



SESSION 7: SESSION PLAN

ITEMS REQUIRED FOR SESSION

- Flip chart and pens
- Parent refreshments
- Name labels
- Attendance form
- Parent's leaflets
- Weekly evaluation forms
- Optional: Rolo sweet packs
- Legal high quiz and answer sheet

NOTES FROM THE SESSION

SESSION PLAN

- Introduction to guest worker
- Feedback

ACTIVITIES

- Guest Drug worker
- Drug-basic law
- Home challenge
- Just Say No Exercise
- Legal high quiz

TO TAKE FORWARD TO NEXT SESSION





LEGAL HIGHS FACT SHEET (FRANK 2015)

WHAT ARE 'LEGAL HIGHS'?

'Legal highs' that are actually legal contain one or more chemical substances which produce similar effects to illegal drugs (like cocaine, cannabis and ecstasy). These new substances are not yet controlled under the Misuse of Drugs Act 1971 and there is often not enough research about them to know about their potency, adverse effects from human consumption, or when used with other substances or alcohol. However, more and more 'legal highs' are being researched to see what their dangers are and to see whether they should be made illegal. In fact, many substances that have been found in substances sold as 'legal highs' have already been made illegal.

'Legal highs' cannot be sold for human consumption so they are often sold as incense, salts or plant food to get round the law. The packaging may describe a list of ingredients but you cannot be sure that this is what the product will contain. Just the fact that a substance is sold as 'legal' doesn't mean that it's safe or legal. You can't really be sure of what's in a 'legal high' that you've bought, or been given, or what effect it's likely to have on you or your friends. We know that many 'legal highs' are sold under brand names like 'Clockwork Orange', 'Bliss', 'Mary Jane' and have been directly linked to poisoning, emergency hospital admissions including in mental health services and, in some cases, deaths.

The main effects of almost all 'psychoactive' drugs, including 'legal highs', can be described using three main categories:

- stimulants
- 'downers' or sedatives
- psychedelics or hallucinogens

'Legal highs' are usually sold as powders, pills, smoking mixtures, liquids, capsules, or on perforated tabs.

There have been reports of some people injecting certain 'legal highs'. Injecting any drug, including 'legal highs', is particularly dangerous as a drug is more likely to reach harmful or fatal levels by this route. Also, the veins may be damaged by the injecting process and an abscess or blood clot may develop, which can then cause further serious health problems like infection of the blood or heart problems.





Many of these risks are increased if the 'legal high' is combined with alcohol or with another psychoactive drug. There have been cases of death too.

The three main categories of drugs do not detail every reported risk of every single 'legal high'. In fact, for many 'legal highs', there has been little or no useful research into the short or long-term risks from human consumption. Drugs including 'legal highs' will have widely different strengths and effects on different people.





LEGAL HIGHS QUIZ

1. WHAT ARE THE MOST COMMON DRUGS TAKEN BY YOUNG PEOPLE?

- A. LSD and Jellies
- B. Cannabis and Cocaine
- C. Heroin and Crack
- D. Poppers and Acid
- E. Caffeine and Alcohol

2. WHAT PERCENTAGE OF YOUNG PEOPLE AGED BETWEEN 16-24 USED LEGAL HIGHS BETWEEN 2011-2012?

- A. 85%
- B. 19.3%
- C. 1%

3. THE LEGAL HIGH NRG IS THE SAME DRUG NO MATTER WHERE YOU BUY IT FROM.

- A. True
- B. False

4. LEGAL HIGHS ARE LEGAL BECAUSE THEY ARE SAFE.

- A. True
- B. False

5. WHY ARE THEY CALLED 'LEGAL HIGHS'?

- A. Because there is not enough research on them
- B. Because they are safe
- C. Because the law doesn't want to ruin the fun of taking drugs

6. IS EVERYTHING FOUND IN A LEGAL HIGH LEGAL?

- A. Yes
- B. No

7. CAN YOU LIST 3 DIFFERENT APPEARANCES A LEGAL HIGH MAY HAVE:

8. ARE THE RISKS OF TAKING LEGAL HIGHS THE SAME AS TAKEN ILLEGAL DRUGS?

- A. Yes
- B. No

9. CAN YOU BECOME ADDICTED TO LEGAL HIGHS?

- A. Yes
- B. No

10. IS BEING IN POSSESSION OR SUPPLYING A LEGAL HIGH AN OFFENCE?

- A. Yes
- B. No





LEGAL HIGHS QUIZ ANSWERS

1. E
2. B
3. B
4. B
5. A
6. B
7. POWDER
PILLS
CAPSULES
8. B
9. A
10. A



SESSION 7: WEEKLY EVALUATION

1. I FOUND THIS SESSION TO BE (PLEASE TICK BOX):

- Not informative Neutral Quite informative Very informative

2. I FEEL THAT THE GROUP FACILITATORS WERE (PLEASE TICK BOX):

- Not supportive Neutral Quite supportive Very supportive

3. I WOULD HAVE LIKED MORE INFORMATION ON

4. WE WOULD WELCOME ANY FURTHER COMMENTS ON THIS SESSION

Thank you

5. IS THERE ANYTHING FROM THIS SESSION THAT YOU WOULD LIKE THE GROUP FACILITATORS TO DISCUSS WITH YOU BY PHONE IN MORE DETAIL (PLEASE TICK BOX):

- Yes, please phone me this week No, thank you

Name:

Best contact number:





SESSION 7: HOME CHALLENGE

Spend up to an hour this week with your teenager. Your teenager picks what to do and your role is just to be with them.

Read drug leaflets

Complete questionnaire and bring to the group next week



