

FRANK

all about drugs

DOES YOUR CHILD KNOW

MORE THAN YOU?





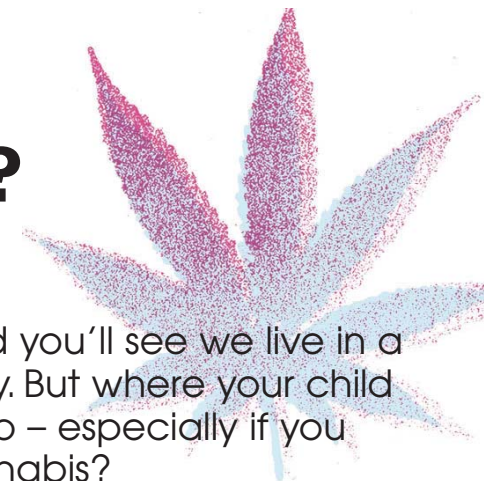
“Of course I worry about my son taking drugs. But what can I do? You can't watch over them 24 hours a day.”

“I found this block of brown stuff in her room. How do I know if it's cannabis?”

“My daughter wouldn't take drugs. Our family doesn't have the problems that would make her turn to them.”

“Talking to kids about drugs only encourages them to experiment. The later they find out about them the better.”

in the know, or in the dark?



Watch TV or read a paper and you'll see we live in a world where drugs are a reality. But where your child is concerned, what can you do – especially if you don't know cocaine from cannabis?

The truth is that you can't prevent your child from coming into contact with drugs. But your influence can mean they make the right choice if they do – by making sure you know just as much as they do about drugs and talking openly about the risks.

Do you feel you don't know enough to talk to your child? It's never too late to get clued up. This leaflet will give you the facts about drugs. And FRANK can give you more information and advice if you need it. Call **0800 77 66 00** or visit **talktofrank.com** for more details. Being in the know right now could make all the difference to the choices your child faces in the future.

What do we mean by drugs?

- > **illegal substances such as heroin, cocaine and cannabis**
- > **misused household products – volatile substances like gases, glues and aerosols**
- > **medicinal drugs (which can also be misused)**
- > **alcohol and tobacco**

In this leaflet, when we talk about drugs we are generally referring to illegal drugs and volatile substances (including gases, glues and aerosols).

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drugs and young people

Why do young people take drugs?

The truth is, most young people DON'T...

...and most of those who do try drugs don't continue using them. Only a small minority of young people will end up problem drug users. In fact, research shows that a child is far more likely to develop a problem with alcohol than with illegal drugs.

But some do take drugs and they'll do so for different reasons:

- > **rebellion and the need to fit in**
Young people can feel under pressure to do what their friends are doing. Some feel more grown up or part of a group if they take drugs.
- > **recreational drug use**
Some enjoy the pleasant short-term effects. They like to relax, 'get high' or lose their inhibitions.
- > **experimental drug use**
Some are just curious about the effects of different drugs.

All drug use can have an effect on health, relationships and personal safety. However, for a minority of people, drug use takes over and disrupts their life and becomes **problem drug use**. They can become addicted and some end up getting involved in crime as a result of it, or exposed to risky lifestyles and influences.



"One of my mates took an E at a party without knowing what it would do to her. She was OK that night, but she wasn't expecting the comedown afterwards." Tina, 20



"All my mates were smoking dope, and I was curious. I did it for a while, but then I stopped. I just got bored of it." Jamie, 17

What drugs do they take?

Although many people believe otherwise, levels of drug use among young people aged 11-15 have gone down in recent years. The number of young people under 15 who take Class A drugs like cocaine and heroin is extremely small.

If you've got questions or want to talk to someone about drugs, call FRANK on **0800 77 66 00** for friendly, confidential information and advice about any drug issue. Or visit **talktofrank.com** for more details. FRANK can also put you in touch with local services if you need them.

Remember

Although the risks are real, most young people who take drugs do so safely and without getting into trouble. If you want to talk to your child about drugs, there's no point being heavy-handed as this will probably backfire. You need to take a balanced approach and bear in mind that, when it comes to drugs, information is everything. Giving your child the facts from reliable and credible sources, and telling them in a reasonable manner about the effects and risks of substance misuse, will make them feel empowered and informed rather than chastised. Be sure to talk about specific drugs, rather than lump them all together. Make the necessary distinctions between, say, cannabis and heroin, and discuss the relative levels of harm. If they see that you have a realistic view of the risks, they'll be more likely to listen to you.

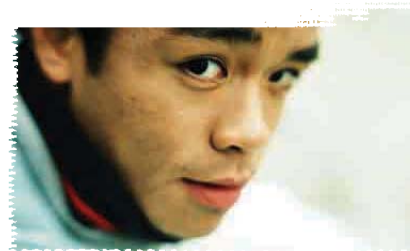
what's the harm?

Every drug has its highs and lows. But there are general risks involved in taking all drugs. Which of these statements do you think are facts and which are fiction?

	Fact	Fiction
A If you're going to buy drugs, it's best to buy from someone you know so that you know what you're taking.		
B If you stick to drugs you've taken before, you're safe because you know how you react to them.		
C It's hard to know the strength or purity of a drug – this can lead to accidental overdose.		
D It can be dangerous to mix different drugs – this includes taking a drug and drinking alcohol.		
E Drugs are a slippery slope. Start on the softer drugs and you'll soon be taking the harder stuff.		
F If you give drugs to friends, you can be charged with supplying.		
G People with a drug conviction can have problems getting visas to travel to some foreign countries.		
H Volatile substances (including gases, glues and aerosols) can kill the first time they're used.		

How did you score?

A, B and E are false.
A – No-one can ever be sure of what they're taking. Drugs are not always pure, and users can't know what they've been mixed with.
B – You can never be sure how a drug will affect you – even if you have taken it before.
E – Some people who become problematic users start on softer drugs. But most people who take soft drugs do not move on to harder substances.
 It's even more dangerous to mix different drugs and some combinations can be fatal.



“My mum thinks all drugs are addictive and keeps saying I'll end up a junkie. I know people who've taken acid and been fine. She doesn't know what she's talking about.” Mark, 15

Other risks

Health

- > all drugs can affect a young person's health in different ways
- > some effects are from long-term use, such as liver, kidney and heart problems
- > there are also immediate risks, such as overdose. Perfectly fit young people have died from a heart attack after taking drugs – especially volatile substances (like gases, glues and aerosols)
- > if there's a history of mental health problems in the family, taking drugs can be particularly risky

Financial

- > drugs aren't necessarily expensive. Household products such as glue and aerosols can be used as drugs, for example. The price of an E can be less than a pint of lager and even cocaine is now much cheaper
- > however, frequent or problem drug use can get people in debt

Social

- > for some people, drugs are a way of bonding with friends and people they meet
- > drug use can start to take over your life and damage your relationships
- > there is also the risk that friendships based around drug use will make it more difficult for some people to stop taking drugs

Personal safety

- > if your child is 'off their head' or having a bad experience on drugs, they are more vulnerable to assault
- > when they take drugs, young people are also more likely to make decisions they'll regret – such as having unprotected sex. Taking drugs also increases the risk of being involved in an accident

FRANK facts

It's hard to tell what the effects of a drug will be. It will vary depending on who's taking them, their state of mind, what the drug is mixed with and where it is being taken.

talking drugs

Most young people would trust their parents out of a range of authority figures – including policemen and teachers. Your opinions do matter to them, even if it doesn't seem like it sometimes!

If you don't talk, someone else might

You'll know when it's time to speak to your child about drugs, but it might be earlier than you think. Even young children might start asking questions about things they've heard at school. Don't leave them to pick up information from their friends or TV. It's likely that your child trusts you – even if they

don't show it. You're the right person to talk to them about drugs. Give them accurate information; make sure they know your views so they know where they stand with you.

Younger children are less likely to question authority and more willing to share their thoughts with you. But, as they get older, children want more independence and are often less likely to discuss their views with their parents. Keep communication channels open by taking an interest in their day and what they're learning at school. Make it clear that their safety and wellbeing are important to you.

"I spoke to all my kids about drugs early on, and I'm glad I did. One of them told me as soon as a friend of hers started taking drugs, and we were able to talk about it."

Top tips for talking

Find out the facts about drugs before you start the conversation.

Think about how will you react if they say they have used drugs.

Don't make assumptions about what they know or do.

If they say they've used drugs, stay calm and don't panic.

If they say they don't but you think they're lying, don't accuse them.

Pick a good time to talk. Don't do it before they rush off to school. Or, if they are using drugs, don't confront them when they're high.

Use opportunities to talk. Stories in the media about drugs, or drug-related storylines on TV can be useful springboards for a conversation.

Listen with respect to what they have to say. And don't lose your temper if you disagree with your child's opinions. It might make them rebel more.

Let them know you're there for them – that they can talk to you about drugs.

Set boundaries. Make it clear what your house rules are so they know what you will and won't accept.



"I thought mum would go nuts when I told her I'd taken drugs. She wasn't happy but we had a chat and she didn't go crazy. She said she'd be there for me." Jasmine, 15

Call on your friends. If you or your child are too embarrassed to talk, why not ask someone close to speak to them. And you or your child can always talk to FRANK in confidence on **0800 77 66 00** or log on to **talktofrank.com** if you have any questions about drugs or need advice.

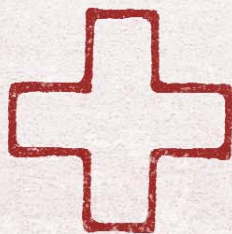
If a child is high on drugs, don't scare them, shout at them or chase after them as this can be dangerous.

FRANK information

FRANK has more leaflets on drugs, including ones designed for young people. Call **0800 77 66 00** for a free copy.

"The most important thing I've ever done is to tell my kids that it's ok to say no to drugs if their friends are taking them. Help them feel confident and let them know that they can talk to you if they want to."

safety first



Help your child stay safe

You can't be with your child 24 hours a day. So what can you do to lessen the chance that they might try drugs? Or help them reduce the risks if they do?

Signs of drug use

Moody, not bothered about personal hygiene, not interested in anything, staying out late, falling out with old friends and in with a new crowd. Are they just being a teenager? Or are they using drugs? There often aren't any clear signs, but things to look out for include:

- > loss of appetite, drowsiness, poor hygiene or appearance
- > mood swings
- > red-rimmed eyes and/or a runny nose
- > uncharacteristic loss of interest in school, hobbies and friends
- > money going missing regularly for no apparent reason
- > unusual equipment found around the house, such as burnt foil, torn cigarette packets, empty aerosols, home-made pipes or syringes

Helping your child stay safe

Remember that emergencies are very rare. But sometimes people can have a bad reaction to drugs. They could have a bad trip and get anxious and panicky. Or become overheated and dehydrated. It's best to be prepared, just in case, so that you know what to do if your child falls ill after taking something.

First things first

- > try not to panic
- > calm them and be reassuring
- > try to find out what they've taken
- > explain that the feelings they're having will pass
- > stay with them
- > if you are worried at all, call 999 and ask for an ambulance



If your child is tense and panicky

This can happen with: cannabis, ecstasy, LSD, magic mushrooms, speed

What to do:

- > sit them in a quiet room
- > keep them away from crowds, bright lights and loud noises
- > if they are breathing very quickly, tell them to take long, slow breaths

If your child is really drowsy

This can happen with: heroin, tranquillisers and volatile substances (which include gases, glues and aerosols)

What to do:

- > sit them in a quiet place and try to keep them awake
- > don't frighten them or let them exert themselves – it can be dangerous. A sudden fright can kill someone who is high on volatile substances
- > never give them coffee to wake them up
- > if symptoms continue, place them in the recovery position
- > if they don't start to become more alert, call an ambulance straight away

If your child is too hot and dehydrated

This can happen with: ecstasy and speed

What to do:

- > move them to a quiet, cooler place
- > take off excess clothing to help them cool down
- > give them non-alcoholic drinks like fruit juice, sports drinks or water to sip (no more than a pint an hour)

If your child is unconscious

- > **dial 999 straightaway**
- > **place them on their side in the recovery position**
- > **stay with them** until the ambulance comes
- > **if you know what they have taken tell the ambulance crew** or, if you've found drugs, hand them over so that they know what they're dealing with. Neither you nor your child will get into trouble and it could save their life

The Classes of illegal drugs

Drugs are divided into Class A, B or C, according to the harm they can do. Class A drugs are the most harmful and likely to be more addictive. The penalties for being caught with drugs are different, depending on the Class and the circumstances.

Possession

If they catch someone with drugs, the police will always take action, even if it's only a small amount. What happens depends on the circumstances. The police might issue a warning and confiscate the drugs – especially with Class C drugs like cannabis. With under 18s, the police will also contact their parent or guardian.

The police will think it's more serious if the drugs are Class A or if this isn't the first time the person has been caught with drugs.

Supply

Supplying (or intending to supply) illegal drugs is treated more seriously than possession. This is often called 'dealing' and includes giving drugs to mates, even if it's for free. Looking after drugs for someone and then giving them back can also lead to a charge of supplying drugs.

A drug dealer could end up in jail for a long time.
(See the maximum penalties table on the opposite page).

Drug-driving is as illegal as drink-driving and carries the same penalties.

Maximum penalties

If someone is caught with drugs, here's what could happen.

DRUG

MAXIMUM PENALTIES

Class A – cocaine and crack cocaine, ecstasy, heroin, LSD and magic mushrooms (raw or processed)

Possession – 7 years in prison and an unlimited fine

Possession with intent to supply – Life in prison and an unlimited fine

Class B – crystal meth (soon to be Class A), speed (speed is Class A if prepared for injection)

Possession – 5 years in prison and an unlimited fine

Possession with intent to supply – 14 years in prison and an unlimited fine

Class C – anabolic steroids, cannabis, ketamine and tranquillisers

Possession – 2 years in prison and an unlimited fine

Possession with intent to supply – 14 years in prison and an unlimited fine

Having a criminal record can affect a young person's future. This includes getting a job or even going on holiday abroad.

FRANK facts

Allowing your child to take drugs in your home – including smoking cannabis – is against the law. You might also face criminal charges if your child produces, gives away or sells illegal drugs in your home.

ABC of drugs

The following pages give you information on some of the more commonly used drugs – what they look like, their effects and possible risks. FRANK can give you more detailed information on specific drugs.

Call **0800 77 66 00** or log on to **talktofrank.com**

Class A...

Cocaine

coke, charlie, snow, C



Can cause physical and psychological dependence

Looks like/used:

- > white powder
- > snorted up the nose or sometimes dissolved and injected

Feels like:

- > sense of wellbeing, alertness, confidence
- > effects last roughly 30 minutes
- > people are often left craving more

Possible side-effects and risks:

- > tiredness and depression for one or two days after use – sometimes longer
- > chest pain and potentially fatal heart problems
- > convulsions or fits if they regularly take a lot

- > injecting can damage veins
- > sharing injecting equipment carries a risk of catching dangerous infections like hepatitis B or C and HIV/AIDS
- > an expensive habit that's hard to control

Crack cocaine

crack, rock, wash, stone

Can cause physical and psychological dependence

Looks like/used:

- > small raisin-sized crystals (a form of cocaine)
- > smoked
- > injected

Feels like:

- > the same effects as cocaine, but a more intense and shorter 'high'

Possible side-effects and risks:

- > the same risks as cocaine but even harder to control as the high can be so intense. Smoking can cause breathing problems including 'crack cough' and 'crack lung'



Ecstasy

e, pills, brownies, burgers, hug drug, 'Mitsubishis', 'Rolex's', 'Dolphins',



Can cause psychological dependence

Looks like/used:

- > tablets of different shapes, size and colour (but often white)
- > increasingly common in powder form
- > swallowed

Feels like:

- > feeling alert and in tune with the surroundings
- > sound, colour and emotions seem much more intense
- > feeling able to dance for hours
- > feeling great love for other people
- > effects last from 3-6 hours

Possible side-effects and risks:

- > tiredness and depression for days afterwards
- > liver, kidney and heart problems
- > possible memory loss
- > possible brain damage causing depression in later life
- > risk of overheating and dehydration if dancing energetically without taking breaks or drinking enough fluids (people on ecstasy should sip no more than a pint of non-alcoholic fluid such as fruit juice, sports drinks or water every hour)
- > tolerance can build up, meaning people need more to get the same high
- > you can never tell what's in a pill – there could be other risks and side effects

Heroin

smack, brown, horse, gear, junk, h, jack, scag

Can cause physical and psychological dependence

Looks like/used:

- > brownish-white powder smoked, snorted or dissolved and injected

Feels like:

- > in small doses gives a sense of warmth and wellbeing
- > in larger doses, makes people drowsy and relaxed

Possible side-effects and risks:

- > the first dose of heroin can bring about dizziness and vomiting
- > can result in overdose, coma and in some cases death
- > overdose is more likely if mixed with other drugs, including alcohol
- > risk of death from inhaling vomit, as heroin stops the body's cough reflex
- > injecting can damage veins
- > risk of catching dangerous infections like hepatitis B or C and HIV/AIDS through sharing injecting equipment
- > those with a habit may end up taking the drug just to feel normal



LSD

acid, trips, tabs, blotters, microdots, dots



Can cause psychological dependence

Looks like/used:

- > 1/4-inch squares of paper, often with a picture on one side
- > microdots and dots are tiny tablets
- > can also be a liquid
- > swallowed or sometimes injected

Feels like:

- > effects are known as a 'trip' and can last for 8-12 hours
- > people experience their surroundings in a very different way
- > sense of movement and time may speed up or slow down
- > objects, colours and sounds may be distorted

Possible side-effects and risks:

- > can complicate mental health problems
- > once a trip starts it cannot be stopped
- > trips can be 'bad' which can be terrifying
- > 'flashbacks' can be experienced where parts of a trip are re-lived some time after the event



Magic mushrooms

liberties, magics, mushies, liberty cap

Can cause psychological dependence

Looks like/used:

- > small skinny mushrooms, usually brown
- > eaten raw, dried, cooked in food, or stewed into a tea

Feels like:

- > similar effect to LSD, but the trip is often milder and shorter (about 4 hours)

Possible side-effects and risks:

- > stomach pains, sickness and diarrhoea
- > can complicate mental health problems
- > eating the wrong kind of mushroom can cause serious illness and even fatal poisoning

Class B...

Speed

amphetamines, whizz, uppers, amph, billy, sulphate

Can cause psychological dependence

Looks like/used:

- > grey or white powder or tablets
- > snorted (powder), swallowed, smoked, injected or dissolved in a drink

Feels like:

- > being alert and excited with a racing mind, feelings of confidence and energy

Possible side-effects and risks:

- > loss of appetite
- > tiredness and depression for one or two days after use – sometimes longer
- > some people feel tense and anxious while taking the drug

- > high doses repeated over a few days can cause panic and hallucinations
- > long-term use puts a strain on the heart
- > using a lot over the years can lead to mental illness or dependence
- > taking it with Viagra can increase the risk of heart problems

Methylamphetamine (also known as methamphetamine or crystal meth) is a form of amphetamine. It gives an intense rush similar to crack cocaine but the effects can last up to 12 hours. Side effects include sleeplessness, weight loss, seizures, skin ulcers and mental health problems. It can also cause physical and psychological dependence.

The Government is reclassifying crystal meth so it will soon be a Class A drug.

Class C...

Anabolic steroids

'Roids, Sustanon, 250, Deca-Durabolin, Dianabol, Anavar, Stanozolol



Can cause psychological dependence

Looks like/used:

- > tablets which are swallowed
- > liquids which are injected

Feels like:

- > feelings of aggression and able to train harder (so popular with athletes)
- > helps build up muscle
- > helps recovery from strenuous exercise

Possible side-effects and risks:

- > for men: erection problems, breast growth, shrinking testicles, sterility, acne, increased chance of liver failure and heart attack
- > for women: facial hair, deepening voice, shrinking breasts, possible miscarriage and stillbirth
- > dramatic mood swings, depression, paranoia and sleep problems
- > stops young people growing properly
- > damage to veins and muscles if injected

Tranquillisers

jellies, benzos, eggs, norries, rugby balls, vallies, moggies, mazzies, roofies, downers



Can cause physical dependence

Looks like/used:

- > tablets or capsules
- > swallowed (or sometimes injected)
- > some people are prescribed them by their doctor

Feels like:

- > feeling calm and mentally slower
- > relief from tension and anxiety
- > in larger doses can make people drowsy and forgetful

Possible side-effects and risks:

- > some can cause a temporary loss of short-term memory
- > some people can suffer panic attacks when trying to quit
- > extremely dangerous if mixed with alcohol
- > very dangerous if injected

Cannabis

marijuana, draw, dope, blow, weed, puff, shit, hash, ganja, spliff, wacky backy



Can cause psychological dependence

Looks like/used:

- > solid, dark lump ('resin')
- > leaves, stalks and seeds ('grass')
- > stronger varieties often called 'skunk'
- > can be rolled (usually with tobacco) in a spliff or joint, smoked on its own in a special pipe, or cooked and eaten in food

Feels like:

- > people feel relaxed and talkative

Possible side-effects and risks:

- > reduced ability to learn and concentrate
- > craving for food (the 'munchies')
- > possible memory loss
- > tiredness and lack of energy
- > lower motivation
- > paranoia and anxiety
- > worsening of existing mental illnesses
- > breathing disorders, including lung cancer
- > cooking the drug then eating it makes the effects more intense and harder to control
- > using it regularly can cut a man's sperm count and stop ovulation in women
- > could get hooked on cigarettes if smoked with tobacco
- > can trigger mental health problems in some, especially if these things run in the family
- > can make an existing mental health problem worse

Ketamine

green, k, Special k, super k, vitamin k (often passed off as ecstasy)



Can cause psychological dependence

Looks like/used:

- > grainy white powder or tablet
- > can be a liquid
- > swallowed

Feels like:

- > a numbing of the body and the senses
- > often described as an 'out of the body' experience
- > can hallucinate (as with LSD)
- > the trip lasts for up to an hour, the after-effects often felt for a few hours afterwards

Possible side-effects and risks:

- > panic attacks, depression and worsening of mental health problems
- > some people are physically unable to move when on the drug
- > people can injure themselves accidentally through not being able to feel pain
- > if a lot is taken, especially with alcohol, it can slow down breathing and heart rate to dangerous levels
- > very dangerous if mixed with other drugs. Mixing with ecstasy or speed can cause high blood pressure. With depressants (like alcohol or heroin), can make someone unconscious
- > people can die from inhaling their own vomit

other highs (and lows)



Some substances are treated differently by the law. Alcohol, tobacco and glues are all legal in some circumstances, but they are restricted because they can cause harm.

Alcohol

Feels like:

- > exaggerates the mood (good or bad!)
- > can reduce inhibitions and make people feel more sociable
- > can reduce feelings of anxiety

Possible side-effects and risks:

- > can make some people aggressive
- > increased risk of being involved in violence (especially boys), being sexually assaulted (especially girls), having an accident or being robbed
- > unsafe sex
- > mixing drinks or mixing drink with drugs can be very dangerous
- > if unconscious, increased risk of choking on own vomit
- > alcohol poisoning (which can be fatal)
- > heart and liver damage and risk of some cancers especially stomach, mouth and breast cancer
- > **addictive for some people**

It's legal:

- > for over 18s
- > for 16 and 17 year olds to have beer or cider with a meal in a bar or restaurant if bought for them by an adult who is with them

Did you know?

- > **one unit of alcohol is half a pint of beer, lager or cider; one small glass of table wine; or a single measure of spirits**
- > **men should drink no more than three to four units a day, and women two to three units**
- > **coffee doesn't sober you up; only time helps the body get rid of alcohol**
- > **alcohol dehydrates the body**



Poppers

Looks like/used:

- > small bottles filled with gold-coloured liquid chemicals (called amyl nitrate)
- > sniffed straight from the bottle or from something absorbent, like a cloth or from the end of an unlit cigarette

Feels like:

- > a short, sharp head rush that lasts a couple of minutes
- > used to enhance sexual experiences
- > boosts the effect of other stimulants like ecstasy

Possible side effects and risks:

- > nausea, and feeling faint and weak (especially if taken when dancing)
- > severe headache and a rash around the mouth
- > some men can have difficulty getting an erection after sniffing poppers

- > can burn the skin and can be fatal if swallowed
- > highly flammable
- > dangerous for people with chest or heart problems, anaemia or glaucoma and for people using Viagra or other medications that affect blood pressure

It's legal:

- > to possess or use poppers
- > to sell them in certain circumstances (sex shops, clubs and gay bars often sell them as room aromas or deodorisers)

Did you know?

- > **medicinal amyl nitrate comes in glass capsules plugged with cotton wool. Pulling out the cotton wool makes a popping sound – this is how poppers got their name**
- > **traditionally, poppers have been mainly used in the gay community, but their use is now more widespread and is particularly on the increase among 11-15 year olds**

Volatile substances

(including gases, glues and aerosols)

Looks like/used:

- > products such as gas lighter refills, butane cans, aerosols containing products such as hairspray, deodorants and air fresheners, nail varnish, tins or tubes of glue, some paints, thinners and correcting fluids
- > sniffed or breathed into the lungs from a cloth, sleeve or plastic bag
- > gas products are sometimes squirted directly into the back of the throat

Feels like:

- > effects feel similar to being very drunk including excitement, happiness, slurred speech and loss of concentration
- > can make some people hallucinate
- > effects don't last very long, but people can remain intoxicated all day by repeating the dose

Possible side effects and risks:

- > nausea, vomiting, black-outs and potentially fatal heart problems
- > can cause instant death
- > risk of suffocation
- > accidents can happen when someone is high because their senses are affected. Using with drugs and alcohol can increase the risk
- > long-term abuse of glue can damage the brain, liver and kidneys
- > **can cause psychological dependence**

It's against the law:

- > for shopkeepers to sell gas lighter refills to anyone under 18
- > for shopkeepers to sell gases, glues and aerosols to under-18s, or to people acting for them, if they suspect the product is intended for misuse

Did you know?

- > **sniffing is more common among 11-12 year olds than older children**
- > **misuse of volatile substances causes more deaths among young people aged 10-16 than Class A drug use**
- > **abusing volatile substances can cause instant death, even if it's the first time**



Tobacco

Looks like/used:

- > dried and shredded (brown) leaves of the tobacco plant
- > smoked or chewed
- > sometimes, cannabis is added to make a 'spliff' or 'joint'

Feels like:

- > smokers say it relaxes them and makes them feel better

Possible side effects and risks:

- > first time smokers often feel dizzy or sick
- > nicotine speeds up the heart rate and raises blood pressure
- > suppresses the appetite
- > increased ageing of the skin
- > risk of lung damage including emphysema and cancer
- > increased chance of heart problems
- > smoking during pregnancy increases risk of miscarriage or low birth weight

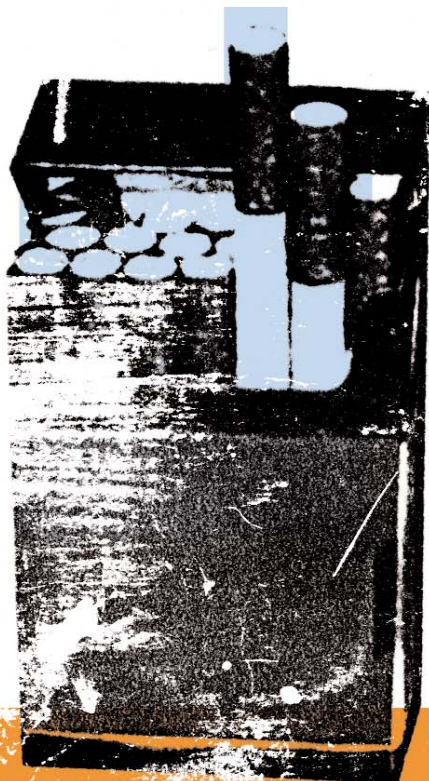
>addictive

It's against the law:

- > to sell cigarettes, tobacco or tobacco products to under-16s

Did you know?

- > **tobacco smoke contains over 4,000 chemicals including arsenic, caffeine, mercury, lead and tar**
- > **smoking any drug gets it to the brain quickly**
- > **smoking contributes to 120,000 premature deaths each year in the UK**



For friendly, confidential advice on drugs 24 hours a day, call **FRANK on 0800 77 66 00**. There's also a textphone for the hard of hearing 0800 917 8765. Or you can email frank@talktofrank.com. And don't forget to log on to **talktofrank.com**

Useful organisations

Adfam

Support materials for people with a family member who takes drugs. Can help you find local support groups.
tel: 020 7928 8898
www.adfam.org.uk
admin@adfam.org.uk

Childline

Free 24-hour helpline for children or young people in trouble or danger.
0800 11 11
www.childline.org.uk

Parents Against Drug Abuse (PADA)

Supporting parents of drug users.
tel: 08457 023 867
www.pada.org.uk
admin@pada.org.uk

Parentline Plus

Support and information for anyone parenting a child.
tel: 0808 800 2222
www.parentlineplus.org.uk
centraloffice@parentlineplus.org.uk

Young Minds

Free confidential helpline providing information and advice for any adult with concerns about the mental health of a young person.
tel: 0800 018 2138
www.youngminds.org.uk

Re-Solv

Charity dedicated to the prevention of volatile substance abuse. Information and advice via FRANK on **0800 77 66 00**
www.re-solv.org

Websites

www.drugscope.org.uk

In-depth information on all aspects of drugs use.

www.e-parents.org

Online resource for parents on various topics.

www.familyrapp.com

Answers to parenting questions – includes a drugs section.

www.thesite.org

A guide to the 'real world' for young people aged 16-25.



FRANK

0800 77 66 00

talktofrank.com

FRANK is available in 120 languages, 24 hours a day, 7 days a week. Calls are free from landlines and some mobiles. You can talk to FRANK confidentially:

- > on **0800 77 66 00**
- > by textphone (for the hard of hearing)
0800 917 8765
- > by emailing
frank@talktofrank.com

FRANK can also tell you what services are available in your area.