

Police Information Posts

ALCOHOL AND SUBSTANCE MISUSE

WHAT IS A DRUG?

- A substance that **alters** the way your mind and body works.

FOUR CATEGORIES OF DRUGS

- **Socially Acceptable** - a drug of any description which is legally available and widely used by society.
- **Over the Counter** - drugs which can be bought by the public from the chemist or a shop to help treat minor illnesses.
- **Prescribed** - drugs prescribed by a Doctor/Dentist to a patient to cure or treat an illness or condition.
- **Illegal Drugs** - Those which should not be available for the public use and have not been prescribed by a Doctor.

Below is a table with some examples of the categories above

Socially Acceptable	Over The Counter	Prescribed	Illegal Drugs
Tea Coffee Energy Drinks Alcohol Chocolate	Paracetamol Nurofen Aerosols Cough Medicine Tobacco	Insulin Antibiotics Penicillin Diazepam Sleeping Aids	Cannabis Cocaine Diazepam Methadone Ecstasy Heroin

CLASSES OF DRUGS

Law

It is against the law for any person to possess, sell or grow an illegal drug.

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CLASS	DRUG	Supply	Possession
A	Heroin, Ecstasy, Cocaine, Methadone	Up to life in prison	Up to 7 years in prison
B	Cannabis, Amphetamines	Up to 14 years in prison	Up to 5 years in prison
C	Diazepam	Up to 14 years in prison	Up to 2 years in prison

WHAT IS THE DIFFERENCE BETWEEN PRESCRIBED AND ILLEGAL DRUGS

Prescribed Drugs	Illegal Drugs
<ul style="list-style-type: none">• Come in a packet/bottle• Has a label on the packet• Patients name• Instruction/Dosage• Side effects/instruction• List of Ingredients• Warnings• Given by a doctor/nurse/dentist	<ul style="list-style-type: none">• Comes in wraps• Does not have instructions• No warnings• No list of side effects• No name/label/dosage• No list of ingredients• Can contain harmful chemicals

MANUFACTURE

Prescribed drugs are manufactured under strict guidance, rules and are controlled, unlike illegal drugs which are often manufactured in poor conditions by dealers and have no guidance or rules.

Often illegal drugs are mixed with harmful substances.

SMOKING

It is against the law for a person under the age of 18 to buy/attempt to buy or to have bought for them tobacco (including E Cigarettes).

It also against the law for anyone under the age of 18 to be in possession of these items in a public place.

ALCOHOL














- It is against the law for anyone under the age of 18 years to buy or attempt to buy alcohol.
- It is against the law for anyone under the age of 18 years to drink/be served/alcohol in a Licenced premises, with the exception of over 16 who can have a small glass of beer, wine, cider, perry with a meal with permission of the Licensee and adult present.
- It is against the law for any person to buy alcohol to supply to someone under the age of 18 years to drink in a public place.

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If a Police Officer suspects that you are under 18 and in possession of alcohol, cigarettes, tobacco or cigarette papers in a public place then they can confiscate them.

Help and Support Information

	SEXUAL HEALTH To get advice on sexually transmitted infections, contraception, sex and the law, my sexual health, pregnancy choices LGBT and available services https://sexualhealthdg.co.uk/youngpeople.php				For any health concerns and self-referrals call 07795291296 More information on Camhs is available on website http://www.nhs.uk/scotland/nhs.uk/Departments/Services/CAMHS/ChildandAdolescentMentalHealthServices/CAMHS
	DOMESTIC ABUSE Women's Aid Dumfriesshire and Stewartry – 01387201979 – 07710152772 (24hr) Women's Aid Wigtownshire – 01776703104 (24hr) Men's Advice Line – 08008010327. Wigtownshire Women's Aid: https://www.wigtownshirewomensaid.co.uk		CEOP – Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to https://www.ceop.police.uk/safety-centre THINKUKNOW - Think		Police Scotland www.scotland.police.uk 999 in an emergency or 101 for all non-emergencies.
	LGBT Youth Scotland. Support for young people 13 – 25 years around sexual orientation and gender identity Web: www.lgbtyouth.org.uk				
	Other websites and helplines ChildLine – free and confidential help for young people in UK. www.childline.org.uk Call 08001111 The Cool2Talk site is a confidential place for young people to freely ask questions about things that are affecting them. Get a response within 24 hours. www.cool2talk.org		CHOICES for life is a Police Scotland initiative aimed at raising awareness amongst young people about		ISSU 18 is a region wide service for children and young people up to 18 years who are affected by problematic substance misuse, this can be either their own or a family member. http://www.nhs.uk/scotland/nhs.uk/Departments/Services/ISSU18/ISSU18-Home

WHO YOU CAN SPEAK TO

- Teachers/Support Teachers
- Police
- Doctor/School Nurse
- Family
- Someone you trust

There are also sites like Talk to Frank, Choices for Life and Know the Score which provide information about different drugs and the effect they can have on your body.

NEVER LEAVE ANYONE UNDER THE INFLUENCE OF DRUGS/ALCOHOL ON THEIR OWN.

HELP AND ADVICE



People to contact:

Support Teacher

Police

Doctor/School Nurse

Family

Someone you trust

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What Should I Do if My Friend has a Bad Reaction to Drugs.

Taking drugs can be risky and dangerous. Even if you've tried them before or trust your supplier it's often difficult to know how they will affect you.

Remember: you won't get into trouble. Paramedics and doctors just want to make sure you and your mates are safe.

If someone has had a bad reaction to drugs they might be feeling anxious, tense, panicky, overheated, dehydrated or having difficulty breathing.

If they have taken drugs and have a bad reaction there are a number of things you should do to help them:

- If they are panicky then it's important for you to reassure them that everything is going to be fine.
- Try and figure out what it is they have taken.
- Keep your friend away from loud noises and bright lights, and **stay with them.**
- If your friend is breathing too quickly, or if they are gasping for breath, they might get dizzy and this can increase panic. Try to get them to breathe slowly and regularly.
- Don't scare, shout or do anything which could make them more anxious.
- If you're in a club take them to a cool and quiet place, give them plenty of water and sponge them down with cold water.

If they are sleepy and out of it

If your friend is drowsy but conscious it could be they've taken downer drugs, such as alcohol, tranquilizers or heroin, but it can also happen with solvents such as glue or an aerosol.

- Keep your mate awake and alert. Do not put them to bed.
- If they want a drink, give them sips of lukewarm water.
- **Most importantly don't leave your friend on their own.**

If they don't respond or are unconscious

If at any stage your mate becomes unconscious call an ambulance and place them in the [recovery position](#). Stay with them until the ambulance has arrived and try to keep them calm. [Here's what to do if you need to call 999.](#)

Never leave someone on their own if they are under the influence of drugs or alcohol. Always stay with them and GET HELP!!!! YOU COULD SAVE THEIR LIFE!!!!