

ALCOHOL



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QUESTION

Around half of all adults admitted to hospital with head injuries are drunk.

TRUE or FALSE

DRUGS



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DRUGS

DRUGS



QUESTION

Sniffing gas, glue or aerosols has the following health risks:

- a) suffocation
- b) vomiting
- c) blackouts
- d) all of the above

LIFE CARD



LIFE CARD

LIFE CARD

LIFE CARD



LIFE CARD

Use this card to get out of

LIFE CARD

LIFE CARD

LIFE CARD

SEX



SEX

SEX



SEX

QUESTION

Most young people of school age across the UK do not use illegal drugs

TRUE or FALSE

Information and support for young people about sex, drugs and alcohol

Photocopiable handout for young people

ISBN 1 902 469 23 2



General support and information

Childline

Tel: 0800 1111

Freephone 24 hours every day. Provides confidential telephone counselling for children and young people.

General Health Information

NHS Direct

Tel: 0845 4647, 24 hours every day for information and advice about general health matters.

www.mindbodysoul.gov.uk

A general health website for young people aged 15+ including information on drugs, alcohol and sexual health.

Drug, Alcohol and Tobacco Information

Frank about Drugs

Tel: 0800 77 66 00

Freephone 24 hours every day.

www.talktofrank.com

Information about drugs for young people.

Quitline

Tel: 0800 002200

Freephone 9am to 9pm every day, providing information and support to quit smoking.

Drinkline

Tel: 0800 917 8282

Freephone 9am to 11pm from Monday to Friday. Information and support about alcohol issues including details of local services.

Sexual Health, Relations and Sexuality Information and Support

www.ruthinking.co.uk

Sexual health information for young people.

Sexual Health Line

Tel: 0800 567123

Freephone 24 hours every day providing advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services.

Brook Helpline for Young People

Tel: 0800 0185 023

Freephone helpline providing information and details of

local clinics, open Monday - Friday 9am to 5pm or the web site: www.brook.org.uk

Sexwise

Tel: 0800 282930

Freephone 7am to midnight every day providing information and support to young people.

Family Planning Association

Tel: 0845 122 8690

9am to 6pm Monday to Friday. Information and advice or visit the website www.fpa.org.uk.

Lesbian and Gay Switchboard

Tel: 020 7837 7324, every day 24 hours. Information and support about sexuality issues and details of local youth groups, or check out the website: www.queery.org.uk.

This site includes details of local youth groups and other community information.

Government guidance about young people's entitlement to education about sexual health and relationships, drugs, alcohol and tobacco

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Effective sex and relationships education (SRE), drug, alcohol and tobacco education requires children and young people to have opportunities to develop:

- knowledge and understanding
- personal and social skills
- attitudes and values

The aim is to enable young people to value a healthy lifestyle and be able to make informed choices.

Life Matters focuses on enabling young people to develop knowledge and understanding of SRE, drug, alcohol and tobacco issues. Playing *Life Matters* provides some opportunities for practising communication and negotiation skills, which may be incorporated into a programme of personal, social, health and wellbeing education.

Government guidance in England, Scotland, Wales and Northern Ireland highlights the importance of SRE and drug education, including education about tobacco and alcohol, for young people in schools. There is less government guidance for the informal youth settings, although some non-governmental organisations have produced useful guidance or toolkits. The following is a selection of the main guidance available:

● England:

'Sex and Relationships Education guidance' DfEE 0116/2000;
'Drugs: Guidance for Schools' DfES 0092/2004;
'Drugs: Guidance for the Youth Service' DrugScope and Alcohol Concern 2006

● Scotland:

'Circular 2/2001 Standards in Scotland's Schools Act 2000: Conduct of Sex Education in Scottish Schools';
'Tackling Drugs in Scotland Action in Partnership' The Scottish Office 1999

● Wales:

'Personal and Social Education Framework' ACCAC 2000;
National Assembly for Wales Circular No: 11/02
'Sex and Relationships Education in Schools';
'Circular 17/02 Substance Misuse: Children and Young People' National Assembly for Wales

● Northern Ireland:

'Relationships and Sexuality Education (RSE) Circular 2001/15';
'CCEA Guidance for Post-primary Schools Relationships and Sexuality Education' CCEA 2001;
'Drugs: Guidance for Schools Circular 2004/9' Department for Education Northern Ireland.