

NAME	SLANG STREET NAME
Alkyl Nitrates	Poppers
Amphetamines	Speed, Whizz, Base Powder, Billy, Phets
Anabolic Steroids	Steroids, 'roids
Cannabis	Weed, Grass, bud Skunk, Dope, Hash Spliff, Marijuana Ganja Resin
Cocaine / Crack	Coke, C / Rock, Charlie
Ecstasy	E, MDMA, Pills, Doves
Gases, Glues and Aerosols	Volatile substances Solvents, products like: lighters, spray cans hairspray
Heroin	Smack, Brown H, Skag
Ketamine	K, Special K Horse Tranquilliser
Magic Mushrooms	Shrooms, Mushies

This list is not exclusive and slang names can frequently change.

• REGENTS HOUSE

For parents and carers of substance users. Providing free, confidential and unlimited support and information about substance use and associated issues. Regents House offers telephone, individual and group support giving those affected the opportunity to talk to other people in their situation.. Staff also make home visits.

Free - phone : 0800 0525959
9.00 a.m to 7.00pm every day of the year.

• COMPASS YOUNG PEOPLE'S SERVICE

For young people using substances who want to access support and help.

0115 9248232

• STARS

Service for children and young people who are worried, concerned or affected by someone else's use.

0115 942 2974

• FRANK

National Helpline for Support and Service Information.

0800 77 66 00

• WEBSITES

www.adfam.org.uk
www.al-anon.org.uk
www.solveitonline.co.uk

Young People, Drugs and Alcohol A Guide for Parents in Nottingham



WHO MIGHT USE SUBSTANCES?

Most young people do not use drugs and alcohol on a regular basis. However, some do experiment, and of these a few can go on to develop problems. Those who do try drugs are not from a particular social class, group or area. Anyone could decide to try them. Young people try drugs for various reasons. They may enjoy them, friends may be an influence, they may be rebelling and breaking rules. Some young people use drugs to help block out difficult feelings.

SIGNS OF USE

Signs of substance use are very similar to the normal changes of growing up which can make it difficult to identify. Try to identify 5 or more signs before suspecting drug use.

LOOK FOR

- frequent headaches
- unexplained smells
- change of eating habits
- increased need for money
- disturbed sleep patterns
- short tempered
- drowsiness
- clumsiness
- mood swings including aggression
- changing of social group
- lack of concentration
- bloodshot eyes
- change in energy levels
- paranoia
- anxiety
- stains or burns on clothing
- hallucinations

WHAT CAN I DO IF I DISCOVER OR SUSPECT MY SON OR DAUGHTER IS USING DRUGS?

- **Find Information** – about alcohol, drugs and treatment information from local drug services, libraries or the internet. You need to know what you are talking about.
- **Get support** - First talk to a friend or helpline to avoid your own anger and hurt coming across to the young person – this can scare them and put them off talking. Go through what you are going to say so you feel prepared for the conversation.
- **Try to calm down** – Relax, unwind from the day's stresses. It will be helpful when talking to a young person if you are focused and relaxed. This will make you appear approachable.
- **Talk** – share your concerns; explain you are worried because you care.
- **Listen** – to their opinions and feelings.
- **Understand** they may not be ready to talk yet – you are prepared but are they?
- **Be there** - Let the young person know you are there for them.

HOW DO I TALK TO MY YOUNG PERSON ABOUT DRUGS?

- Decide if you or another close family member are the best person to talk to them
- Choose a time and place that is good for both of you.
- Explain you care about them
- Explain you can be trusted and are here to help
- Ask them if they are using drugs but don't accuse or push them
- Try to take their answer as fact – that is all they are prepared to give you at the moment so go with it. It is rare for young people to admit things on the first conversation
- Offer to share information you have collected.
- Explain they can come back to you if they have any questions or concerns of their own
- **If the young person has told you anything, try not to share this information with others as they may feel you are going behind their back.**

