



## Holly Park School Drugs, Smoking & Alcohol Policy

### **Introduction**

Holly Park is committed to keeping pupils safe from drugs and alcohol, both on our premises and in the wider community. This policy has been developed in conjunction with DfE guidance to ensure that everyone is aware of the risks posed by the misuse of drugs and alcohol. It outlines the school's approach to supporting pupils struggling with drugs and alcohol misuse.

Our school operates a smoke free site and takes the matter of illegal drugs very seriously as part of our Healthy School programme. We are aware of the increasing problem of drug misuse throughout the country.

For the purposes of this policy, a “**drug**” is defined as any substance which, when ingested, alters perception and the way the body works. This definition includes but is not limited to:

- All illegal substances
- Alcohol
- Tobacco
- Solvents
- Medicines
- Legal highs

This policy is informed by:

- Children and Families Act 2014
- Education Act 2011
- Health Act 2006
- DfE (2012) 'DfE and ACPO drug advice for schools'
- DfE (2022) 'Keeping children safe in education 2022'
- DfE (2018) 'Mental health and behaviour in schools'
- DfE (2022) 'Searching, Screening and Confiscation'

This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy
- Health and Safety Policy

- First Aid & Medicine Policy
- Behaviour Policy
- Physical Intervention Policy
- Wellbeing and Mental Health Policy
- Suspension and Exclusion Policy
- Primary Relationships and Health Education Policy
- Staff Code of Conduct
- Parent Code of conduct

Links to the UN Rights of the Child

Article 33

Governments must protect children from the use of illegal drugs.

Article 6

Every child has the right to life. Governments must do all they can to make sure that children survive and develop to their full potential.

Article 24

Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

### **Aims and Objectives of the Policy**

Holly Park School exists to provide the focus for our children to develop to their full potential, both as individuals and as members of the school and wider community in a secure, caring and happy environment. Children, parents, school staff and governors work in partnership for the benefit of all.

As a school, we seek continually to enrich the lives of those entrusted to our care through a broad and balanced curriculum, designed to meet the needs of each child, enabling them to acquire the skills, attitudes and values necessary for life.

In accordance with these values, this policy aims to set out the school's approach to teaching and learning about drugs, smoking & alcohol and [school's] management of situations involving drugs. We follow the law around smoking, illegal drugs and alcohol.

All pupils will receive regular guidance on drugs and alcohol as part of the relationships and

health education curriculum, in line with the Primary Relationships and Health Education Policy

Healthy Schools London suggest that all schools should have an up to date policy which is part of being a healthy school.

Although it is highly unlikely that illegal drugs will be in our primary school, we believe that drugs play a part in the lives of every one of us and recognize that drug use and misuse can have a serious effect on health, well being and academic achievement. We therefore have a crucial role to play in drug prevention and education.

Primary aged children need to be protected from the harm that drugs can cause and it is our responsibility to give them the knowledge and skills to be able to be healthy and keep safe. Through this policy we aim to give a clear message to all parents, staff and visitors about using the school site and our approach to smoking, alcohol and drugs.

### **Roles and responsibilities**

The governing body will be responsible for:

- Ensuring that effective policies and procedures are in place to make sure that pupils are kept safe from alcohol and drugs at school.
- Working with the headteacher, and in liaison with staff, parents, pupils, health and other professionals, to ensure that the relevant curricula, e.g. RSHE and PSHE, addresses the needs of pupils and the local community, and reflects current trends.
- Ensuring that the designated safeguarding governor submits an annual written report to the governing body concerning drug- and alcohol-related incidents and concerns.

The Headteacher will be responsible for:

- The day-to-day management of this policy.
- Working with governors to ensure compliance with relevant legislation.
- Informing the governing board of any issues and developments concerning drugs and alcohol.
- Acting on any concerns arising from pupils' use of drugs and alcohol.
- Informing parents of any drug- and alcohol-related incidents concerning their child, where appropriate and where doing so will not place the child at risk.
- Informing the police of any drug- or alcohol-related decision, where they deem it appropriate to do so.
- Ensuring a consistent approach to managing drug and alcohol incidents.

The DSL will be responsible for:

- Ensuring that pupils experiencing difficulties with drugs or alcohol are provided with appropriate internal support and referred to external support agencies as appropriate.
- Consulting with pupils to inform provision around drugs and alcohol education.
- Accessing appropriate training to enable them to successfully advise the school on drug and alcohol matters.
- Liaising with local services as necessary to provide support for pupils.
- Assisting with the monitoring and review of this policy.

The PHSE Lead will be responsible for:

- Ensuring that staff have the skills to teach and discuss issues relating to drugs and alcohol.
- Ensuring that the PHSE curriculum covers drugs, smoking and alcohol

Staff will be responsible for:

- Attending scheduled training concerning drugs and alcohol, including how to spot the signs and symptoms of use and dependency, identifying paraphernalia, and how to respond to a drug related incident.
- Reporting concerns regarding pupils' use of drugs and alcohol to the DSL.

The site manager will be responsible for:

- Regularly checking the school premises for signs of drug and alcohol use and reporting any concerns to the DSL.
- Adhering to the Health and Safety Policy when handling needles found on school premises.

Pupils will be responsible for:

- Ensuring they do not bring illegal or prohibited drugs or alcohol onto school premises or whilst engaged in any off-site activity representing the school.
- Ensuring they do not take drugs or consume alcohol whilst travelling to or from school.
- Contributing to the development of this policy by providing feedback on the effectiveness of the drugs and alcohol education provided, and on how incidents are managed.

### **Drug Education Curriculum**

Drug education within the school is mainly delivered as part of the PSHE programme but not exclusively. It also forms part of the science curriculum. It is also part of our wider SMSC curriculum and our Holly Park school values. There needs to be progression from reception to Year 6 with topics and issues included which are appropriate to the age and maturity of pupils.

Our curriculum ensures that we are covering the statutory requirement in science which may include drugs education.

In KS1 the science curriculum covers Animals and Humans (human body; offspring; senses; healthy living).

In Year 3 - Nutrition

In Year 4 - Animals and humans (nutrition and digestion)

In Year 5 - Living things and their habitats (life cycles; reproduction; impact of lifestyle on human body)

In Year 6 - Living things and their habitats (classification of living things; birth to old age)

Drugs education is covered in PHSE:

### **Year 1 - Keeping Safe**

- that household products, including medicines, can be harmful if not used properly
- how medicines can help people stay healthy and that some people need to take medicines every day to stay healthy

### **Year 2 - Keeping Safe**

- how rules and restrictions help them to keep safe (e.g. in relation to medicines/ household products)
- how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments,) and learn what steps they can take to avoid or remove themselves from them
- how to tell a trusted adult if/when they are worried for themselves or others, worried that something is, or feels, unsafe, or if they come across something that scares or concerns them, including how to get help in an emergency;

### **Year 3 - Smoking and basic first aid**

- to understand the impact of smoking and passive smoking

### **Year 4 - Alcohol and decision making**

- to understand the effect alcohol has on the body to understand the law and risks relating to alcohol
- to understand why people choose to use or not use legal drugs such as alcohol

### **Year 5 - Legal and illegal drugs**

- about a range of legal (including alcohol, tobacco and energy drinks) and illegal drugs, their risks and effects
- about different beliefs around drug use and drug users (using social norms e.g. very few young people smoke)
- strategies to resist drug use

### **Year 6 - Drugs, risk and the media**

- to understand the effects, risks and laws in relation to drugs
- about the mixed messages in the media about drugs, including alcohol and smoking/vaping
- about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns

Lessons will be delivered as appropriate to the age and phase of the pupils and will be differentiated according to individual learning styles.

A wide range of active teaching methods are used that enable pupils to learn skills to be safe and healthy, discuss their views, explore their own and other peoples' attitudes and values about drugs, as well as learn key information about the effects and risks of drugs and practice skills to stay safe if involved in a drug-related situation. Such activities include discussions, debates, case studies, quizzes, research and games. All classes establish clear ground rules to ensure that pupils discuss opinions with respect and listen to one another as

well as ensuring that pupils and teachers do not disclose personal information. Drug education is taught by the class teacher and sometimes involves other professionals, including the police. We take part in recommended workshops where possible.

We welcome the involvement of visitors from external agencies to complement the core delivery by teaching staff. This includes information workshops for parents.

### **Safeguarding**

The school understands that the misuse of drugs and alcohol can often be a sign of underlying issues.

All staff are aware that behaviours linked to issues such as drug and alcohol misuse put pupils in danger. Staff will be particularly alert to the potential need for early help for a pupil who is misusing drugs or alcohol, or where it is observed or suspected that their parents or family members misuse drugs.

Pupils experiencing difficulties with drugs or alcohol will be provided with appropriate internal support and referred to external support agencies as appropriate.

Confidentiality is an important consideration with respect to drugs and the boundaries of confidentiality will be made clear to pupils. However, teachers cannot promise total confidentiality in order to seek specialist help if needed. This is made clear to pupils through the PSHE programme. Information about a pupil in relation to drugs will follow the same procedure as for other sensitive information.

It may be necessary to invoke child protection procedures if a pupil's safety is under threat. In such circumstances the Designated Lead for Safeguarding will be involved. Relevant examples include a disclosure of illegal drug use by a pupil, and reporting of problematic substance misuse in the family home.

Parents/carers will be informed immediately if their child has been involved in a drug-related incident. However there may be some exceptional situations where involving the parents may put the child at risk and in these cases, the school will exercise some caution.

### **Child criminal exploitation (CCE)**

CCE is where an individual or group takes advantage of an imbalance of power to coerce, control, manipulate or deceive a child into any criminal activity in exchange for something the victim needs or wants and/or for the financial or other advantage of the perpetrator or facilitator and/or through violence or threats of violence. CCE can include children being coerced into moving, storing and selling drugs across the country (known as county lines). Staff will be made aware of the following potential indicators of CCE for pupils:

- Appearing with unexplained gifts or new possessions
- Associating with other young people involved in exploitation
- Suffering from changes in emotional wellbeing

- Misusing drugs and alcohol
- Going missing from school and subsequently being found in areas away from their home

Staff members will be aware that illegal drug use or possession by pupils may indicate that they are victims of exploitation, even if it appears that illegal activity regarding drugs is something to which they have consented. The DSL will use their professional judgement to consider CCE as an explanation for a pupil's drug-related behaviour before pursuing other support and disciplinary procedures, rather than making assumptions about the pupil's intentions.

Staff will be alert to the indicators above and all concerns relating to CCE will be managed in line with the Child Protection and Safeguarding Policy.

### **Management of Authorised Legal Drugs in School**

This school has agreed that there are circumstances, when some legal drugs are authorized for use in school. These are prescribed medicines, hazardous chemicals (and solvents) and alcohol.

#### ***(i) Medicines***

The approach to access and administration of medicines is set out in the school's Medicines Policy. The principles underlying this are to:

- Recognise individual medical needs and promote inclusion to provide an education for all pupils, supporting their medical needs.
- Undertake to contact parents/carers if a pupil is ill during the school day.

Asthma inhalers, held in the welfare room in the school with written parental consent, are kept secure with safe and easy access for school staff authorised to administer. Children's personal inhalers are taken on all off-site visits and held by the accompanying school staff.

Staff are aware of any serious medical conditions which affect pupils in their class.

The school recognises that some pupils may require medications that have been prescribed by a doctor or other health professional. Parents have the primary responsibility for their child's health and the school will request all relevant information about pupils' medical conditions from parents.

Medicines will only be permitted to be brought onto the premises if it would be detrimental to the child's health if medicines were not administered during their time at the school.

The school will only accept medicines which have been prescribed by a doctor, dentist, nurse or pharmacist, with the exception of non-prescription medicines, e.g. paracetamol, which may be taken in accordance with the manufacturer's instructions.

The school will only accept medicines which are provided in the original container as dispensed and include the prescriber's instructions for administration and dosage.

**(ii) Hazardous chemicals and volatile substances (solvents)**

Pupils will not be permitted to bring solvent-based products onto the premises including, but not limited to, aerosol deodorants, compressed air and aerosol hairspray.

Arrangements for the secure and safe storage of chemicals eg for cleaning are set out in the Health and Safety Policy

In the event of a child or adult whom is required to use medical sharps to address the management of their health condition (e.g. insulin or gluco blood testing) a medical sharps disposal bin will be provided. Advice will be sought from the School Nurse regarding the management of the sharps and sharps bin on the school site.

Solvents or hazardous chemicals legitimately used carefully by school staff or pupils are stored securely in the appropriate area and managed in a way to prevent inappropriate access or use.

COSSH is undertaken annually by the site manager for all chemicals stored on school grounds.

**(iii) Alcohol**

There are occasions when alcohol is authorised at school during parent's events (with the appropriate license) and staff social events.

Staff and parents should not bring alcohol on to the school site other than on a pre approved basis.

Any member of staff who appears to be under the influence of drink (or other illegal drugs) which prevent them from fulfilling their duties will be asked to leave the premises immediately. Where necessary disciplinary procedures will begin.

**(iv) Smoking/Vaping**

It is illegal to smoke in any enclosed or substantially enclosed public place that is open to the public. In accordance with part 1 of the Health Act 2006, Barnet Policy and the school's Smoke-free Policy, the school is a smoke-free environment – this includes vaping. Staff, parents, pupils and visitors are not allowed to smoke or vape anywhere on school premises/site. The school site is defined as anywhere within the school boundary.

Any staff members who smoke are required to leave the site when doing so. Smoking breaks are only taken as part of official breaks and not as additional breaks.

We strongly request that staff, parents etc do NOT smoke or vape by the school entrance gates.



All visitors, contractors, volunteers and delivery staff are required to abide by this policy. Smoke free signage is prominent around our school grounds.

### **Educational visit/social events**

The school's drug education policy applies during school visits and school social events.

During educational visits:

- Staff will be briefed about procedures and responsibilities before all visits, which will include the issue of consumption of alcohol and smoking by staff. On school residential trips, staff may drink in moderation but one member of staff (minimum) must not drink each evening in order to accompany a child to hospital if necessary.
- Adults should keep any personal medication in a safe place
- A nominated first aider will be responsible for the safe storage of any pupils' medicines and supervision their administration

School social events:

- At all social events organised by the school the responsibility for the conduct of the pupils present remains with the parent/carer.
- At such events the school 'No Smoking or vaping Policy will be enforced.
- This school will not condone the use of any illegal substance by any individual during social activities connected with the school.
- Adults at designated school functions, subject to compliance with licensing law and within reasonable limits, may consume alcohol.

### **Discovery/observation**

When a person is discovered using, supplying or holding a substance that is not permitted on school premises and which is described in this policy.

If the substance is suspected to be illegal, staff can take temporary possession of it

- it will be confiscated, in the presence of a second member of staff as witness
- the sample will be sealed in a plastic bag with details of the date and time of the seizure/find and witness present and stored in a secure location (eg a safe or lockable container) with access limited to the Head and Deputy Head
- the pupil will be taken to the school office and the Head or Deputy Head called and the pupils questioned
- the police will be notified immediately, who will collect it and store or dispose of it, in line with locally agreed protocols.
- we will record details of the incident, including the police incident reference number
- we will inform the pupil's parents/carers and they will be asked to come into school, unless it is not in the best interests of the child to do so
- identify any safeguarding concerns and develop a support and sanctions response including internal/external exclusion whilst investigations are carried out.

If the substance is legal (but unauthorised in school) it will be disposed of or handed to the parent/carer.

### **Searches**

Under part 2, section 2 of the Education Act 2011, teachers are authorised by the Headteacher to search for any prohibited item including, but not limited to, tobacco, cigarette papers, illegal drugs and alcohol, without the consent of the pupil, if they have reasonable grounds for suspecting that the pupil is in possession of a prohibited item.

Staff members may use common law to search pupils for any item with their consent.

A staff member carrying out the search can confiscate anything they have reasonable grounds for suspecting is a prohibited item under legislation or school rules. This includes “legal highs” and other potentially harmful materials which cannot immediately be identified.

Any staff member may refuse to conduct a search.

All searches will be conducted in line with the Searching, Screening and Confiscation Policy, and the Physical Intervention Policy where physical contact with a pupil is required.

**Disclosure** when a pupil discloses to a member of staff that he/she has been using drugs, or is concerned about someone else’s drug use.

In these situations, staff will be non-judgemental and caring and will show concern for the pupil. Pupils know that teachers cannot promise total confidentiality. The Headteacher or Deputy should be informed as soon as possible so that appropriate support can be found. The Designated teacher will be informed and we will follow the Child Protection procedures.

### **Management of Drug Related Incidents**

Drug related incidents in a primary school rarely involve illegal substances but can involve: Pupils smoking cigarettes or vaping in school, a parent/carer collecting their child whilst drunk, pupils selling cigarettes or vapes to other pupils, misusing another pupils’ asthma inhaler, disclosing concern about a family member who has a drug problem, giving medicines to another pupil, the Site Manager finding used syringes in the playground, a member of the public phoning the school to say they have seen pupils smoking or vaping outside school

Instances of pupils being involved in drug and/or alcohol incidents will be managed in line with the relevant school policies, including the Behaviour Policy, Child Protection and Safeguarding Policy,

Following an incident, the Headteacher will work with key members of staff, including the DSL, to assess the pupil's welfare and support needs and decide on the most appropriate course of action to take. Referrals will be considered to local youth, family or health services, and voluntary organisations, to provide support.

The Headteacher will also be responsible for deciding if it would be appropriate to suspend or exclude the pupil, following the provisions outlined in the school's Suspension and Exclusion Policy; however, every effort will be taken to support pupils to adopt more healthy behaviours and choices before resorting to suspension or exclusion. Suspension or exclusion will be avoided wherever possible for pupils whose parents or carers are known to the school to misuse alcohol and drugs.

Support will be arranged for pupils involved in any alcohol- or drug-related incidents, in line with relevant school policies.

#### *School responses to drug-related incidents*

In all drug-related incidents the following principles will apply:

- The head teacher and deputy will be informed immediately
- All situations will be carefully considered before deciding on the response
- The needs of the pupil(s) will always come first, whilst also taking account of the needs of the school as a whole
- Parents/carers will be involved at an early stage and throughout any investigation
- Support agencies, including the police will be involved as appropriate and in keeping with legal requirements
- Incidents will be reported to the Chair of Governors
- Although there is no legal obligation to report an incident involving drugs to the police, we will inform Police immediately for any incident involving a suspected illegal drug.
- Incidents involving legal drugs will remain school matters, although we will contact Trading Standards or the Police about the sale of tobacco, alcohol and solvents to under age students, from local shops.

#### **Recording the drug-related incident**

All drug-related incidents are recorded on CPOMs

It is very rare for primary-age pupils to misuse drugs in school, however we believe it is important to be prepared should such an incident occur.

#### **Medical emergencies when a pupil is unconscious as a result of drug use**

Staff with first aid qualifications should be called immediately but the pupils not left alone.

The pupil will be placed in the recovery position and an ambulance called immediately.

Parents/carers will be informed immediately.

### **Intoxication, when a pupil is under the influence of a drug**

The pupil will be removed to a quiet room and not left alone. The first aider and Headteacher called. The pupil will be helped to calm down and medical assistance sought immediately. Parents/carers will be informed and called to the school.

**Suspicion/rumour.** Staff should not assume use of drugs on the basis of rumours or behaviour alone. However, if there is a suspicion, evidence will be collected over a period of time before a decision is made to question the pupil(s) involved.

### **Intoxicated parents/carers**

Our schools rules for drugs apply to all people who are on the school premises and we expect that parents/carers will adhere to these rules. If a parent/carer comes to school and appears to be under the influence of drugs or alcohol, they will be asked to leave. If they have come to collect their child, we will sensitively offer to phone for someone else to come and collect the child. If we are concerned that the child is at risk then we will follow the Child Protection procedures.

### **Needs of pupils**

We are sensitive to the needs of students whose parent/carers or family members have problems with drugs or alcohol. Where problems are observed or suspected or a pupil discloses problems, we will assess the pupils' welfare and support needs and if needed, involve external support for the child and, where appropriate, for the family.

### **Training**

The school recognises that early intervention can prevent drug misuse. As such, all staff will receive child protection and safeguarding training in identifying the signs that a pupil may be at risk, experiencing harm or is struggling.

This will be regular and ongoing training as part of their professional development as part of biannual safeguarding training.

All staff will be particularly alert to the potential need for early help for a pupil who is misusing alcohol and other drugs themselves, or is in a family circumstance presenting challenges that includes drug and alcohol misuse.

All staff are expected to work within the agreed policy, their own professional and employment terms and conditions and the Holly Park Staff Code of Conduct.

We take advantage of the support, advice and training provided by Barnet and other local organisations. The PSHE Lead has opportunities for further training through support from Barnet's School Improvement Service.

### **Implementation, monitoring and review**

Implementation of the policy is the responsibility of the Head and Governors through the

Teaching & Learning committee.

Parents can access the policy on the school website

Staff can access this policy via the school shared drive

This policy will be reviewed bi-annually.


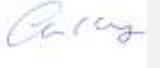
If an incident should occur, the policy is reviewed in the light of that incident

### Document Control

#### Revision History

Version	Revision Date	Revised By	Revision
1.0	December 2015	Ann Pelham	Written as a draft
1.1	May 2016	T&L committee	Review and adopt
1.2	Summer 2017	T&L committee	Review and ratify
1.3	Summer 2018	T&L committee	Review and ratify
1.4	Aut 2018	T&L committee	Review and ratify
1.5	Aut 2019	T&L committee	Review and ratify
1.6	Aut 2020	T&L committee	Review and ratify
1.7	Aut 2021	T&L committee	Review and ratify
1.8	Aut 2022	T&L committee	Review and ratify
1.9	Summer 2023	T&L committee	Review and ratify
2.0	Summer 2025	T&L committee	Review and ratify

#### Signed by

	Name	Signature	Date
Headteacher	Ann Pelham		Summer 2025
Chair of Governors	Clare Hegarty		Summer 2025

#### Distribution

Shared with
<ul style="list-style-type: none"><li>• Staff via school server</li><li>• Parents via Website</li><li>• Governors via committee meetings</li></ul>

#### Date for next review

Summer 2027

## **APPENDIX**

### **Support Agencies**

#### **National**

- **Talk To Frank** - 0800 776600  
[www.talktofrank.com](http://www.talktofrank.com)
- **Drinkline** – 0800 9178282  
[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk),
- **ADFAM** – 020 7 928 8898  
Waterbridge House, 32-36 Loman Street, London. SE1 0EH.  
The national organisation for the families and friends of drug users  
[www.adfam.org.uk](http://www.adfam.org.uk)
- **Drugscope** – 020 7928 1211  
Waterbridge House, 32 - 36 Loman Street, London SE1 0EE.  
DrugScope is a UK charity that conducts research in the drugs field and provides drugs information to professionals and the public.  
[www.drugscope.org.uk](http://www.drugscope.org.uk)
- **Release** – 0207 729 5255  
388 Old Street, London, EC1V 9LT  
Also, Drugs in Schools Helpline by RELEASE - 0345 366666  
[www.release.org.uk](http://www.release.org.uk)
- **RE-SOLV** – 0808 800 2345  
30a High Street, Stone, Staffordshire, ST15 8AW  
The Society for the Prevention of Solvent Abuse  
[www.re-solv.org/](http://www.re-solv.org/)
- **Childline** – 0800 1111.  
Studd Street, London. N1 0QW  
[www.childline.org.uk](http://www.childline.org.uk)

For Parents

[www.lifebyles.gov.uk](http://www.lifebyles.gov.uk) (help drugs/alcohol/healthy eating etc)

Sex and relationships  
[www. keepkidshealthy.com](http://www.keepkidshealthy.com)

Help al-non – helps people who's lives are affected by drinking/drugs  
02074 030888

## APPENDIX I – Definition of a drug and information about drugs of misuse.

A drug is any substance which, when taken into the body, affects the chemical composition of the body and how the body functions. All medicines are drugs but not all drugs are medicines. Therefore, drugs include legally controlled substances such as: Caffeine, alcohol, tobacco, solvents, amyl nitrate (poppers), as well as substances used for medical purposes, whether sold over the counter or prescribed, such as: antihistamines, antibiotics, tranquillisers and illegal substances such as: cannabis, ecstasy, heroin, cocaine, LSD

Possession of some prescription-only medicines, such as Temazepam and Ritalin, is illegal under the Misuse of Drugs Act if no prescription is held.

These lists are not definitive and there may be some overlap of the categories.

Substance	Effects	Risks	Legal Position
Tobacco	Relaxation, headache, bad breath, reduced appetite	Bad cough, cancer, heart attack, breathless	Illegal to sell to anyone under 16
Alcohol	Relaxation, lose inhibitions, loss of control, vomiting, violence, drowsiness	Liver damage, impairs decision making and judgement	Illegal to sell to anyone under 18 (as a general rule).
Cannabis / marijuana	Lack of co-ordination, related heart rate increase, happy loss of inhibitions, can cause panic	Long term may cause lung disease and psychotic illness. Loss of memory, impaired judgement	Class C. Illegal to grow or supply
Solvents / gas	Facial rash, stomach cramps, lack of co-ordination, aggressive behaviour, weird visions, headaches, light headed, relaxing	Death from asphyxiation or heart seizure. Psychological dependence. Choking on vomit. Possible damage to lungs, kidneys, liver, heart and central nervous system	Illegal to sell to under 18s knowing it will be abused
Amphetamines	Initially energetic and confident, but anxiety and restlessness can follow	High doses can produce delirium, panic, paranoia or depression, heart failure, damaged blood vessels	Class B. Illegal to possess or supply (unless prescribed)
MDMA / Ecstasy	Increased energy and colour perception, feelings of well-being,	Can lead to anxiety, panic, insomnia, hypothermia and dehydration. Some evidence	Class A. Illegal to possess or supply



	increased thirst, head and muscle ache	of liver damage	
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Substance	Effects	Risks	Legal Position
LSD	Hallucinogenic effects, including intensified colours and sounds, or even out of body experiences. Effects are dependent on the strength of the dose.	Difficult to identify strength of dose. Experiences can be emotionally disturbing (bad trip) leading to anxiety. Flashbacks can occur.	Class A. Illegal to possess or supply.
Hallucinogenic mushrooms / magic mushrooms	Similar to LSD experience	Main risk is picking and eating a poisonous mushroom by mistake	Class A if processed -cooked, dried or made into tea
Amyl Nitrate	Blood vessels dilate causing a rushing sensation to head, lose balance, increased energy. May enhance sexual pleasure. Effects are short lived.	Vomiting, shock, unconsciousness, heart attack, dizziness, headache, palpitations	Currently no legal restrictions on use or supply
Anabolic Steroids	Increase strength, speed, aggression and competitiveness. Enables more intensive training for longer.	Restriction on growth, spinal problems, menstrual abnormalities, voice changes, increase in hair growth	Possession for personal use not illegal. Supply is illegal, with Class C penalties.
Heroin	Euphoria, reduced anxiety and pain levels. Slow heart rate and breathing. Can cause constipation. Appetite loss.	Highly addictive. Difficult to identify strength of dose and what it is mixed with. Danger of overdose. Injecting causes abscess and other infections including septicaemia and HIV	Class A. Illegal to possess or supply.
Cocaine/ Crack	Feelings of exhilaration, strength and well being. Decreased hunger,	Comedown can bring on depression, anxiety and fatigue. Excessive doses may	Class A. Illegal to possess or supply.

	indifference to pain and fatigue. Effects relatively short term.	cause death from respiratory or heart failure. Long term use may lead to paranoid psychosis.	
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## **Appendix 2**

Recording form for a drug-related situation.

<b>Name of pupil:</b>  <b>Form/Class:</b>  <b>Date of Incident:</b>	<b>Report form completed by:</b>  <b>Senior staff involved:</b>  <b>Time of incident:</b> am / pm
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**Brief description of symptoms / situation:**

*(continue on blank sheet if necessary)*

<b>Sample found?</b> Yes / No <b>Destroyed at time:</b> am / pm  <b>Witness name:</b>  <b>Securely retained (prior to police collection):</b> <b>Yes / No</b>	<b>Drug involved (if known):</b> Alcohol <input type="checkbox"/> . Amphetamines <input type="checkbox"/> . Cannabis <input type="checkbox"/> . Cocaine <input type="checkbox"/> . Ecstasy <input type="checkbox"/> . Heroin <input type="checkbox"/> . LSD <input type="checkbox"/> . Medicines <input type="checkbox"/> . Solvents <input type="checkbox"/> . Other <input type="checkbox"/> (please specify):
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<b>First aid given?</b>  Yes / No  <b>If Yes,</b> Given by:	<b>Ambulance Called?</b> Yes / No.                      If Yes, called by:  at time:                      am / pm
	<b>Police Contacted?</b> Yes / No.                      If Yes, called by:  at time:                      am / pm

**Parent/carer informed by:**

at :                      am / pm.

**Other action taken:** *(e.g. screening for referral to U.19 Substance Misuse Service; other agency involved; pupils/staff informed; sanction imposed; police consulted about drug, pastoral support plan, referral to school nurse or school counsellor)*

School action:

Referral action: