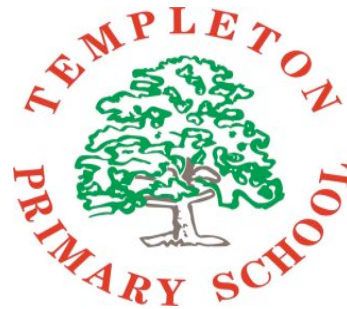




The Federation of Tavernspite and Templeton CP Schools



Substance Use and Misuse Policy

1. Introduction and Rationale

The Federation of Tavernspite and Templeton Schools is committed to promoting the health, safety and wellbeing of all members of our school community. We recognise that children and young people are growing up in a world where they may encounter a wide range of substances, including medicines, alcohol, nicotine products, vaping devices and illegal substances. Through high-quality education, effective safeguarding procedures and strong partnerships with families and external agencies, we aim to equip learners with the knowledge, skills and confidence to make safe, informed and healthy choices.

We recognise that substance use and misuse can have a significant impact on physical health, emotional wellbeing, relationships, educational outcomes and wider life opportunities. Our role is therefore not only to respond appropriately when concerns arise, but also to provide preventative education that develops resilience, critical thinking, personal responsibility and the ability to seek support when needed.

At Tavernspite and Templeton Schools, substance misuse education forms part of our wider commitment to developing healthy, confident and ethical young people who are prepared for life beyond school. It is embedded within our Curriculum for Wales Health and Well-being Area of Learning and Experience, supporting learners to develop the knowledge, skills and attitudes required to understand health, wellbeing, relationships, risk and decision-making.

We believe that effective substance education is most successful when it is delivered through a whole-school approach involving:

- ☐ A supportive and inclusive school ethos.
- ☐ High-quality teaching and learning.
- ☐ Strong safeguarding practice.
- ☐ Positive relationships between staff and pupils.
- ☐ Effective communication with parents and carers.
- ☐ Partnership working with health professionals, the police and specialist support services.
- ☐ Clear and consistent procedures for managing substance-related incidents.

The Federation is committed to creating a safe, smoke-free and vape-free environment where all members of the school community understand the risks associated with substance use and where individuals experiencing difficulties can access appropriate support.

This policy should be read alongside the Federation's safeguarding, behaviour, health and wellbeing, medicines management, online safety and equality policies.

2. Legislation, Guidance and Related Policies

This policy has been developed with regard to current Welsh Government legislation and national guidance, including:

Curriculum for Wales (2022 onwards) – particularly the Health and Well-being Area of Learning and Experience, which supports learners to develop understanding of physical and mental health, relationships, risk and personal decision-making.

Curriculum and Assessment (Wales) Act 2021.

Welsh Government: Working Together to Reduce Harm – Substance Misuse Strategy and Delivery Plan.

Wales Safeguarding Procedures.

Keeping Learners Safe: Welsh Government guidance on safeguarding in education.

Public Health Wales guidance relating to infection prevention, health promotion and substance-related harm reduction.

Smoke-free premises legislation and Welsh Government guidance relating to smoke-free and vape-free school environments.

The Equality Act 2010, ensuring that all pupils receive appropriate and inclusive support regardless of protected characteristics.

The Additional Learning Needs and Education Tribunal (Wales) Act 2018, ensuring provision is accessible and responsive to learners with additional learning needs.

This policy should be read in conjunction with the following Federation policies:

Safeguarding and Child Protection Policy

Behaviour Policy

Anti-Bullying Policy

Health and Safety Policy

Medicines Management Policy

Supporting Learners with Medical Needs Policy

Relationships and Sexuality Education Policy

Mental Health and Wellbeing Policy

Smoke-Free and Vape-Free Policy

Educational Visits Policy

Equality and Diversity Policy

Complaints Policy

3. Federation Policy Statement

The Federation of Tavernspite and Templeton Schools recognises its responsibility to protect children and young people from harm and to provide education that enables them to make informed choices about their health and wellbeing.

We do not condone the possession, use, supply or misuse of substances within the school environment or during any school-related activity. This includes:

- ☐ Illegal drugs.
- ☐ Alcohol.
- ☐ Tobacco products.
- ☐ Nicotine-containing products, including disposable vapes and e-cigarettes.
- ☐ New psychoactive substances ("legal highs").
- ☐ The misuse of prescribed or over-the-counter medication.
- ☐ Volatile substances such as solvents, aerosols or gases when used inappropriately.

The Federation maintains a zero-tolerance approach to substance use on school premises, while recognising that pupils involved in substance-related situations may require support, education and safeguarding intervention rather than solely punitive responses.

Our approach is based upon the principles of:

- ☐ Prevention – reducing the likelihood of substance misuse through education and positive wellbeing approaches.
- ☐ Protection – ensuring pupils, staff and visitors are safe from harm.
- ☐ Support – identifying concerns early and providing appropriate help.
- ☐ Restoration – helping learners understand consequences and make positive choices.

- Partnership – working alongside families and specialist services.

We recognise that substance-related issues may affect children and families in different ways. The Federation will respond sensitively, professionally and without judgement, ensuring that safeguarding remains central to all decisions.

4. Purpose and Aims of the Policy

The purpose of this policy is to provide a clear framework for preventing, managing and responding to substance-related issues within the Federation of Tavernspite and Templeton Schools.

The aims are to:

- Promote the health, safety and wellbeing of all pupils, staff and visitors.
- Ensure a consistent and appropriate response to substance-related incidents.
- Provide pupils with accurate, age-appropriate information about substances and their effects.
- Develop learners' ability to assess risk, make informed decisions and resist negative influences.
- Support pupils to understand the physical, emotional, social and legal consequences of substance misuse.
- Promote positive attitudes towards health, wellbeing and self-care.
- Develop resilience, confidence and protective behaviours.
- Encourage pupils to seek help and support when faced with challenges.
- Ensure pupils understand the difference between medicines, legal substances and harmful substances.
- Provide opportunities for pupils to explore attitudes, beliefs and misconceptions relating to substances.
- Work collaboratively with parents, carers, health professionals and external agencies.
- Ensure all responses are inclusive and consider the needs of pupils with additional learning needs.
- Protect the school environment as a safe, healthy and substance-free place.
- Ensure all staff understand their responsibilities in relation to substance education, safeguarding and incident management.

5. Definitions and Scope – What Do We Mean by Substances?

For the purpose of this policy, a substance is defined as:

**“A substance is something people take to change the way they feel, think or behave.”
(United Nations definition)**

The term substance misuse refers to the harmful, inappropriate or unsafe use of a substance, whether legal or illegal, including use that may cause harm to an individual or others.

This policy applies to all pupils, staff, governors, volunteers, visitors, contractors and anyone accessing Federation premises or participating in Federation activities.

Substances covered by this policy include:

Legal substances

Alcohol.

Tobacco products.

Nicotine products including vaping devices and e-cigarettes.

Caffeine products where consumed inappropriately.

Over-the-counter medicines.

Prescription medicines.
Illegal substances

Including, but not limited to:

Cannabis.
Cocaine.
Heroin.
Ecstasy/MDMA.
Amphetamines.
LSD.
Magic mushrooms.
Other controlled drugs under the Misuse of Drugs Act 1971.
Other substances
New psychoactive substances (NPS), sometimes referred to as “legal highs”.
Solvents, aerosols, gases and glues when misused.
Performance-enhancing substances such as anabolic steroids.
Any unknown substance that may present a risk to health or safety.

The Federation recognises that many substances have legitimate uses, particularly medicines. The safe administration and storage of medication is managed separately through the Federation’s Medicines Management Policy.

However, where medicines or other substances are shared, supplied or used inappropriately, this may become a safeguarding concern and will be managed in accordance with this policy and relevant safeguarding procedures.

6. Roles and Responsibilities

Effective management of substance use and misuse requires a whole-school approach. All members of the Federation community share responsibility for promoting healthy choices, maintaining a safe environment and responding appropriately to concerns.

Governing Body

The Governing Body has responsibility for ensuring that the Federation has appropriate policies and procedures in place to safeguard pupils and promote health and wellbeing.

Governors will:

- ☐ Ensure that this policy is reviewed regularly and updated in line with legislation, guidance and best practice.
- ☐ Monitor the effectiveness of the Federation’s approach to substance education and prevention.
- ☐ Ensure appropriate resources, training and support are available for staff.
- ☐ Support the Headteacher in maintaining a safe, healthy and inclusive school environment.
- ☐ Receive appropriate information regarding significant substance-related incidents and actions taken.

Headteacher

The Headteacher has overall responsibility for the implementation of this policy and for ensuring that all substance-related concerns are managed effectively.

The Headteacher will:

- ☐ Ensure that the Federation meets its legal responsibilities in relation to safeguarding, health and safety and education.
- ☐ Promote a whole-school approach to substance education and prevention.
- ☐ Ensure staff understand their roles and responsibilities in relation to substance-related concerns.

- ☐ Ensure appropriate action is taken following any substance-related incident.
- ☐ Liaise with parents/carers, governors, the Local Authority and external agencies where appropriate.
- ☐ Ensure that incidents are recorded accurately and securely.
- ☐ Ensure staff receive appropriate training and guidance.
- ☐ Ensure that the school environment remains smoke-free and vape-free.
- ☐ Ensure that confidentiality is managed appropriately and information is shared where there is a safeguarding concern.

Designated Safeguarding Lead (DSL)

The DSL has responsibility for ensuring that substance-related concerns are considered within the Federation's safeguarding procedures.

The DSL will:

- ☐ Assess whether substance-related concerns present a safeguarding risk.
- ☐ Ensure referrals are made to appropriate agencies where required.
- ☐ Support pupils and families affected by substance misuse.
- ☐ Ensure information sharing follows safeguarding legislation and procedures.
- ☐ Maintain appropriate records of safeguarding concerns.
- ☐ Work alongside external professionals where additional support is required.

Substance Misuse / Health and Wellbeing Lead

The Federation's designated Health and Wellbeing lead will:

- ☐ Coordinate the delivery of substance misuse education across the curriculum.
- ☐ Ensure learning opportunities are age-appropriate, inclusive and aligned with Curriculum for Wales.
- ☐ Support staff with resources and guidance.
- ☐ Monitor curriculum coverage and effectiveness.
- ☐ Maintain links with relevant external agencies and services.
- ☐ Keep up to date with national guidance and developments.
- ☐ Promote health-enhancing messages throughout the school community.

Teaching and Support Staff

All staff have a responsibility to contribute to the Federation's approach to substance education and safeguarding.

Staff will:

- ☐ Promote positive health and wellbeing messages.
- ☐ Deliver learning experiences that support pupils' understanding of substances, risk and decision-making.
- ☐ Follow agreed procedures when responding to substance-related concerns.
- ☐ Report concerns immediately to the Headteacher or DSL.
- ☐ Maintain appropriate professional boundaries.
- ☐ Never promise confidentiality where safeguarding concerns may exist.
- ☐ Support pupils in a non-judgemental and sensitive manner.
- ☐ Ensure visitors and external contributors follow Federation expectations and policies.

Pupils

Pupils are expected to:

- ☐ Respect the Federation's smoke-free, vape-free and substance-free environment.
- ☐ Take responsibility for their own health, safety and wellbeing.
- ☐ Follow guidance relating to medicines and substances.
- ☐ Never bring, share, use or supply substances on school premises or during school activities.
- ☐ Tell a trusted adult if they are worried about themselves or another person.
- ☐ Treat others with respect and avoid pressuring others into unsafe choices.

Parents and Carers

Parents and carers are valued partners in promoting children's health and wellbeing.

Parents and carers are encouraged to:

- ☐ Discuss health, safety and substance-related issues openly with their children.
- ☐ Support the Federation's expectations regarding substance use.
- ☐ Inform the school of any concerns that may affect their child's wellbeing or safety.
- ☐ Work collaboratively with school and external agencies when support is required.
- ☐ Reinforce messages about healthy choices and personal responsibility.

7. Curriculum Delivery and Substance Misuse Education

Substance misuse education is an important element of the Federation's Health and Well-being curriculum and contributes to learners developing the skills, knowledge and values needed to make informed choices throughout their lives.

Teaching will be:

- ☐ Age and developmentally appropriate.
- ☐ Inclusive and responsive to learners' needs.
- ☐ Factually accurate.
- ☐ Sensitive to individual circumstances and experiences.
- ☐ Delivered within a safe environment where pupils feel confident to ask questions.

Substance education will be delivered through the **Health and Well-being Area of Learning and Experience**, alongside opportunities within:

- ☐ Science and Technology.
- ☐ Relationships and Sexuality Education.
- ☐ Literacy and Communication.
- ☐ Personal and social development.
- ☐ Assemblies and whole-school wellbeing activities.
- ☐ Pastoral support programmes.

Progression Step 1 (Early Years)

Learners will develop an understanding of:

- ☐ Keeping themselves safe.
- ☐ Caring for their bodies.
- ☐ The difference between helpful and harmful substances.
- ☐ The purpose of medicines and why they should only be taken with adult support.
- ☐ Identifying trusted adults who can help them.

Learning opportunities may include:

- ☐ Recognising safe and unsafe situations.
- ☐ Understanding simple safety rules.
- ☐ Developing confidence to say "no" when something feels unsafe.

Progression Step 2

Learners will explore:

- ☐ The purpose of medicines and how they should be used safely.
- ☐ The difference between legal and illegal substances.
- ☐ How substances can affect the body and mind.
- ☐ How choices can affect themselves and others.
- ☐ The influence of advertising, media and peer pressure.

Learners will develop skills to:

- ☐ Make healthy decisions.
- ☐ Understand consequences.
- ☐ Seek help and advice.

- ☐ Communicate concerns.

Progression Step 3

Learners will develop a deeper understanding of:

- ☐ The physical, emotional and social effects of substance misuse.
- ☐ Risks associated with alcohol, tobacco, vaping and illegal substances.
- ☐ The impact of substance misuse on families and communities.
- ☐ Legal responsibilities relating to substances.
- ☐ Strategies for managing peer pressure and making independent choices.

Learners will be supported to:

- ☐ Evaluate information critically.
- ☐ Challenge myths and misinformation.
- ☐ Develop resilience and self-confidence.
- ☐ Identify reliable sources of support.

8. Prevention, Health Promotion and Whole-School Approach

The Federation recognises that prevention is central to reducing substance-related harm.

We will promote prevention through:

- ☐ A positive school ethos that values health and wellbeing.
- ☐ Strong relationships between adults and pupils.
- ☐ Effective safeguarding practice.
- ☐ High-quality Health and Well-being education.
- ☐ Smoke-free and vape-free school expectations.
- ☐ Supportive conversations with pupils and families.
- ☐ Promotion of healthy coping strategies.
- ☐ Opportunities to develop resilience, emotional regulation and problem-solving skills.

The Federation participates in wider health promotion initiatives and works alongside partners including:

- ☐ Public Health Wales.
- ☐ Pembrokeshire County Council.
- ☐ School nursing services.
- ☐ Police School Community Officers.
- ☐ Specialist substance support services.

We recognise that children may be affected by substance misuse within their family or community. Our approach will therefore focus on support, protection and reducing harm rather than judgement.

9. Supporting Pupils and Families

Where a pupil or family member is affected by substance misuse, the Federation will respond sensitively and appropriately.

Support may include:

- ☐ Listening to concerns and providing a safe space for pupils.
- ☐ Assessing safeguarding risks.
- ☐ Providing wellbeing support within school.
- ☐ Working with parents/carers where appropriate.
- ☐ Signposting to specialist services.
- ☐ Making referrals where additional support is required.

The Federation recognises that substance misuse may be linked to wider issues such as:

- ☐ Mental health difficulties.
- ☐ Family stress.
- ☐ Trauma.
- ☐ Financial pressures.

- ☐ Peer influence.
- ☐ Vulnerability or exploitation.

Any support provided will consider the individual circumstances of the child and will be based on the principle of acting in the child's best interests.

10. Managing Substance-Related Incidents

The Federation will respond to substance-related incidents promptly, proportionately and in accordance with safeguarding procedures.

The priority in all situations is:

1. Ensuring the immediate safety and wellbeing of pupils, staff and visitors.
2. Assessing whether medical attention is required.
3. Informing the Headteacher and/or DSL.
4. Recording accurate factual information.
5. Informing parents/carers where appropriate.
6. Seeking advice from external agencies where required.
7. Providing appropriate education, support and consequences.

Responses will consider:

- ☐ The age and maturity of the pupil.
- ☐ The nature of the substance involved.
- ☐ Whether the substance was possessed, used or supplied.
- ☐ Whether there is evidence of vulnerability or exploitation.
- ☐ Previous concerns or incidents.
- ☐ The impact on others.

The Federation recognises that sanctions alone are unlikely to address the underlying causes of substance misuse. Where appropriate, restorative and supportive approaches will be used alongside behaviour procedures.

11. Procedures for Specific Incidents

Suspected Possession of a Substance

If a suspected substance is found:

- ☐ The Headteacher or DSL must be informed immediately.
- ☐ Staff must not taste, smell or attempt to identify unknown substances.
- ☐ The substance should be handled as little as possible.
- ☐ The item should be secured safely while awaiting advice.
- ☐ The Police School Community Officer or appropriate agency may be contacted.
- ☐ Parents/carers will be informed unless doing so would increase risk to the child.

Suspected Supply of Substances

Supplying substances is a serious safeguarding concern.

Where there is suspected supply:

- ☐ The Headteacher and DSL must be informed immediately.
- ☐ Safeguarding procedures will be followed.
- ☐ Appropriate external agencies, including police, may be contacted.
- ☐ Parents/carers will be informed unless this would place a child at increased risk.

Vaping and Nicotine Products

The Federation is committed to maintaining a smoke-free and vape-free environment.

Pupils must not:

- ☐ Bring vaping devices or nicotine products onto school premises.
- ☐ Use vaping products during school activities or visits.

- ☐ Share or supply vaping products.

Any concerns regarding vaping will be managed through:

- ☐ Behaviour procedures.
- ☐ Safeguarding assessment where appropriate.
- ☐ Education regarding health risks.
- ☐ Support and intervention.

Needles, Sharps or Drug-Related Litter

If needles, syringes or drug-related equipment are found:

- ☐ Pupils must not touch the item.
- ☐ The area should be secured.
- ☐ The Headteacher should be informed.
- ☐ Safe disposal procedures must be followed.
- ☐ Appropriate agencies should be contacted if required.
- ☐ The incident must be recorded.

Substance-Related Concerns Outside School

The Federation has responsibility for pupils during school activities and visits. Where concerns arise outside school, the Federation may:

- ☐ Share information where safeguarding concerns exist.
- ☐ Work with parents/carers and external agencies.
- ☐ Provide support where a child's wellbeing is affected.

12. Safeguarding, Confidentiality and Information Sharing

The Federation recognises that pupils may disclose sensitive information relating to substance use or misuse.

Staff will:

- ☐ Listen calmly and respectfully.
- ☐ Avoid judgement.
- ☐ Explain that information cannot always remain confidential.
- ☐ Record concerns accurately.
- ☐ Share information with appropriate safeguarding staff.

Confidentiality may need to be breached where:

- ☐ A child may be at risk of harm.
- ☐ Another person may be at risk.
- ☐ A serious safeguarding concern exists.
- ☐ Legal duties require information sharing.

All information will be handled in line with:

- ☐ Data protection legislation.
- ☐ Safeguarding procedures.
- ☐ Federation information-sharing protocols.

13. External Agencies and Visitors

External agencies may support and enhance substance misuse education.

The Federation will ensure that:

- ☐ Visitors share the values and aims of this policy.
- ☐ Sessions are planned collaboratively.
- ☐ Content is appropriate for learners.
- ☐ Staff remain present during sessions.
- ☐ Contributions form part of wider curriculum learning.

External agencies may include:

- ☐ School nursing services.
- ☐ Police School Community Officers.
- ☐ Public Health professionals.
- ☐ Specialist support organisations.

14. Staff Training and Professional Development

The Federation recognises that staff confidence and knowledge are essential to effective prevention and support.

Staff training will include:

- ☐ Understanding current substance-related risks.
- ☐ Recognising signs of concern.
- ☐ Safeguarding responsibilities.
- ☐ Responding appropriately to disclosures.
- ☐ Understanding vaping and nicotine risks.
- ☐ Curriculum approaches.

Training needs will be reviewed regularly through:

- ☐ Staff development processes.
- ☐ Safeguarding updates.
- ☐ Policy reviews.

15. Equality, Inclusion and Additional Learning Needs

The Federation is committed to ensuring that all pupils receive appropriate substance education and support.

We recognise that some pupils may require additional support due to:

- ☐ Additional Learning Needs.
- ☐ Communication differences.
- ☐ Developmental needs.
- ☐ Social or emotional difficulties.
- ☐ Previous experiences of trauma.

Teaching and interventions will be adapted to ensure accessibility and inclusion.

The Federation will ensure that substance education:

- ☐ Does not discriminate against any pupil.
- ☐ Respects individual circumstances and backgrounds.
- ☐ Promotes dignity, respect and understanding.
- ☐ Supports the wellbeing of every learner.

16. Monitoring, Evaluation and Review

The effectiveness of this policy will be monitored through:

- ☐ Curriculum monitoring.
- ☐ Pupil feedback.
- ☐ Parent/carers feedback.
- ☐ Staff evaluation.
- ☐ Safeguarding reviews.
- ☐ Governor monitoring.
- ☐ Review of incidents and responses.

The policy will be reviewed annually or sooner if legislation, guidance or school circumstances change.

Responsibility for review lies with:

- ☐ Headteacher.
- ☐ Senior Leadership Team.
- ☐ Health and Wellbeing Lead.

- ☐ Designated Safeguarding Lead.
- ☐ Governing Body.

17. Appendices

Appendix 1: Substance Incident Response Flowchart

Concern identified → Ensure safety → Inform Headteacher/DSL → Assess risk → Record concern → Inform parents/carers where appropriate → Seek external advice/support → Review and monitor

Appendix 2: Support Services

Support may include:

- ☐ School nursing service.
- ☐ Local authority wellbeing services.
- ☐ Specialist substance misuse services.
- ☐ GP and health services.
- ☐ Police School Community Officers.
- ☐ Safeguarding partners.

Appendix 3: Curriculum Coverage

Substance misuse education will be reviewed annually to ensure coverage within:

- ☐ Health and Well-being AoLE.
- ☐ Relationships and Sexuality Education.
- ☐ Science and Technology.
- ☐ Personal and social development opportunities.

References

Guidance for substance misuse education (2013) Guidance document no: 107/2013, Welsh Government

Foundation Phase Framework for Children's Learning for 3 to 7 Year Olds in Wales (2008), Welsh Assembly Government

Personal and social education framework for 7 to 19 year olds in Wales (2008), Welsh Assembly Government

[Health and Well-being: Introduction - Hwb \(gov.wales\)](#)

[Health and Well-being: Statements of what matters - Hwb \(gov.wales\)](#)

Tobacco Control Action Plan for Wales (2012), Welsh Government

Working Together to Reduce Harm: The Substance Misuse Strategy for Wales (2008 – 2018), Welsh Assembly Government

Useful Websites

www.schoolbeat.org

www.dan247.org.uk

www.talktofrank.com

www.drugscope.org.uk

www.drinkaware.co.uk

Appendix 1 - Legislation covering different drug groups

	DRUG GROUP	LEGAL STATUS	RECOMMENDED MEDICAL USES	METHODS OF ADMINISTRATION	PREVALENCE & AVAILABILITY	EFFECTS
DRUGS THAT REDUCE PAIN	OPIATES, NARCOTIC(S), ANALGESICS e.g. methadone, pethidine opium morphine codeine Actifed, codeine linctus.	Prescription Only Medicines Controlled drugs Prescription Only Medicines, except in the form of some very dilute mixtures (*) available without prescription from pharmacies. (*) Legal to possess without a prescription	Pain relief, cough suppression, anti diarrhoea agents. Treatment of opiate dependence (methadone)	Heroin can be smoked, sniffed or injected. Most other opiate preparations can be injected or swallowed.	Heroin is the most widely misused of this class of drugs. Commonly available on the illicit Market. Perhaps 70,000 regular users. Other opiates available from doctors or by theft.	Reduce sensitivity and emotional reaction to pain, discomfort and anxiety. Feelings of warmth, contentment. Relatively little interference with mental or physical functioning. Higher doses, sedation, stupor, Sleep/unconsciousness. Tolerance and physical dependence with frequently repeated doses, Depressant effects may be dangerously magnified if more than one opiate is taken at a time, or if opiates are taken with other depressant drugs.
DRUGS THAT ALTER PERCEPTUAL FUNCTION	LSD HALLUCINOGENIC MUSHROOMS e.g. Liberty Cap `magic mushrooms' Fly Agaric	Controlled drugs; LSD not available for medical use. If prepared for use may be a controlled drug. Otherwise unrestricted.	None None	Swallowed as variously formed, illicitly produced paper squares, pills, tablets, capsules etc. Swallowed raw, cooked or brewed into a beverage, often after drying.	Commonly available on the illicit market Liberty Caps grow wild in Autumn in many parts of Britain and are commonly taken	Heightened appreciation of sensory experiences, perceptual distortions, feelings of dissociation, insight, elevation of mood. Sometimes anxiety or panic, occasionally severe. Relatively little psychological arousal or sedation, and minimal risk of physical dependence. With hallucinogens and hallucinogenic mushrooms,

	CANNABIS e.g. herbal cannabis cannabis resins cannabis oil	Controlled drugs; not available for medical use; illegal to allow premises to be used for smoking cannabis	None	Burnt and smoked by itself (herbal cannabis) Sometimes eaten (resin)	Most widely misused controlled drug in Britain	commonly pseudohallucinations. With cannabis, relaxation, drowsiness, talkativeness.
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	DRUG GROUP	LEGAL STATUS	RECOMMENDED MEDICAL USES	METHODS OF ADMINISTRATION	PREVALENCE & AVAILABILITY	EFFECTS
DRUGS THAT DEPRESS THE NERVOUS SYSTEM	ALCOHOLIC BEVERAGES	Can be bought by adults (18+) and drunk outside a pub/bar by children (5+). Need licence to sell	None	Swallowed a liquid	Widely available	Depresses the nervous system, relieve tension and anxiety, promote relaxation, impair the efficiency of mental and physical functioning, and decrease self-control. In higher doses there can be 'drunken' behaviour, drowsiness, stupor, sleep/unconsciousness.
	BARBITURATES ('DOWNERS' 'BARBS')	Prescription Only Medicines. Controlled drugs.	Promote sleep in severe intractable insomnia.	Swallowed as pills/capsules elixirs. Injected.	Rarely available on the illicit market	With the exception of minor tranquillisers, these effect may be associated with positive feelings of pleasure. Tolerance develops with frequently repeated doses there can be strong physical dependence to alcohol or hypnotosedatives, less strong to minor tranquillisers, not at all to solvents or gases.
	BENZODIAZEPINES - MINOR TRANQUILLISERS (TRANX) e.g. diazepam (Valium) nitrazepam (Mogodon) temazepam	Prescription Only Medicines. Controlled drugs but legal to possess without a prescription.	Relieved anxiety. Promote sleep in insomnia.	Swallowed as pills or capsules.	Most commonly prescribed drugs in Britain. Also available on the illicit market.	Depressant effects may be dangerously augmented if more than one depressant drug is taken at a time, or if depressant drugs are taken with opiate type drugs.
	SOLVENTS AND GASES e.g. glue lighter fuel aerosols cleaning fluid.	In UK illegal to sell knowingly for inhalation. In Scotland misusers may be taken into care.	None	Various gases inhaled through nose/mouth	Widely available in shops, homes and places of work.	

DRUGS THAT STIMULATE THE NERVOUS SYSTEM	DRUG GROUP	LEGAL STATUS	RECOMMENDED MEDICAL USES	METHODS OF ADMINISTRATION	PREVALENCE & AVAILABILITY	EFFECTS
	AMPHETAMINE - LIKE DRUGS ('UPPERS' 'SPEED')	Prescription Only Medicines Controlled Drugs	Treatment of narcolepsy and hyperkinesia Short term treatment of obesity	Amphetamine sulphate powder sniffed up the nose and injected.	After cannabis, probably the most widely misused controlled drug.	Except for steroids and nitrites, drugs that stimulate the nervous system increase alertness, diminish fatigues, delay sleep, increase ability to maintain vigilance or perform physical tasks over a long period, and elevate mood. Excepting tobacco, high doses can cause nervousness, anxiety and (with the exception of tobacco and caffeine) temporary paranoid psychosis. Withdrawal effects include hunger and fatigue. Although unpleasant, these effects are practically never of the kind that might require medical assistance.
	COCAINE cocaine hydrochloride (coke) (snow) cocaine freebase (crack)	Prescription Only Medicines Controlled drugs.	Rarely prescribed. Local anaesthetic.	Powder sniffed, sometimes injected. Cocaine freebase smoked.	Expensive, so not usually used frequently	
	CAFFEINE caffeine	Unrestricted	None	Swallowed as a beverage, in confectionery.	Freely available in beverages and foodstuffs	
	TOBACCO Tobacco e-cigarettes	Illegal to sell to children under 18. Otherwise unrestricted.	None Persistent anaemia Protein build-up	Smoked. Snuff is sniffed up the nose. Swallowed as pills or injected.	Widely available Available in gymnasias, health clubs etc.	Potential for increasing aggression and sex drive in men and women; possible liver and heart damage; non reversible virilising effects on
	ANABOLIC STEROIDS	Prescription Only				

		Medicines				women (body hair, deep voice); growth stunting in adolescents; psychological dependence.
	ALKYL NITRITES amyl nitrite 'Poppers'	Pharmacy medicine. Unrestricted	None	Vapours inhaled through nose/mouth	Available in sex shops, clubs, bars etc.	With nitrites 'rushing' sensation as blood vessel dilate; enhanced sexual pleasure:
	HALLUCINOGENIC AMPHETAMINES methylenesdioxyamphetamine MDMA 'Ecstasy'	Controlled drugs; not available for medical use	None	Swallowed as tablets or capsules	Generally available on the illicit market	possible headaches, vomiting and dermatitis. Excessive use of nitrites could bring on methaemoglobinemia (severe vomiting, shock and unconsciousness) which has caused fatalities. Tolerance develops, but no reports of withdrawal or dependence. With ecstasy feeling of empathy with others at low doses, more amphetamine-like restlessness and anxiety at higher doses.

Appendix 2

SLANG OR STREET TERMS

This is a current list of slang terms used for street drugs. Also outlined below is the method of use and categories of effects. Some of these terms have already changed, in particular Ecstasy, and because they are constantly changing it is virtually impossible to keep them updated.

Depressants (depress the central nervous system and the whole body)

Smoked or injected	Heroin	Smack, Scag, Gear, Shit, Junk, Brown/White
Swallowed (Occasionally injected)	Tranquillisers	Valium, Tammies, Jellies, Eggs There are too many to name for this document
Swallowed	Alcohol	Booze, Bevvvy, Juice, Hooch

Stimulants (stimulates the central nervous system and the whole body)

Swallowed	*Ecstasy	Apples, Play Boys, 2CB, M25, White Doves, Burgers, Dennis the menace, Power Pack, Snowball, White Cap, Triple X, Love Heart, Adam & Eve, Love Dove, Rhubarb and Custard, E's
Smoked	Cigarettes	Fags, Ciggies
Snorted (occasionally injected)	Amphetamine Sulphate	Speed, Whizz, Billy, Pink Champagne, Ice (smoked), Dexi's
Snorted, smoked	Cocaine	Charlie, Coke, Crack

Hallucinogenics

Smoked or eaten	*Cannabis	Ganja, Skunk, Dope, Puff, Weed Henry (1/8), Greens, Dollars, Soap, Sensi, Solid, Black, Red leb/deal, Pot, Daughters (1/4), Gear, Shit, Blow, Loose, Marijuana, Wacky Backy, Hash
Swallowed	LSD Hallucinogenic Mushrooms:	Trips, Micro's, Tabs Magic Mushrooms, Mushies

*Ecstasy is a stimulant which enables users to dance all night as well as being mildly hallucinogenic.

*Solvents, Glue and Gases are not listed, there are no street names for these substances.

Appendix 3

Warning Signs

1. Early detection of drugs misuse is extremely important. If a young person's drug misuse is identified at an early stage, it is easier for action to be taken to prevent his or her further misuse of drugs. Therefore teachers need to be vigilant, particularly when they are in charge of activities which take groups of young people away from the school premises. Research has shown that first experiments with drugs by young people almost always involve a substance provided by a friend.
2. The signs listed Tables 1 and 2 may indicate that individuals or groups of young people are misusing drugs. **Their presence alone is not conclusive proof of drug or solvent misuse: many of them are a normal part of adolescence**, but the presence of several signs together may point to a need for greater vigilance. Table 3 lists equipment which, if found in certain circumstance, might also give grounds for concern.

Table 1

Warning Signs in Individuals

Changes in attendance, and being unwilling to take part in school activities

Decline in performance in school work

Unusual outbreaks of temper, marked swings of mood, restlessness or irritability

Reports from parents that more time is being spent away from home, possibly with new friends or with friends in older age groups

Excessive spending or borrowing of money

Stealing money or goods

Excessive tiredness without obvious cause

No interest in physical appearance

Sores or rashes especially on the mouth or nose

Lack of appetite

Heavy use of scents, colognes etc. to disguise the smell of drugs

Wearing sunglasses at inappropriate times (to hide dilated or constricted pupils)

Table 2

Warning Signs in Groups

Regular absence on certain days

Keeping at a distance from other pupils, away from supervision points (eg groups who frequently gather near the gate of a school playground or sports field).

Being the subject of rumours about drug taking

Talking to strangers on or near the premises

Stealing which appears to be the work of several individuals rather than one person (eg perhaps to shoplift solvents)

Use of drugtakers' slang

Exchanging money or other objects in unusual circumstances

Associating briefly with one person who is much older and not normally part of the peer group.

Table 3

Objects that may indicate Drug Misuse

Foil containers or cup shapes made from silver foil, perhaps discoloured by heat

Metal tins

Spoons discoloured by heat

Pill boxes

Plastic, cellophane or metal foil wrappers

Small plastic or glass phials or bottles

Twist of paper

Straws

Sugar lumps

Syringes and needles

Cigarette papers and lighters

Spent matches

Plastic bags or butane gas containers (solvent abuse)

Cardboard or other tubes (heroin)

Stamps, stickers, transfers or similar items

Shredded cigarettes, home-rolled cigarettes and pipes (cannabis)

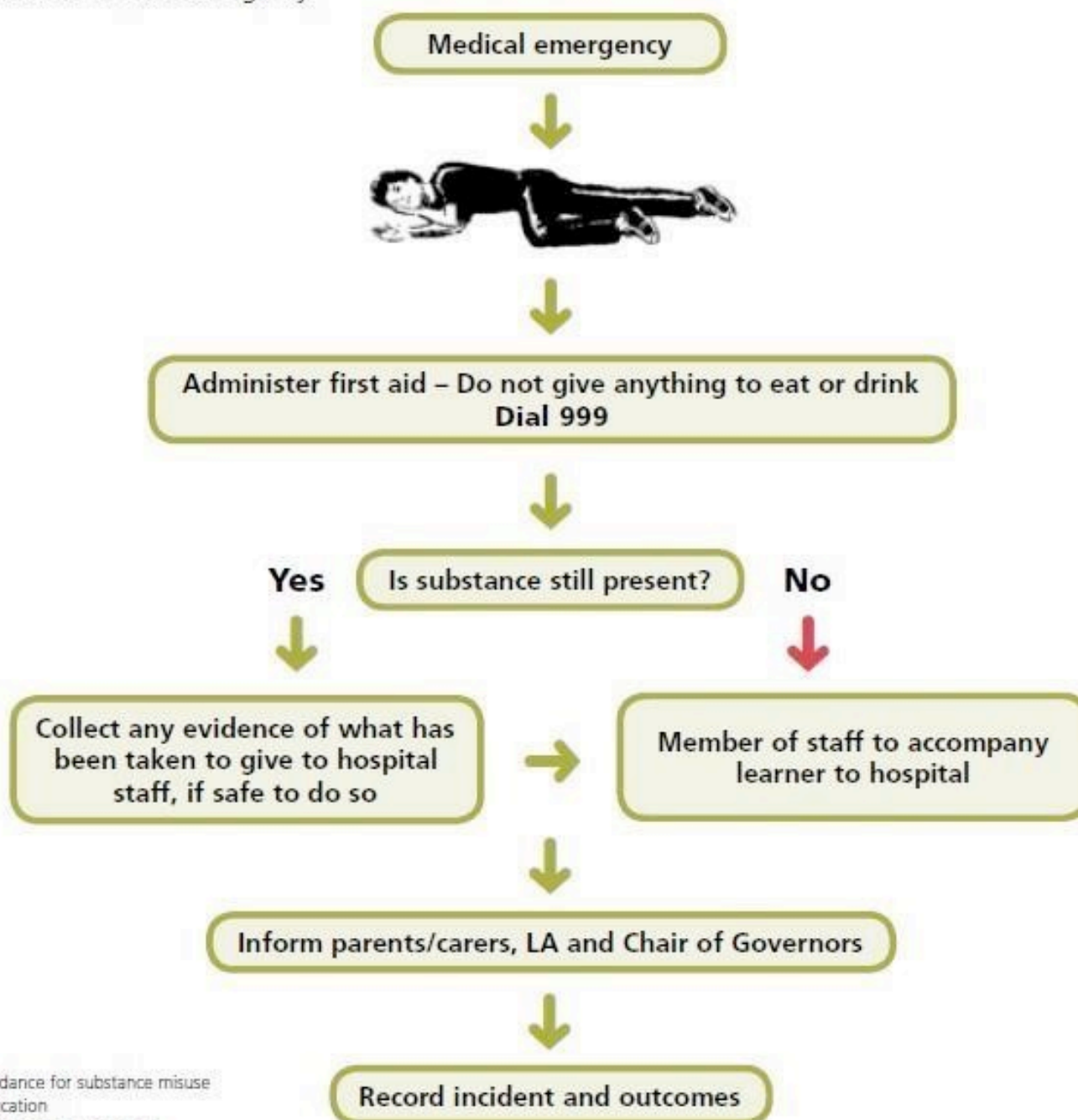
Paper (about 2 inches square) folded to form an envelope (heroin)

Annex B: Suggested response procedures to substance misuse incidents

A suggested response procedure: medical emergencies

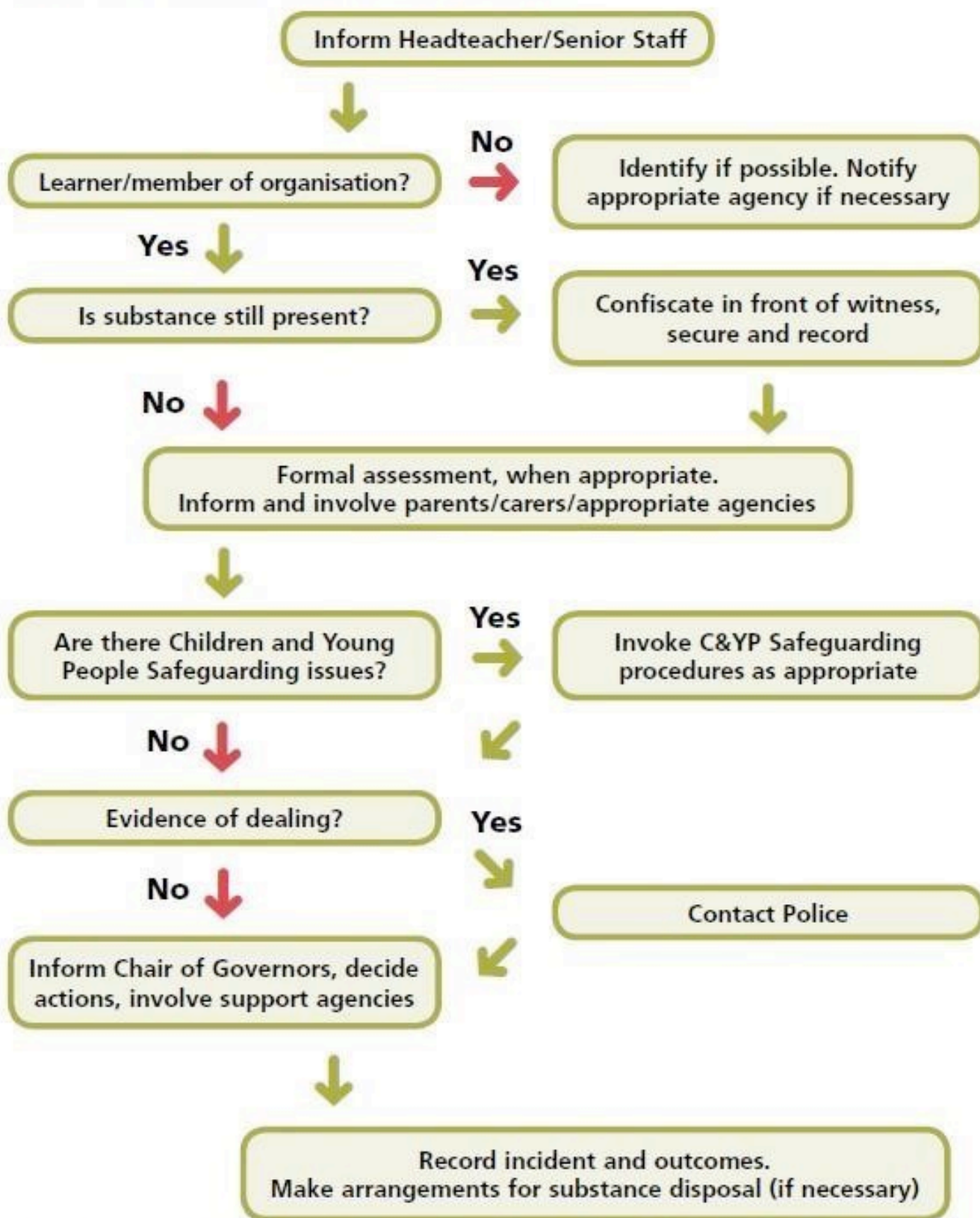
This procedure covers both legal substances and illegal substances.

If someone has lost consciousness or gone into a coma after using substances, first aid must take precedence over any other actions. Acute intoxication, unconsciousness and semi-unconsciousness should all be regarded as medical emergencies. If in doubt, always treat as a medical emergency.



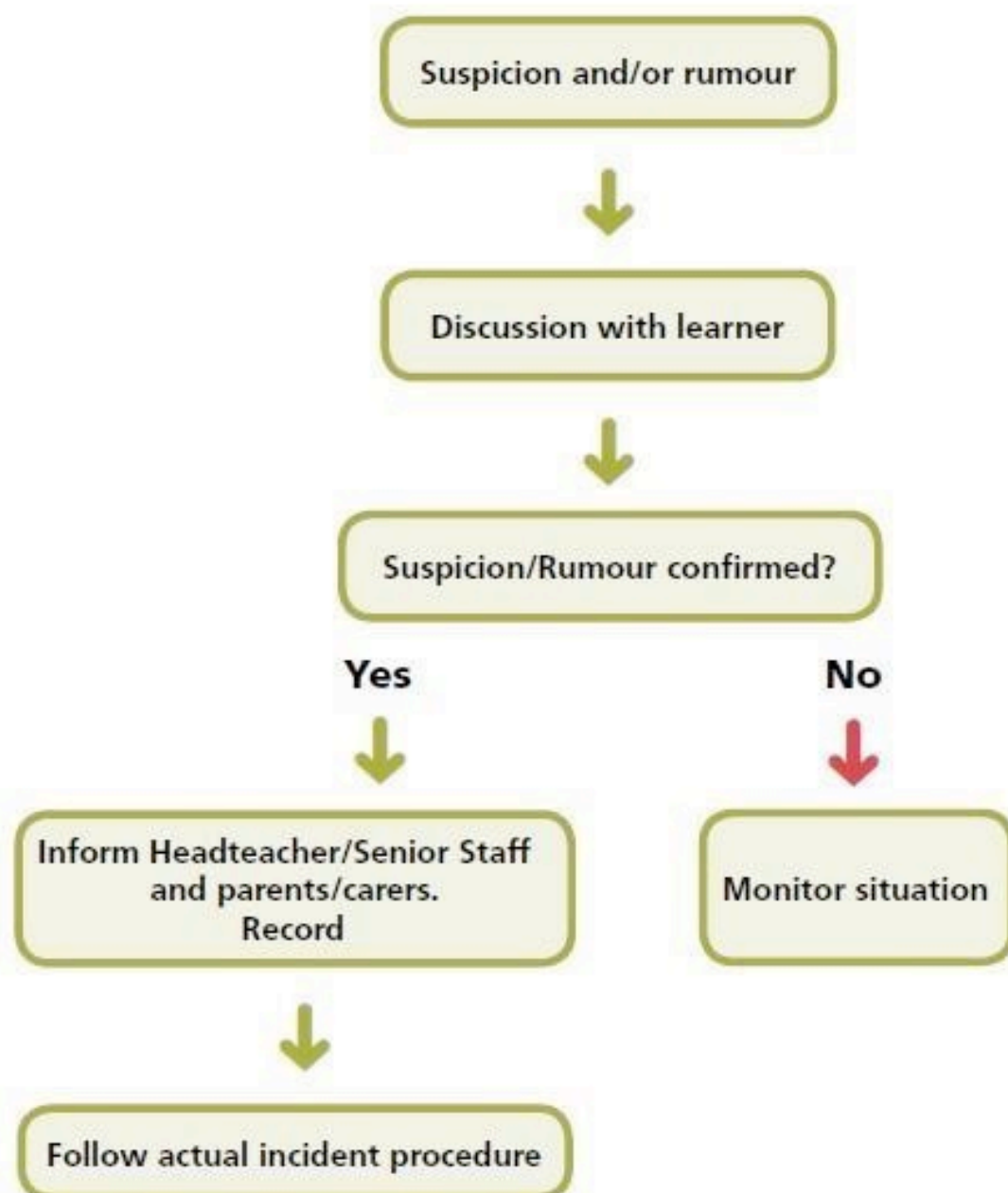
A suggested response procedure: actual incident

This procedure covers both legal and illegal substances.



A suggested response procedure: suspicion or rumour

This procedure covers both legal and illegal substances.



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Annex G: Substance misuse incident recording form template

School/Organisation:	Date of incident:	Date and time reported:	
		Reported by:	
Young person(s) involved:	Names:	Home contact number	
Description of incident:			
Category of incident	Action taken	By whom	Who contacted
Categories: 1. Drug-related litter 2. Possession 3. Supply 4. Under the influence 5. Non learner/member			
Name/Description of substance:	Amount/Size:	Removed by:	Where retained:
Signed: _____		Witnessed by: _____	
Title: _____		Title: _____	
Date: _____		Date: _____	

Contacts and referrals made (where appropriate)

Contacts	Contact name and number	Contact made by	Time and date contact made	Enquiry/Referral (Appointment time)
Parents/Carers				
Police				
Ambulance				
Other health professional				
Social services duty team				
Environmental health				
Education department				
Drug support agency				
Other:				

Outcome:

Attach any details of meetings/actions/plans as appropriate:

Signed: _____

Witnessed by: _____

Title: _____

Title: _____

Date: _____

Date: _____

This form should now be kept in a secure central file.