

GUIDANCE

This resource guide has been developed for professionals working with young people on either a one to one basis or as a group activity, to raise awareness and explore the risks of drug and alcohol use.

The resource is made up of a collection of activities that workers have contributed which they have used with groups of young people. These exercises can be used to create group sessions to explore the impact of drug and alcohol use. Alternatively, they could be used on a one to one basis with a young person who may be at risk of or already using substances, to help gather information and make a referral to the appropriate drug support service. It is NOT intended to act as an alternative to making a referral for a young person requiring one to one treatment by a specialist service.

Each activity is labelled in the corner whether it is a one to one activity or group work activity. The guide sheets include an explanation of the activity, instructions for facilitators and activity sheets that are needed.

Aims of the resource:

ONE 2 ONE ACTIVITY

- To identify and express thoughts and emotions
- To consider strengths, needs and risk taking behaviour
- To begin action planning for making a change or planning for the future
- To explore benefits and consequences of using drugs and alcohol
- To begin monitoring how much the young person is using and when they are using to inform and aid referrals to services.

GROUP ACTIVITY

- To gain a basic understanding of different types of drugs, effects, harms and legality
- To explore physical and psychological effects of drugs and alcohol
- To explore and discuss risk taking behaviour when using drugs or alcohol
- To explore the potential impact on families and friends of a young person's drug or alcohol use.

Materials marked with the SEAC or the Ngage logo have been kindly lent from the healthy schools team and young people's drug and alcohol team. For more information about the SEAC resource please visit

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