



**GRAHAM
RAINCLIFFE
FEDERATION**

sharing worlds of learning



Risky Behaviour

Information Evening for Parents





Risky Business?

- Alcohol
- Tobacco
- Sexual Health
- Illegal Drugs
- Legal Drugs
- Driving
- Online



Drugs

71% of young people are fairly sure or certain that they knew someone who used drugs that were not medicines
BUT



Drugs

	National	North Yorkshire	Local
% of young people been offered cannabis	32%	19%	19%
% of young people been offered other drugs	21%	11%	14%



Drugs

	National	North Yorkshire	Local
% of 15 year olds used cannabis	23%	15%	15%
% of young people say they have taken some form of illegal drug within the last month	8%	7%	6%



Alcohol

	National	North Yorkshire	Local
Drunk alcohol in the last seven days	18% (38% of 15 Year olds)	36% (48% of Year 10 pupils)	33% (51% of Year 10 pupils)
Obtained the alcohol from parents	-	22%	22%
% drinking over the recommended 14 units of alcohol for women	25%	15%	17%



Alcohol

- Children should not drink before they are 15, if at all
- If 5-17 year olds do drink they should only drink when they're supervised by a parent or other adult
- If 5-17 year olds drink, they should do so infrequently and definitely on no more than one day a week. Parents and young people should be aware that drinking, even at the age of 15 or older, can be dangerous to health. Not drinking is the healthiest option for young people.



Sexual Health

	National	North Yorkshire	Local
% of young people had a sexual relationship by Year 10	33%	25%	30%
% of those who have had a sexual relationship the % that have always used a method of contraception	-	50%	47%
% of Year 10 students reported that they have taken risks with sex after drinking alcohol or using drugs	-	13%	9%

Sexual Health

- 5, 163 new STIs in Yorkshire and the Humber last year in the 15-19 age range
- 2,492 of these were Chlamydia alone
- 79 new STIs in Yorkshire and the Humber last year in the under-15 age range
- 39 of these were Chlamydia alone



Sexual Health

- Infection rates are generally

2:1

female:male



Partnership

- Families
- School
- Outside Agencies



- Research shows that parents and families have a big influence on their children's views and behaviour and can play a crucial role:
 - Young people are more likely to delay or avoid taking drugs when they talk openly with their parents therefore helping to prevent problematic drug use
 - Young people are less likely to 'binge drink'
 - Young people more likely to delay sexual relationships which means they are more likely to use contraception and be with someone they care about



- **1. Take the opportunities to talk when they arise**

Four out of 10 parents avoid the issue and leave it up to schools and the police to talk about drugs (and sometimes SEX!)



- **2. Let them know your values and boundaries**

It's important for your children to know where you stand on any risk taking behaviour.

- **3. Avoid scare tactics**

Your teenage children often know more people who take drugs than you do, so there's no point in saying, "Smoking cannabis will kill you". But if you point out that cannabis can cause mental health problems and make people forgetful and unmotivated, that will seem realistic to them and be more of a deterrent.



- **4. Find out the facts**

Read websites, leaflets and publications so that you understand enough about drugs, STIs and online safety to talk to your children in an informed way.

- www.talktofrank.com
- www.fpa.org.uk
- www.parentlineplus.org.uk
- www.drinkaware.co.uk
- www.roadwise.co.uk
- www.yorsexualhealth.co.uk



- **5. Know their friends**

Peer pressure is a very powerful factor in determining whether or not your child will become involved in Risky Behaviour. Get to know their friends. Invite them to the house and take an interest in what's going on in their lives. If you have good reason to think your child's friends are involved in drugs, you may need to support your child to find a new circle of friends.



- **6. Listen as well as talk**

When you're discussing drugs, alcohol or sex, don't preach or give a speech. Let your child tell you about his or her experiences and fill you in on what's really going on. It's often easier not to talk face-to-face but to have a conversation side-by-side, such as when you're driving in the car, washing up together, or preparing food.



- Talk
- Share Values
- Don't try to scare
- Find out the facts
- Know their friends
- Listen



What is the School doing?

- Personal Education
 - Coaching
 - i Programme
- Sex and Relationships Education (SRE)
- Drugs, alcohol and tobacco education (DAT)
- School Nurse
- Student Support Base

What is the school *going* to do?

- Onsite Sexual Health Clinic
 - Drop in
 - Confidential counselling
 - Contraceptives available
 - Sexual Health Nurse
- Smoking Cessation Clinic
 - Medical first *then* discipline



Who else is there to help?

- NYCC
- The Cambridge Centre
- The Northway Clinic
- Safer Scarborough
- Aftermath
- CEOP
- Targeted Support