

# Where's the Harm

Children are less likely to take drugs than alcohol but it is better to discuss the risks as early as possible. If you don't, they may end up getting the wrong information and make poor choices.

## Drugs can:

- Affect their physical and mental well-being
- Make them vulnerable to harm
- Expose them to exploitation

Your child will get drugs education in secondary school. Discuss what they have learnt, it's important to respect their views and for you to set clear limits and boundaries.

Talk to Frank - honest and useful information about drugs, including risks, the law and how you can support your child [www.talktofrank.com](http://www.talktofrank.com)

The effects of taking drugs are varied, it depends upon who is taking them, what the drugs is, if it has been mixed with something and where the person takes them.

## Main effects

- Physical and mental health and personal safety
- Drugs can affect the part of the brain used for learning/ remembering which can impact upon daily functioning at school, college or work.
- Regular drug use can lead to debt.

# Drugs

Keeping your children safe



## Supporting your child

If you suspect they are taking drugs, encourage them to be honest with you, stay calm and ask them what they are taking. It's also important to find out why they are taking drugs, it could be due to stress, peer pressure or to boost their confidence.

Whatever the reason listening to what they say and how they feel can give you an idea of how you can help. If you are worried about your child's use of drugs you can speak to your local young peoples treatment service.

We Are With You in Lancashire  
[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

## The Law

If your child is caught in possession of a controlled drug, they have committed a criminal offence. This will be recorded by the police and could lead to them being prevented from taking up certain jobs or from visiting some countries.

For a first offence your child may receive a warning or a caution. If they are between 10- 17 years old and commit further offences, they could be dealt with by a Youth Court.

As a parent you risk breaking the law by turning a blind eye. If you allow the smoking of cannabis, or the use of any other illegal drug in your home, this is also an offence and you could lose your job as a result.

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