

STAYING SAFE

- Alcohol free is the safest option
- Know what you are drinking! The amount of alcohol is different in different drinks, some are stronger than others
- If you are going to drink, make sure you eat something substantial beforehand. This will slow down the rate alcohol is absorbed into the body.
- SLOW DOWN. It takes time for your body to process the alcohol you consume. Drinking too much too soon may cause you to become really drunk really quickly.
- Drink water in between your alcoholic drinks. This will help you stay hydrated.

• If you start to feel drunk, switch to soft drinks as your body will still be processing alcohol.

• The only thing that will sober you up is TIME!

• Do not leave your drink unattended and never accept a drink off someone you don't know

• Don't drink alone

• Be in a safe place i.e. not by a river or road

• Have an emergency plan

• Look after your friends and seek help if worried

WHAT TO DO IN AN EMERGENCY

• If someone becomes unconscious make sure they are lying on their side so they do not choke if they are sick

• Call 999

• Stay with them and reassure them

• Keep them warm and comfortable

• Don't give them anything else to eat or drink.

• Inform paramedics about the drugs they have taken.

DO NOT:

• Give them anything to eat or drink

• Try to make them sick

• Film them on your phone

• Leave them to sleep if off

WHERE TO GO FOR SUPPORT

- HSIS Youth workers in your school
- Response 0151 666 4123
- Head of year/ pastoral leads
- talktofrank.com
- kooth.com



HEALTH SERVICES IN SCHOOLS

GUIDE TO DRUGS



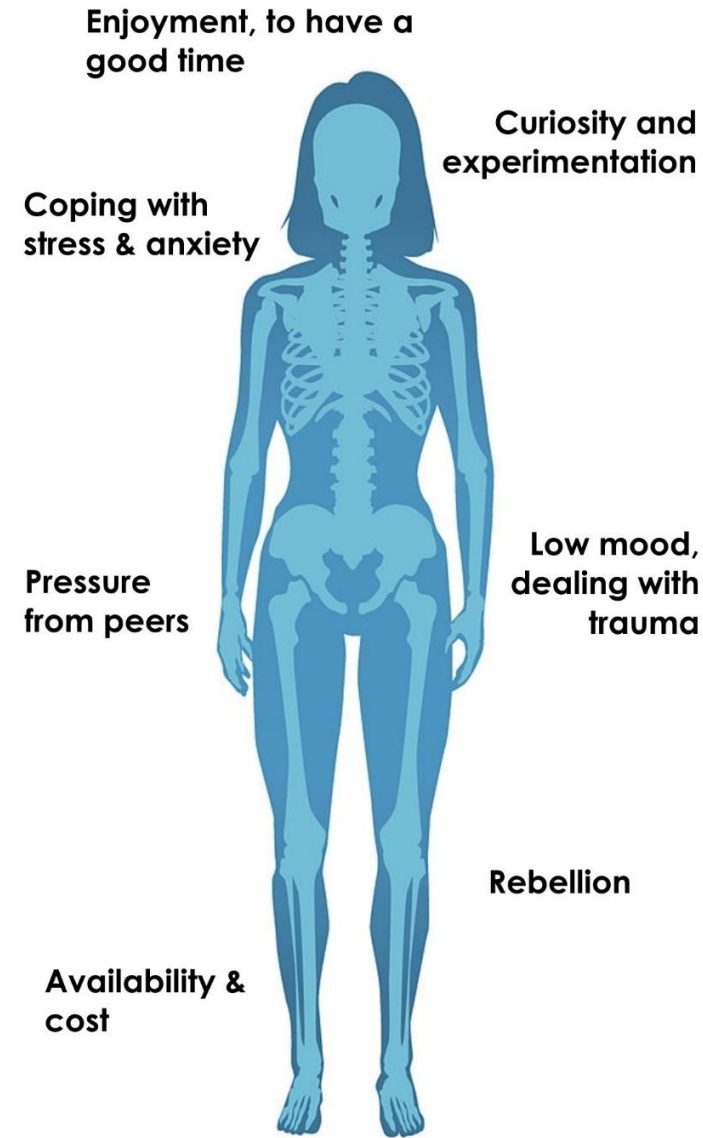
What actually is a DRUG?

A Drug is: Any substance which when taken into the body, changes the way a person thinks, feels or behaves.

Young people's drug use has changed. We see:

- A wide range of drugs available
- Easy to get hold of
- Cheaper to buy
- Constantly changing drug trends
- Drug binging and overdose
- Increases in drug strength (purity and potency)
- Drugs bought and sold online and via social media
- Mixing drugs without realising consequences/ risks

Why do people use drugs?



There are many reasons why someone might choose to use drugs. The drug doesn't help the situation a person is in and often just makes the situation worse