

How to know when you are in trouble with drugs or alcohol

A session which explores both illegal and legal substances and attempts to empower young people to recognise when they (or someone else) is in trouble and how to get help.



- Target Group** Age 15-17
- Group Size** Small targeted groups or can be delivered as a lecture or information session to medium to large groups.
- Outcomes**
 - Increased ability to recognise when their (or someone else's) substance use is becoming problematic.
 - Increased awareness of the signs and symptoms of problematic drug use.
 - Understanding of factors that may make substance use more risky.
 - Increased knowledge of how to react in an emergency
 - Increased knowledge of local and national support services and how to access them

- Format**
 - Interactive
 - Small group work
 - Facilitated discussion
 - Information giving
 - Flip chart exercise

- Key Skills**
 - Communication
 - Working with others
 - Thinking skills
 - Reasoning skills
 - Evaluation skills



Duration/time 1 – 1.5hrs

Required environment Classroom/Hall/Gym/Youth club
 Projector & Screen.
 Laptop or available computer wired up to laptop/screen.
 This session can be run in most other environments but will need IT support.

Evaluation Method Dedicated young persons evaluation sheet