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The All Wales School Liaison Core Programme

Newsletter

Autumn 2015



Llywodraeth Cymru
Welsh Government



Dear Colleague,

We hope you've had an enjoyable summer holiday.

This autumn's issue is packed full of interesting features, including a special feature on **New Psychoactive Substances**.

Contents...

SPECIAL FEATURE

New Psychoactive Substances	p 2-4
Real or No-real – Internet Influence on NPS	p 5
Hwb Wales – The E-Safety Zone	p 7
Drug in the spotlight – Cocaine	p 8
What's new?	p 10

New Psychoactive Substances



“ Not enough is known about how many people are taking NPS and what harms they can cause. ”

National Assembly for Wales Inquiry into Psychoactive Substances 2015

- **New Psychoactive Substances (NPS)** are synthetic versions of drugs, which mimic the effects of illegal drugs.
- The term **NPS** covers a variety of herbal and plant products, synthetic chemical compounds and even gases.
- **NPS** are referred to in the media as **'Legal Highs'** which is both mis-leading and mis-informs people making them think that these substances are somewhat safer to take.





Why do young people take NPS?

There are many reasons they may be attracted to trying NPS, formerly called NEDs:

- A young person may be curious about drugs
- NPS are perceived as legal, the young person may think they are safe
- NPS are relatively cheap to buy and easily available online
- Young people may be subject to increasing peer pressure and will take a substance to fit in with a particular group
- NPS are marketed as being legal and therefore young people perceive them as being safe.

Things to remember about NPS

- Legal does not mean that they are safe
- Risks include the reduction of inhibitions, drowsiness, excited or paranoid states, coma, seizures and death
- Risks are increased if used with Alcohol or other drugs
- They have similar health risks to drugs like Cocaine, Ecstasy and Speed
- They are easily accessible to young people
- It is likely that NPS may actually contain one or more substances that are actually illegal.



Can young people get into trouble if they are caught with NPS?

Young people can be arrested for being in possession of NPS as they may contain an illegal substance.

The found substance may be tested to determine what it is.

Any arrest and/or conviction will remain on the person's record and would show on any future DBS checks conducted by employers. It is not something to be taken lightly.



New Psychoactive Substances

Things to look out for

Signs and symptoms of using NPS may very well be similar to the use of illegal substances.

Substances may affect users differently.

APPEARANCE – Intoxication, weight loss, loss of interest in appearance, eyes looking different, skin problems, unusually energetic

BEHAVIOUR – Unpredictable, unreasonable, deterioration in school performance, criminal activity, changes in social circle

PERSONALITY – Mood swings, irritability, tiredness, withdrawn, depressed, poor concentration, unusually chatty



In support of your school's PSE programme, The All Wales School Liaison Core Programme has responded by creating a new lesson called New and Nasty, with a focus on NPS for Key Stage 3. Also available is a presentation aimed at parents and available for use in schools, delivered by School Community Police Officers.

Please contact your SCPO for more information or to arrange a lesson delivery.

Rhaglen Graidd Cyswilt Ysgolion Cymru Gyfan
All Wales School Liaison Core Programme

New Psychoactive Substances



Cyffuriau Seicoweithredol Newydd CA3
New Psychoactive Substances KS3

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NPS and the Law

It is illegal to produce, supply, offer to supply, possess with intent to supply, import or export psychoactive substances.

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'Real or no-real?'

The Internet provides opportunities for children and young people to access information relating to drugs. Some online information can be unreliable with some sites normalising drug misuse.



Some online sites are managed by drug users themselves. This in itself is of concern as it's difficult for the individual to validate the information that's presented to them. Young people are particularly vulnerable to this and evidence has shown that young people find it difficult knowing which sources of information to trust.



Often NPS are referred to as 'Legal Highs' which can mislead some people in to thinking that they are safer versions of illegal drugs. Policing the Internet is difficult therefore it is important that we direct our young people to reliable sources of information.



gwybodaeth, cyngor a chymorth ar gyfer eich bywyd
information, advice and support for your life

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

How reliable is the Internet?

How will I know if the online information relating to drugs is reliable?

- Look for sites from established organisations e.g. **DAN 24/7**
- Look for sites managed by Health Specialists, Police or Drug Counsellors
- Check the date of the site
- Stay clear of commercial sites
 - If a site is selling an NPS, then the information is most likely unreliable
- Avoid anonymous authors
 - They may not want to be responsible for their post or publications



Wales Drug and Alcohol Helpline
Cyffuriau ac Alcohol Cymru

Freephone
0808 808 2234
Or text **DAN** to
81066

dan247.org.uk

Point of contact for anyone in Wales wanting further information or help relating to drugs and or alcohol

KNOW DRUGS: The Parents' Guide iPhone/iPad app

KNOWDRUGS///
THE PARENTS' GUIDE

iPhone and iPad App

The world's first mobile app offering parents up to date information and advice about drugs.



Featuring

- Information on the latest drugs, street names, their effects and signs
- Video accounts from users
- Guidance for parents on education, support and emergency first aid

To download visit www.knowdrugs.org or search 'Know Drugs' on App store.



This app provides parents and carers with all of the essential information and advice needed to understand the important issues around young people and drug misuse.

Completely up to date information on the latest drugs on the streets, their effects, dangers and key signs to look out for – including new 'legal highs'.

The app contains 60 short videos relating to the effects of drug taking and what to do in an emergency. The Frequently Asked Questions section offers answers to the questions most frequently asked by parents and carers.

hwb.wales.gov.uk

The Welsh Government is strongly committed to keeping children and young people in Wales safe when they go online. They are producing digital guidance and resources so that children, parents and carers and adults who work with children all know how to use the Internet safely and responsibly. These resources are available on the e-Safety zone on Hwb.

TOP TIPS

For children, this section gives a range of advice and guidance including what to do if they get themselves into trouble, send nasty messages or use social networking sites when they aren't old enough.



Did you know that most of the commonly used social media websites or apps require their users to be over 13?



ADVICE

For parents, this area explains what to do about cyberbullying and talks through issues around children watching pornography.

According to OFCOM, what % of UK children are likely to have access to a tablet device?

Answer: 70% of children

RESOURCES



Clicking on the school tab, teachers can find out what to do when somebody sets up a fake social media account in their

name, and identifies how confident schools are when dealing with online safety issues.



Drug in the spotlight

Cocaine

Cocaine is a Class A drug, sometimes referred to as Coke, Charlie, Snow, Dust, C or Freebase. The most common form of Cocaine is a white crystalline powder. This is usually sniffed up the nose ('snorted'), but it can be made into a solution and injected into a vein. Injecting increases the associated risks.

Crack is a smokeable form of Cocaine that has been made into small lumps or 'rocks'. Cocaine derives from the Cocoa Leaves shrub in South America and has been used since 2,500 BC. It was identified as a local anaesthetic for surgery in 1884.



What are the risks?

- Physical effects include damaged teeth, gum disease, ulcers, kidney failure, bleeding (haemorrhage), liver damage, chest pain, abnormal heart rhythms inflammation of the heart muscles, respiratory collapse, cardiac arrest or strokes.
- Long term damage can occur to nose membranes as a result of snorting.
- Use can also cause, loss of sense of smell, memory loss, tiredness, paranoid psychosis, social isolation, hallucinations, obsession, repetitive behaviours or even death.

Effects

- The first effects can be felt after 12-20 minutes and lasts for 15-30 minutes.
- Users experience feelings of exhilaration, confidence excitement and heightened alertness.
- Cocaine can lead to aggressive behaviour, nervousness and irritability, confusion, panic attacks, increased blood pressure, convulsions and weight loss.
- Users develop a tolerance and dependence to Cocaine which can be financially expensive and damaging to health and wellbeing.



POLYDRUG USE AND COCAINE

Polydrug use is the use of more than one drug, often with the intention of enhancing or countering the effects of another drug.

One example is 'speedballing', where Cocaine and Heroin are used in combination. Heroin is a depressant whilst Cocaine is a stimulant. Another extremely dangerous practice is known as 'Drinking with Charlie'. This is when a person takes Alcohol and Cocaine at the same time, increasing and compounding the danger of each drug. Scientists and researchers have discovered that when Alcohol and Cocaine are combined in the human liver, it creates a substance called cocaethylene. This increases the risk of sudden death from Cocaine use substantially. It puts a huge strain on the body; side effects also include increased aggressive behaviour or risks resulting from getting into vulnerable situations. It takes twice as long to be processed by the body than normal Alcohol, raising the risk of increased damage to the liver and other parts of the body.

Using two or more drugs simultaneously or within a relatively short timeframe can be very hazardous. There is a real risk of overdose and fatality.



“ The misuse of drugs, Alcohol or other substances is still one of the most devastating ways in which people can harm themselves, their families and the communities in which they live. We are determined to tackle it. ”

– Vaughan Gething, 2015

Cocaine and the Law

Cocaine powder and Crack Cocaine are both Class A drugs.

POSSESSION: Up to 7 years in prison

SUPPLY: Up to LIFE in prison



Facts about substance misuse in Wales:

- Police forces in Wales recorded 11,766 drug offences in 2013-14
- There were 135 drug misuse deaths in 2013


What's new ?

In addition to our new KS3 lesson on NPS, we have compiled a short presentation for parents/carers which aims to raise awareness of the risks associated with NPS and also to address common misconceptions.

Female Genital Mutilation


Over the summer girls have been at particular risk of FGM, when they are most likely to be taken abroad for the mutilation to be carried out. As the new term starts, remember, if you are concerned about a child take action. Download the NSPCC FGM Helpline Poster and display it now.

New Psychoactive Substances are drugs that have been synthesised to mimic the effects of illegal drugs



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New Psychoactive Substances (NPS)



All Wales School Liaison Core Programme
Parent/Carer Presentation

Halloween & Bonfire Night assemblies

Your School Community Police Officer can deliver assembly presentations in your school. **BE A NICE GUY** assemblies are available for KS2 and KS3/4. The assemblies explore staying safe and avoiding getting into trouble on Halloween and Bonfire Night.

TRICK OR TREAT
Have fun and stay safe!



BE A NICE GUY
Be safe on Halloween and Firework Night



Book Now!



NO CALLERS PLEASE!
RESPECT YOUR NEIGHBOURS

No callers please
Enjoy your evening

