



WITTON MIDDLE SCHOOL
Old Coach Road, Droitwich Spa, Worcestershire WR9 8BD

Telephone: (01905) 773362
E-mail: office@witton.worcs.sch.uk
Headteacher: Mrs Cath Crossley

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Dear Parent/Carers,

In PSHEC this term, every class will be receiving a Drug Awareness session delivered by a Droitwich police officer who is trained to teach, advise and support our pupils.

The aim of the Drug Awareness session is to:

- develop the skills that young people need to lead a safe and healthy life such as identifying dangers, knowing when to seek help, making responsible decisions and speaking assertively;
- give students the confidence to use a range of refusal and coping strategies that can help them resist the pressures and influences from others and therefore can keep them safe;
- discuss the consequences of alcohol and other drug use. Not only the physical effects on our body but also the social, emotional, financial and legal implications.

We hope that you will support us in this opportunity to talk with your child but if you would like further guidance before doing so, please see the attached fact sheet.

Please contact me if you require further information.

Yours sincerely,

Jilly-Anne Diggett
PSHEC Co-ordinator

Drugs: how to talk about them

Guidance provided by the NSPCC, 2018

Children are less likely to take drugs than try alcohol. But like with alcohol, it's better to talk with your child early.

Where to start:

It can be difficult to know how and when to start. Try having brief, open and relaxed conversations.

You could try using cues such as drug issues happening on TV, in the media or Personal, Social and Health Education (PSHE) projects at school to start a conversation.

Discuss the Risks

Teaching your child about the effects of drugs can help them to make a decision for themselves and make sure they're aware of the risks.

Drugs can:

- affect their physical and mental well-being
- make them vulnerable to harm
- expose them to exploitation

Read *Frank's* glossary of drugs which includes their slang names, effects, risk and the law.

If you don't feel confident talking about drugs, try familiarising yourself with them beforehand. Remember it's okay if they ask you something you don't know. You could even look on the *Frank* website together.

Worried about drugs?

If you're worried about your child's behaviour, you could speak to your GP. They'll be able to:

- refer your child for local support and treatment services
- refer them for counselling
- talk to you about how you or other family members are coping.