

The All Wales School
Liaison Core Programme

News Letter Autumn 2012



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Welcome

Dear Colleague,

We hope your new term is going well. We would like to welcome you to our first, termly Newsletter that aims to keep you up to date with the All Wales Schools Liaison Core Programme (AWSLCP) and inform you about the issues that are affecting our children and young people.

Special Feature: NEDs

NEDs are psychoactive substances or drugs that are not controlled under 'The Misuse of Drugs Act', and are therefore legal to possess

However, legal can be a misleading term because most of the substances are regulated by the Medicines Act, which makes them illegal to sell supply or advertise for human consumption.

Young people are often unaware about the truth about NEDs. There are some myths surrounding their use:



Myth #1

They are safer because they are legal

Phil Yates a government forensic scientist, said: "If something's advertised as a legal high, people might think somehow the government have sanctioned it and so it's safe to take. Really, all it means is that nobody's tested it; nobody knows if it's safe. These are completely unknown quantities". Users are effectively human guinea pigs. Just like illegal drugs, NEDs are not regulated. You don't know what you're buying, how much you should be taking or what the side effects might be.

Myth #2

They are more pure than illegal drugs

The chemical compositions of NEDs are continually changing. You never know what you're getting. So a user's last trip on a synthetic NED might have been fine, but that 'version' of the drug might have since been banned. The next trip may be completely different and not just plain sailing, as the user is experimenting with a new substance.

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Once dealers catch on that there is a profit to be made in NEDs, they stock pile them and then can treat them as they would the illegal substances they sell. For example they can cut NEDs with other substances to bulk them out and therefore make the dealer more money. Also cutting legal substances on the same work surfaces as illegal can lead to cross contamination. Until a NED is analysed in a lab there is no way to know what is exactly in it.



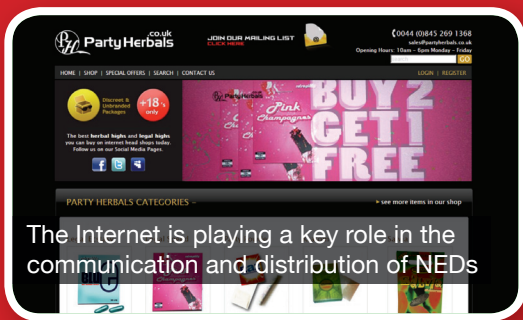
Myth #3

You can't get arrested if you have them

Many NEDs are currently unclassified which means that in law the drug has not been given a classification of A, B or C. Classification makes drugs illegal to possess, supply or manufacture. The drugs Act of 1971 was introduced to control substances that were shown to be extremely harmful to people. NEDs are being evaluated and monitored to establish their level of harm to people. Some have become illegal like Mephedrone on 16/04/2010 with NRG-1 since 13/07/2010 and 2-DPMP on 13/06/2012.

The Misuse of Drugs Act 1971 has been amended to enable the Home Secretary to place any psychoactive substance not currently controlled under the Act (as Class A, B or C) under temporary control by invoking a Temporary Class Drug Order. This new power was available from 15 November 2011.

It is important that young people understand that if they are in possession of an unknown substance then they can expect to get arrested. The arrest is made on the basis that the police officer would have reason to believe they had in their possession a controlled substance. This would mean the experience of being taken to a police station, being further searched and their parents being informed and their home searched.



The Internet is playing a key role in the communication and distribution of NEDs

Tests on the substances often reveal them to still contain illegal substances like mephedrone or naphyrone

Plant based and synthetic NEDs

An example of an herbal NED is Salvia Divinorum, a short acting hallucinogenic leaf, which is smoked, chewed or taken as a tincture by users.

An example of a synthetic NED is Benzo Fury (Benzofuran) an amphetamine-based drug from the same family of chemicals as MDMA (Ecstasy). It is sold in a range of forms to include pellets, capsules and powder. Some pellets appear with the letter 'B' printed on them.

- Depressants – slow down the way the mind or body works
- Stimulants – speed up the mind and body
- Hallucinogens – act on the mind distorting the senses
- Opiates – narcotic analgesic (having pain killing effects)



You may find clearer evidence with the discovery of drugs or something you believe to be drugs. This may be in the form of powder, liquid, a tablet, leaves in our out of packages. Accidents are more likely to occur under the influence of these substances so the young person may have inexplicable injuries.

Alcohol is a depressant and when mixed with other depressants it can slow the heart and breathing down, leading to a coma and even death.

Signs a young person may be taking NEDs

Signs of using NEDs may very well be similar to the use of illegal substances. NEDs have chemicals that alter brain function resulting in temporary changes in perception, mood consciousness or behaviour.

- Appearance – Seeming to be intoxicated, unexplained weight loss, loss of interest in appearance, eyes looking different, skin problems, unusually energetic
- Behaviour – Unpredictable, unreasonable, deterioration in school performance, stealing money, changing social circle
- Personality – Mood swings, irritable, tired, withdrawn, depressed, poor concentration, unusually chatty.

School Beat Protocol

For guidance in how to deal with school based incidents around drugs please refer to your School Beat Protocol. A copy of this guidance should be available in your school and is on our website.

Drugs advice and support is also available at www.dan247.org.uk.

What's new?

From September, there have been some changes to the lessons in the Core Programme. Also there are new assemblies available.

Lessons

- Rue the day (Drugs lesson) moved from KS4 to KS3
- Class Act (Drugs lesson) updated and moved from KS3 to KS4
- Sticks and Stones (Anti-bullying) updated lesson for KS2
- SMART (Internet safety) brand new lesson for lower KS2

Assemblies

- NEDs (KS3/4)
- Risky business (personal safety) KS4

Coming soon!

- New Mobile Phone lesson KS2
- Alcohol assembly KS3
- Drugs assembly KS2
- Drugs assembly KS3
- Dangers of Methadone KS4
- Anti-bullying Assembly KS2
- Anti-bullying assembly KS3
- Anti-social behaviour assembly KS3
- Sensitive issues – sexual offences in teen relationships short presentation KS4
- Domestic abuse in teen relationships short presentation KS4

National Joint Working Agreement

This term in all secondary schools, Schools Community Police Officers (SCPOs) will be asking all PSE coordinators to plan the lesson deliveries they make using a new and simple checklist form, which captures more effectively our service in partnership with schools. It is being piloted in a selected number of areas with primary schools.

B.A.N.G.

Remember B.A.N.G. anti-social behaviour assemblies in support of keeping Halloween and Bonfire night safe.

There's loads of info and advice about NEDs in the Teacher & Pupil sections of the SchoolBeat website



Secondary Teacher Conference 2013



Events in January 2013

North Wales 17th
South West Wales 29th
South East Wales 31st

Conference themes

- NEDs and performance enhancing drugs
- Internet Safety
- Bullying & domestic abuse

I always leave these conferences with so much knowledge that I never feel that it was a waste of time!

Levels 1 & 2 Restorative Approaches training

Restorative Approaches provide an underpinning ethos and philosophy for making, maintaining and repairing relationships and for fostering a sense of social responsibility and shared accountability.

When harm has been caused by inappropriate, sometimes thoughtless, negative behaviour then all sides need:

- A chance to tell their side of the story and feel heard
- To understand better how the situation happened
- To understand how it can be avoided another time
- To feel understood by the others involved
- To find a way to move on and feel better about themselves

* Most SCPOs can facilitate restorative conferences within any school setting
Many SCPOs can also offer Free RA Level 1 & 2 Inset training to staff at secondary school.



Parents taking part in a drugs awareness training session



Above Mark Lancet speaking at the 2012 Teacher Conference

I have found www.schoolbeat.org an invaluable source of up to date, relevant and creatively designed lesson resources. It is an integral part of our PSE programme!