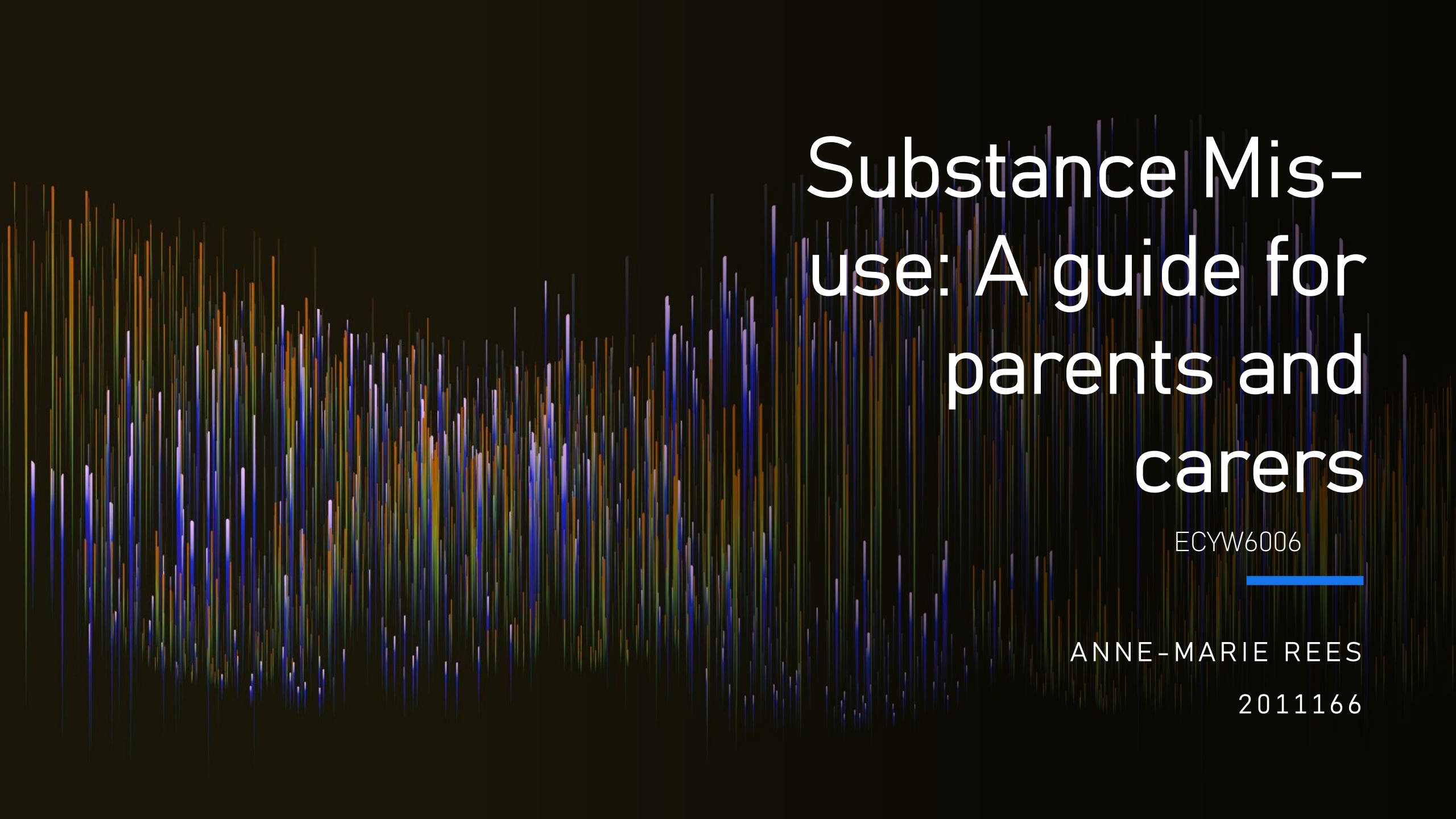




Substance Mis- use: A guide for parents and carers

ECYW6006

ANNE-MARIE REES

2011166

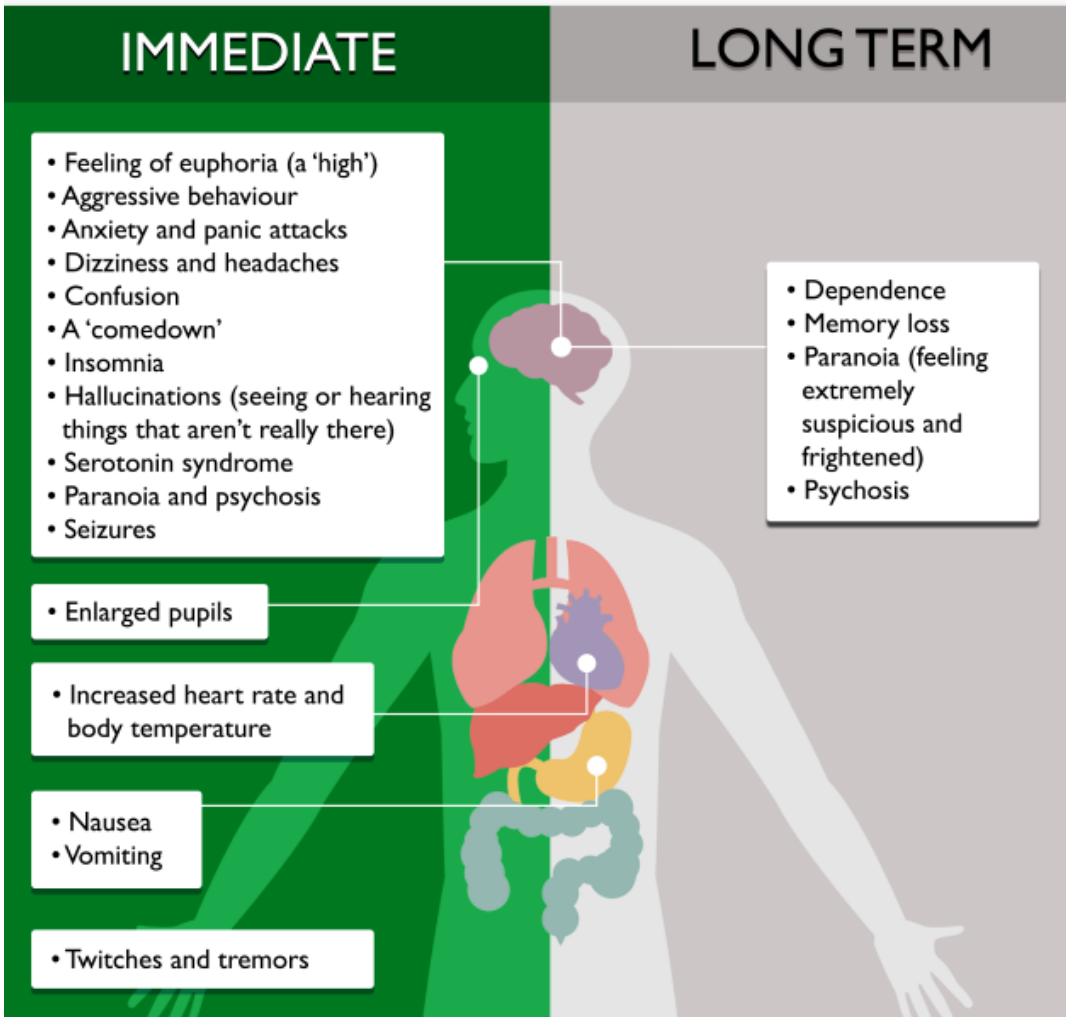
Contents



- What are drugs?
- Side Effects
- Promoting Health and Wellbeing
- Why do young people use substances?
- Sue Palmer's- Toxic Childhood
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A close-up photograph of a silver spoon held over a white bowl. The spoon is filled with a variety of pills and capsules, including several translucent yellow capsules, a few white capsules, and a single red capsule. The bowl below is also filled with a large quantity of similar pills, but they are out of focus. The background is a soft, neutral-toned surface.

What are
drugs?



side effects

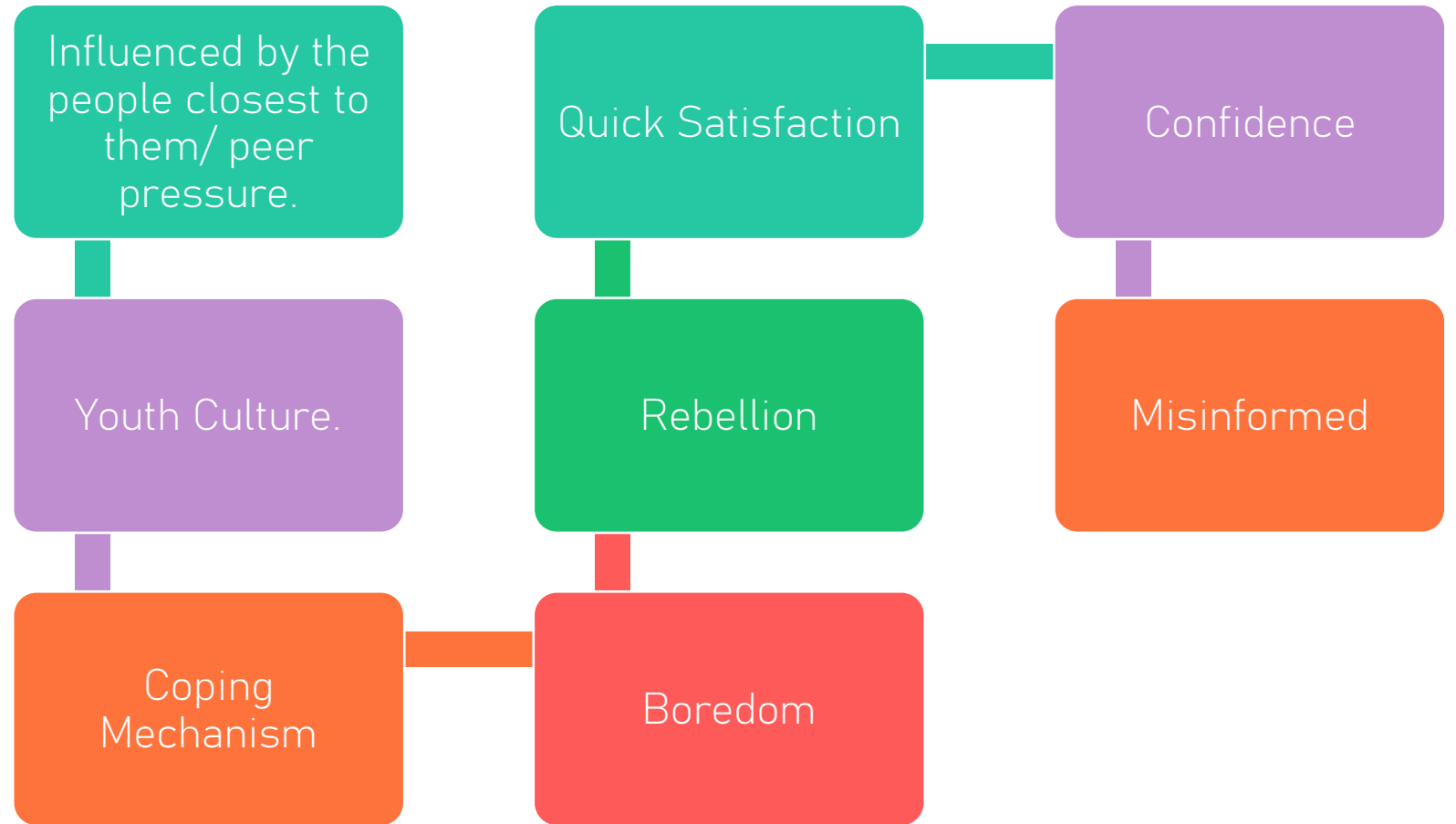
(POSITIVE CHOICES, 2021).



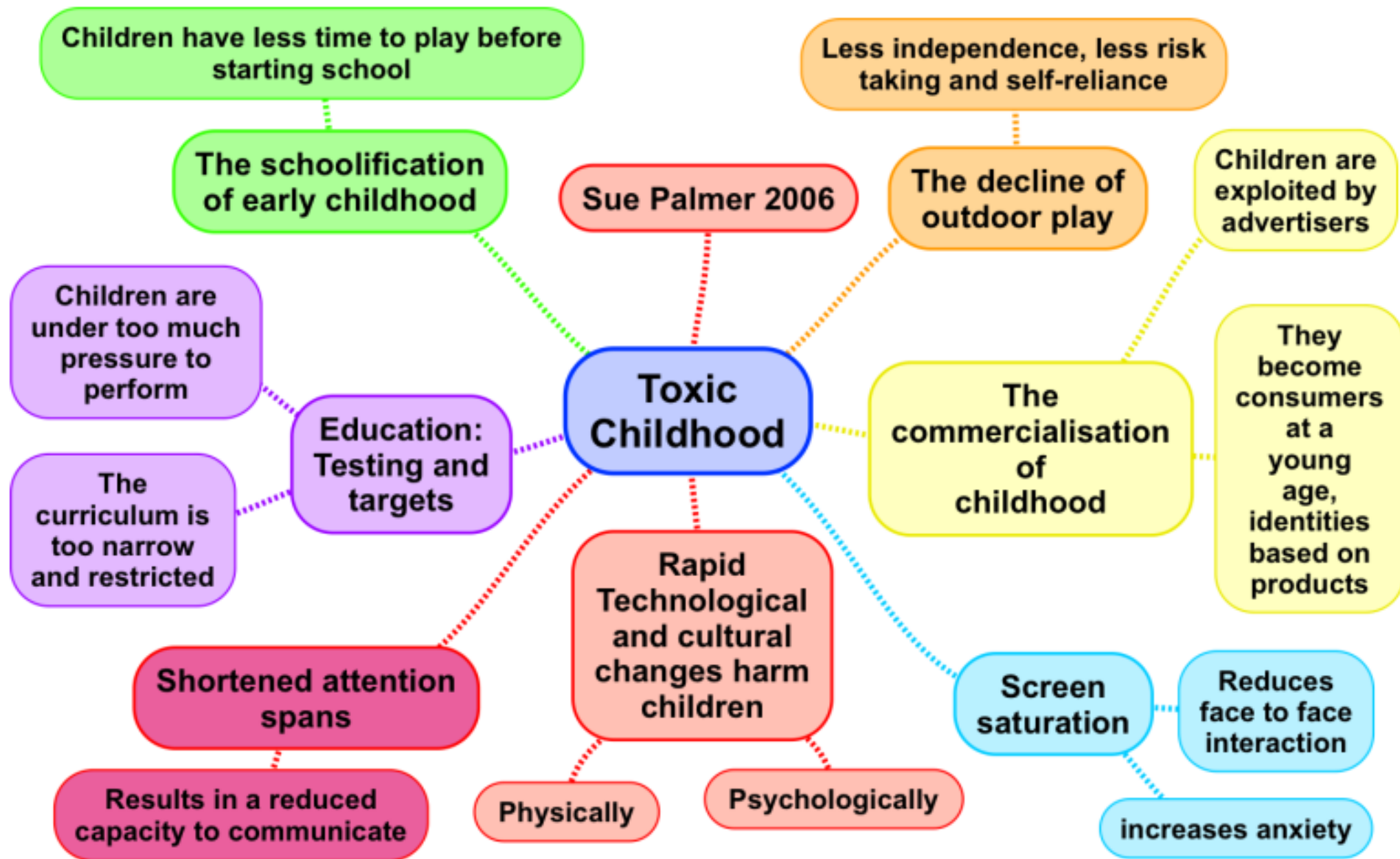
Promoting Health and Wellbeing

- Collaboration
- Integration
- Involvement
- Support
- Prevent
- (The Wellbeing of future generations (Wales) Act 2015).

Why do young people use substances?!



(Drugfree, 2024).



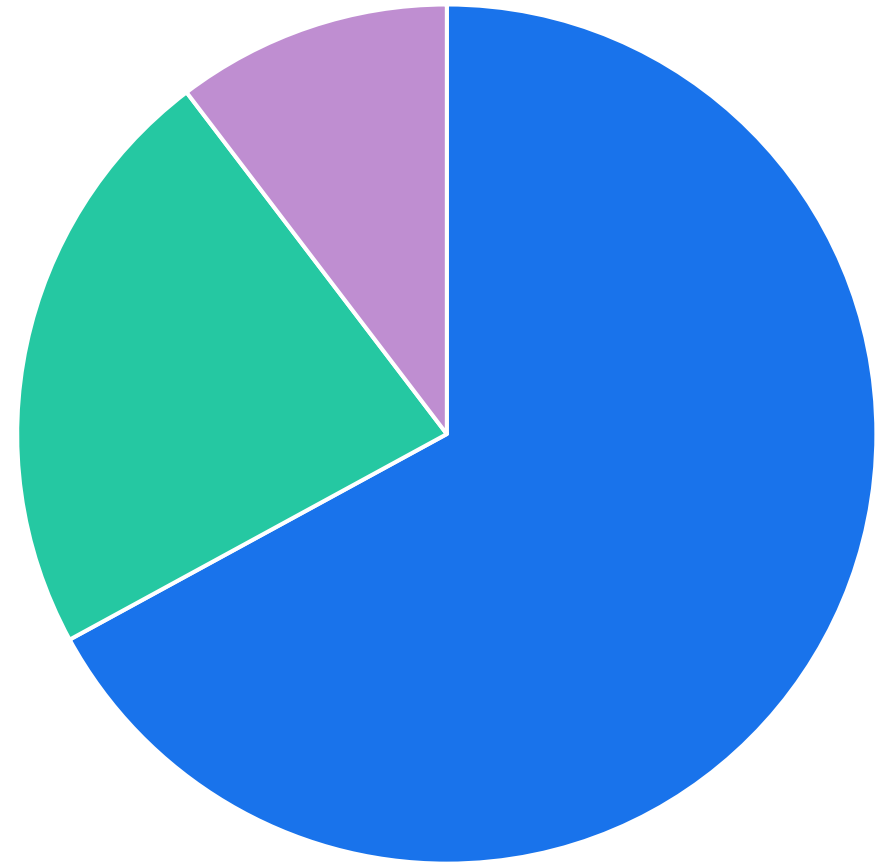
(Palmer, 2006).



- Substance mis use statistics for young people between the ages of 16 and 25 years.

(Office for National Statistics, 2024).

Young People in England and Wales (2023- 2024)



■ Any drug ■ Class A drugs ■ Frequent drug users ■

Class A Drugs

- Cocaine
- Crack cocaine
- ecstasy (MDMA)
- Heroin
- LSD
- Magic mushrooms
- Methadone
- Methamphetamine (also known as crystal meth).

(UK Government, 2025).



Class B drugs

- Amphetamines
- Barbiturates
- Cannabis
- Codeine
- Gamma hydroxybutyrate (GHB)
- Gamma-butyrolactone (GBL)
- Ketamine
- Methylphenidate (Ritalin)
- Synthetic cannabinoids
- Synthetic cathinones (e.g. [mephedrone](#))
- Methoxetamine)

(UK Government, 2025).



Class C Drugs

- Amphetamines
- Barbiturates
- Cannabis
- Codeine
- Gamma hydroxybutyrate (GHB)
- Gamma-butyrolactone (GBL)
- Ketamine
- Methylphenidate (Ritalin)
- Synthetic cannabinoids
- Synthetic cathinones (for example mephedrone, methoxetamine).

(UK Government, 2025).





Name the substances



Cocaine-
Can be snorted,
injected or dissolved
in water.



Crack cocaine- cocaine
mixed with baking powder
and smoke through a pipe



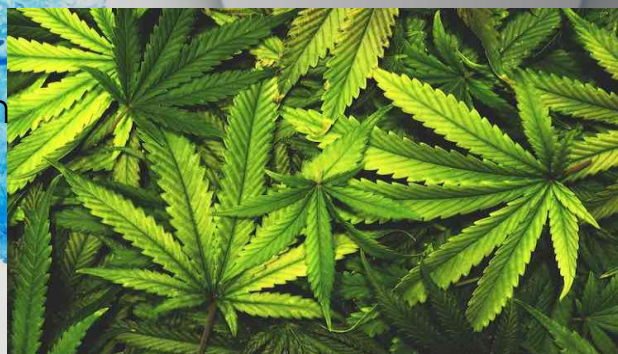
Methamphetamine (also
known as crystal
meth)- can be smoked,
injected or snorted, also
in pill form.



Methylphenidate (also
known as Ritalin)- when
used correctly this is a
prescription drug used for
ADHD.



Benzodiazepines (also
known as diazepam)- when
used correctly this is a
prescribed drug used for
anxiety, muscle spasms
and seizures.



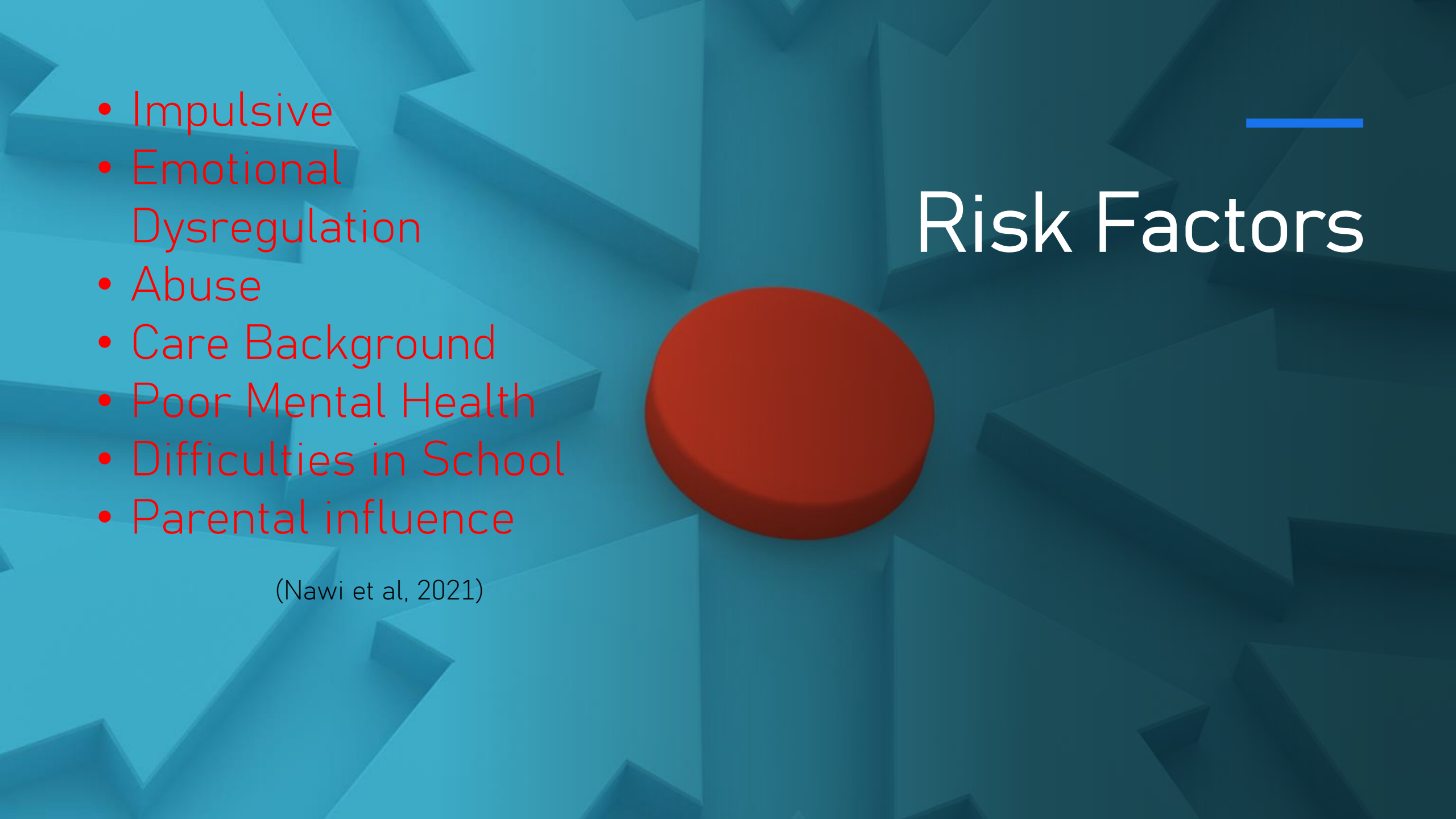
Cannabis (also known as
marijuana)- is used in
various ways, including
smoking, eating, and
vaping.



Khat- normally chewed,
can also be made into a
chewable paste or tea.



Nitrous oxide (also known as
laughing gas)- Can be given
medically as pain relief and
anaesthetic. Recreationally it
gives a short term 'high'.

- 
- Impulsive
 - Emotional Dysregulation
 - Abuse
 - Care Background
 - Poor Mental Health
 - Difficulties in School
 - Parental influence

(Nawi et al, 2021)

Risk Factors



Protective Factors

- Enjoys School
(Public Health Wales [PHW] 2021).
- Positive family relationships
- Positive relationships with professionals
- Interests
(Tyler and Ray, 2019).



5 Ways to Wellbeing

GIVE

**KEEP
LEARNING**

**BE
ACTIVE**

**TAKE
NOTICE**

CONNECT

Contact us in Carmarthen.

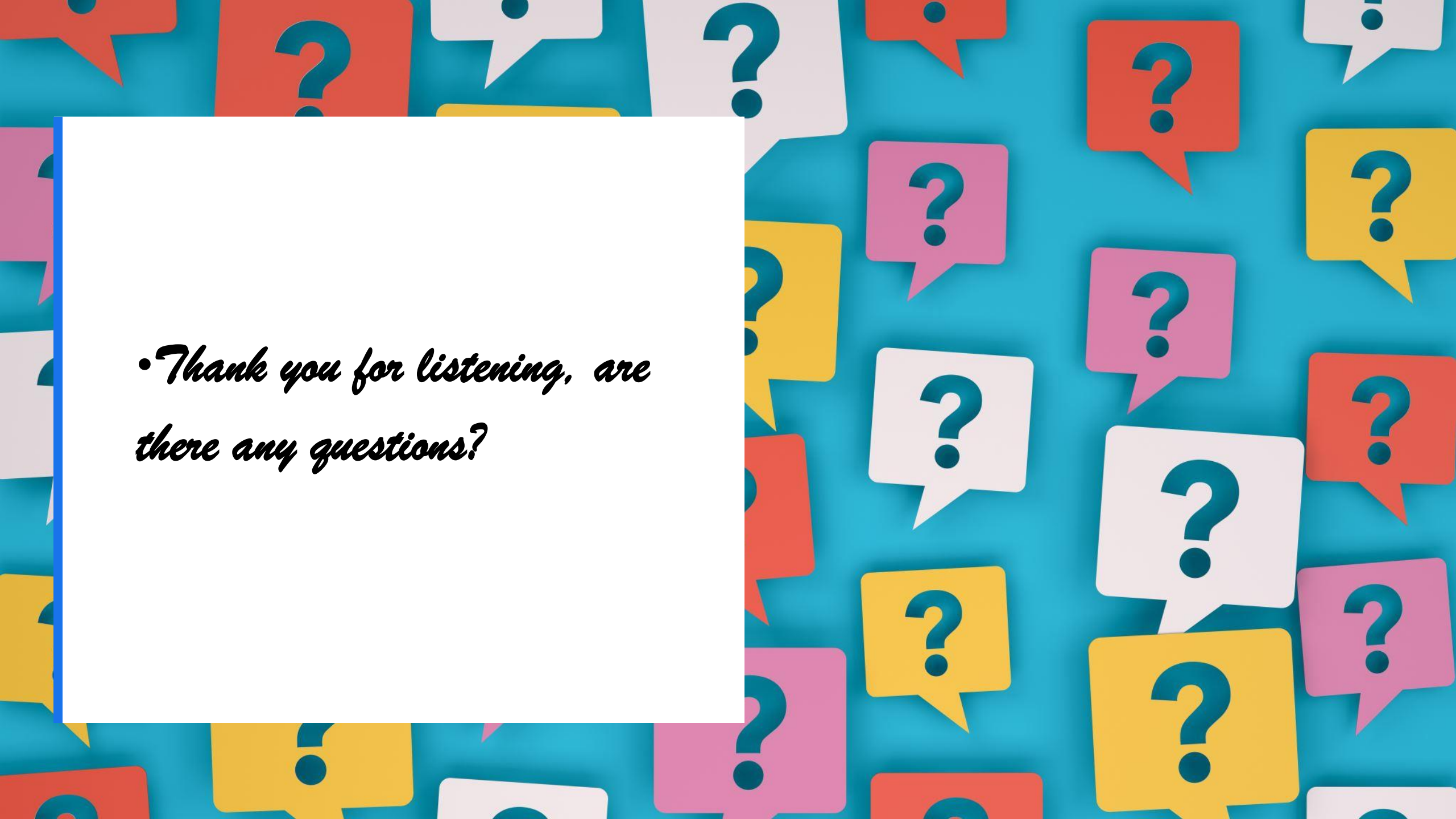
hellocarmarthen@pcmind.org.uk

**Contact us in
Pembrokeshire.**

hellopembrokeshire@pcmind.org.uk

Contact information

FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

The background of the slide is a vibrant blue with a repeating pattern of colorful speech bubbles. The bubbles are in shades of red, yellow, pink, and light blue, each containing a dark blue question mark. They are scattered across the entire background, creating a lively and inquisitive atmosphere.

• Thank you for listening, are there any questions?

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