes are sold in colourful packaging and with sweet flavourings. This is further misleading. Drug dealers have already found ways to put other substances into vapes such as cannabis.

The sale and manufacture of vapes are regulated by the government and legally sold vapes are checked for harmful substances. There are also illegally manufactured and sold vapes that under 18s can get hold of and they can contain anything.

There is also an **environmental impact** as vapes are single use products that run on lithium batteries. Very few are recycled and the batteries and the plastic shells end up in our landfills.

## **Support**

There are a number of organisations that provide information and support which have been summarised on [our Health & Wellbeing pages](#)

Please see the next document for a selection of slides from the information evening which give more details about different drugs and their effects, talking to your child, serious organised crime groups, child exploitation and grooming.