

# BANK VIEW HIGH SCHOOL



## DRUGS EDUCATION POLICY

Reviewed: .....

Signed Chair Governors: .....

Next Review date: .....

# BANK VIEW HIGH SCHOOL

## What is a drug?

A drug is a substance, which affects the way in which the body functions either physically, emotionally or mentally. By definition, therefore, a drug includes legally available substances such as alcohol, tobacco, caffeine and solvents, over the counter and prescribed medicines such as tranquillisers or painkillers as well as illegal drugs such as heroin, ecstasy, LSD amphetamine, processed magic mushrooms, cocaine and cannabis.

## Background Information

Bank View High School is a local education authority maintained school for pupils aged 5-18 who have complex learning difficulties. There are presently 144 pupils on role who come from all areas within the City of Liverpool. All pupils have Statements of Special Educational Needs. There are a small number of pupils for whom English is not their first language. We also have a small number of Black English pupils of varying religions eg Sikh. A high number of pupils, 60% are entitled to free school meals.

## Policy Formation and Consultation Process

A review was made of the existing drug education policy by the PSHE coordinator. A representative from Merseyside Police Drug Support Team came to talk to staff about drug awareness.

## Aims and Objectives

We aim to equip children with the knowledge, understanding and skills that enable them to make the sort of choices that lead to a healthy lifestyle. Our drugs education programme has the primary objective of helping children to become more confident and responsible young people. We teach children about the dangers to health posed by drug taking and we aim to equip them with the social skills that enable them to make informed moral and social decisions in relation to drugs in society.

The objectives of our drugs education programme are:

- To provide children with the knowledge and information about illegal drugs and the harmful effects they can have on people's lives.
- To enable children to discuss moral questions related to drug taking and so provide a safe environment for young people to share their thoughts and ideas.

- To inform pupils about the dangers of socially acceptable drugs such as alcohol and tobacco. To help children become more self-confident so that they are able to make sensible and informed decisions about their lives.
- To let children know what they should do if they come across drugs or are aware of other people misusing drugs.
- To help children to respect their own bodies and in doing so, reduce the likelihood that they will be persuaded to become involved with drug abuse.
- To show that taking illegal drugs is a moral issue and that choices about drugs are moral choices.
- To ensure that all children are taught about drugs in a consistent manner, following the guidelines agreed by governors and staff.

Other school policies which have relevance to drug education are:

- Equal opportunities
- Sex and relationship education
- Child protection/safeguarding
- Behaviour/anti-bullying
- Teaching and learning statement
- Health and safety
- PSHE and citizenship

### Moral and Values Framework

The school condones neither the misuse of drugs and alcohol by members of the school, nor the illegal supply of these substances. It is committed to the health and safety of its members and will take action to safeguard their wellbeing. The school also acknowledges the importance of its pastoral role in the welfare of young people and through the ethos of the school will seek to persuade pupils in need of support to come forward. We believe we have a duty to inform and educate young people on the consequences of drug use and misuse.

### Equal Opportunities

Bank View High School is committed to working towards equality of opportunity in all aspects of school life. All resources used will support this commitment.

### Named Drug Awareness Coordinators

At Bank View High School the following staff are designated to deal with any incidents related to drug/alcohol misuse in the first instance:

Ian Wright	-	Headteacher	-	Lead coordinator
Layla Feeney	-	Lead Mentor	-	Deputy coordinator

## Organisation

We regard drugs education as a whole school issue and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Each class teacher answers questions about drugs sensitively and appropriately, as they occur. In class we encourage children to discuss issues that are important to them and we help children to be aware of the dangers of the misuses of drugs. For example, if a child raises the issue of smoking, the teacher takes time to discuss its harmful effects with the whole class.

We teach drug education through different aspects of the curriculum. While we carry out the main drug education teaching in our personal, social and health education (PSHE) curriculum, we also teach some drug education in other subject areas (for example: Science, RE, PE, Design Technology and English).

The children's form teacher teaches them drug education in PSHE time. The school actively cooperates with other agencies such as Community Police, LA and Health and Drug Agencies to deliver its commitment to Drugs Education. The teaching style that we use encourages children to ask questions and reflect on the dangers to health on drug misuse. Children explore issues such as why people take drugs and how they can avoid putting themselves in danger in the future. We give children the opportunity to talk in groups or to the whole class, in order to develop their assertiveness and decision making skills. There is the use of role-play to develop their resistance skills, the use of videos and case studies. We also encourage them to listen to the views of others and ask them to explore why drugs are such a problem for society. Pupils are given booklets about drugs and their effects to read in class and take home. They will also be given information on where to get help and advice.

Teachers have access to various worksheets on drug education and have a copy of drug fact files and an information sheet on drugs and the law (see Appendix 1).

## The role of Governors

The governing body has the responsibility of setting down these general guidelines on drugs education. The governors will support the Headteacher in following these guidelines. Governors will inform and consult with parents about the drugs education policy. Governors will also liaise with the LA and health organisations so that the school's policy is in line with the best advice available.

## The role of Parents

The school is well aware that the primary role in children's drugs education lies with the parents. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and cooperation. In promoting this objective we will:

- Inform parents to view materials used to teach drugs education in our school.
- Answer any questions parents may have about the drugs education their child receives in school.
- Take seriously any issue which parents raise with teachers or governors about this policy or the arrangements for drugs education in the school.
- Encourage parents to be involved in reviewing the school policy and making modifications to it as necessary.

## The role of the School/PSHE coordinator

It is the Headteacher's role to ensure that staff are given sufficient training so that they can teach effectively and handle any difficult issues with sensitivity.

The Headteacher will liaise with external agencies regarding the school drugs education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.

The Headteacher will monitor the policy on a day to day basis and report to governors, when requested, on the effectiveness of the policy.

## Drug Use and Misuse

In instances involving substance misuse or supply on the premises and following discussion between staff members who know the pupil well, parents will be informed at the earliest opportunity by the Headteacher. The school and the parents can work together to support the young person involved. All staff have access to a guidance/flowchart to refer to if a drug related incident occurs. This will then be passed onto the Headteacher who will then inform the LA Drug Support Advisor.

If a young person admits to using or supplying substances off the premises, the teacher's discretion will be involved, but informing the Headteacher is the appropriate action.

A school cannot knowingly allow its premises to be used for the production or supply of any controlled drug or the preparation or smoking of cannabis or opium. Where it is suspected that substances are continuing to be sold on the premises, details regarding

those involved as well as much information as possible, will be passed to the LA Drug Support Advisor/Police Liaison Officer.

The governing body will be involved in substance education and substance related incidents in the same manner as any other matter concerning the direction of the school.

The school will consider each substance incident individually and recognises that a variety of responses will be necessary to deal with incidents. The school will consider very carefully the implications of any action it may take. It seeks to balance the interests of the pupil involved, the other school members and the local community. Permanent exclusion is seen as a last resort as it may only transfer the problem and not address the real issues. A supportive approach at Bank View High School is the preferred action.

#### Possible actions resulting from Drugs Incidents

- Liaison with parents/carers
- Counselling via Learning Mentors
- Support for pupil via outside agencies eg Addaction Team
- Meetings with School's Community Police Officer
- Meetings with School Nurse (Drop-in)
- Outside agencies delivering health and safety aspects of the curriculum eg Addaction, Community Police Officer
- Child Protection referred
- Pupil access to named staff
- School Council agenda item
- Staff meeting agenda item

#### Whole School Delivery

At Key Stage 3 pupils will be taught:

- The basic facts and laws, including school rules, about illegal substances and the risks associated with misusing prescribed drugs
- To recognise risk and make safer choices through gathering information relating to healthy and safe environments and lifestyles
- To demonstrate personally effective ways of resisting pressure which threatens their own safety and well-being
- Basic emergency aid procedures and where to get help and support

At Key Stage 4 pupils will be taught:

- To consider alternatives and long and short term consequences when making decisions about personal health and to use assertiveness skills to counter unhelpful pressure
- The health risks associated with alcohol and drug use
- To seek professional advice confidentially and find information related to health

At all Key Stages, pupil's attitudes will be assessed at regular intervals eg Pupil Satisfaction Survey. This will help determine the extent of the received messages and to guide future curricular input.

#### Dissemination of the Policy

All staff members and governors will have access to a copy of this policy. A master copy is available from the Headteacher's room.

# Appendix 1

## Contacts

Annette Lyons - Senior Effectiveness for PSHE

Tel: 0151 233 8131

Fax: 0151 233 8176

Email: [Annette.lyons@liverpool.gov.uk](mailto:Annette.lyons@liverpool.gov.uk)

Denise Wild

Liverpool Healthy Schools Award Coordinator  
Drug Advisor

Tel: 0151 233 8102

Fax: 0151 233 8176

Email: [denise.wild@liverpool.gov.uk](mailto:denise.wild@liverpool.gov.uk)

Peter Duggan

LA Drug Support Advisor

Tel: 01744 630601

Mobile: 07721 391380

## Stimulants - Drugs that stimulate the central nervous system

<u>Nicotine</u>	
Other names:	Fags, ciggies, smokes, tobacco, snuff, rollies.
Effects:	A mild stimulant felt to be relaxing by regular user. Increases heartbeat slightly.
Health Risks:	Damages the lungs when smoked, resulting in respiratory diseases. Narrows arteries which can cause heart disease and lung cancer. Risk to unborn babies if a mother smokes during pregnancy.
What it looks like:	A brownish leaf, which is rolled into cigarettes.
How used:	Smoked or chewed.
Legal Status:	Legal - however, it is illegal for shopkeepers to sell cigarettes to children under 16.

<u>Caffeine</u>	
Other names:	Found in tea, coffee and some soft drinks.
Effects:	Wakefulness and alertness.
Health Risks:	Dependency.
What it looks like:	Liquid.
How used:	Drunk.
Legal Status:	Legal.

<u>Amphetamines</u>	
Other names:	Speed, whiz, billy, uppers, sulphate, amph.
Effects:	Excitement, increase of energy, confidence and alertness.
Health Risks:	Some users become tense and anxious while using. May be left feeling tired and depressed for several days after use. A larger dose repeated over several days may result in the user feeling panicky and hallucinating. Long term use risks dependency and mental illness. Risk of HIV and Hepatitis if injected using shared needles.
What it looks like:	Grey or white powder or tablets.
How used:	Snorted through the nose, swallowed, injected or dissolved in a drink.
Legal Status:	Illegal - Class B, but Class A if prepared for injection.

<u>Cocaine and Crack</u>	
Other names:	Cocaine – coke, Charlie, snow. Crack (a smokeable form of cocaine) – rock, wash, stone.
Effects:	Effects last roughly 30 minutes and causes a sense of well being, alertness and confidence. Users are usually left craving more. Crack produces the same effects as cocaine, but they are far more intense and do not last as long.
Health Risks:	Addiction leaves users feeling tired and depressed for some days after use. Paranoia, sleeplessness can be experienced by some users. Can cause chest pain and heart problems, which in some cases can prove fatal. Crack and cocaine carry the same risks but as the high of using crack can be so much more intense, crack use is more difficult to control than cocaine. The habit is expensive and hard to control and may lead to crime.
What it looks like:	Cocaine – white powder. Crack – small crystalline rocks.
How used:	Cocaine – snorted through the nose, eaten or sometimes dissolved and injected. Crack – smoked.
Legal Status:	I llegal – Class A.

Painkillers – Drugs which reduce or remove pain

<u>Heroin</u>	
Other names:	Smack, brown, browns, junk, gear, H, horse, jack, scag.
Effects:	Small doses give a sense of well being, warmth, peace and ease. Takes away all pain.
Health Risks:	Dependency and addiction, even when smoked. Users who form a habit may need to take the drug just to feel normal. Excessive amounts can cause overdose, coma and in some cases death. Injecting damages veins and if sharing needles there is a risk of hepatitis B or C and/or HI V. Heroin addiction is a habit which is hard to control and may lead to crime.
What it looks like:	Brownish or white powder.
How used:	Smoked, snorted or dissolved and injected.
Legal Status:	I llegal – Class A.

Depressants – Drugs which depress the function of the brain and other parts of the central nervous system.

<u>Alcohol</u>	
Other names:	Booze, wine, spirits, beer, lager, pint etc.
Effects:	Reduced and/or released inhibitions and self-control, reactions, judgement and coordination. Ability to reason impaired. May feel relaxed and cheerful or may become violent and aggressive.
Health Risks:	Abuse of alcohol can lead to accidents, loss of consciousness, anti-social behaviour and may lead to criminal behaviour. Long term damage to general health. Alcohol is both physically and psychologically addictive.
What it looks like:	Liquid.
How used:	Drunk.
Legal Status:	Legal.

<u>Transquillers/ Barbiturates</u>	
Other names:	Tranx, downers, mazines, eggs, valium.
Effects:	Sedation. Relieves stress and is calming. Can result in uncoordinated movements and dulled senses. High doses can make users drowsy and forgetful.
Health Risks:	Psychological addiction and dependency. Possibility of overdose if mixed with alcohol. Some tranquillisers cause a temporary loss of short-term memory.
What it looks like:	Tablets or capsules.
How used:	Usually swallowed. Sometimes injected – this is very dangerous.
Legal Status:	Possession is not illegal without a prescription (except temazepam). Supply is against the law and Class C penalties apply.

## Hallucinogens – Drugs which alter the user’s perception of reality

<u>LSD</u>	
Other names:	Acid, tabs, trips, microdots.
Effects:	The effects are known as trips and can last for up to 8-12 hours. Users will experience their surroundings in a different way including visual and auditory hallucinations and space and time confusion. Sense of movement may speed up or slow down. Objects, colours and sounds may be distorted. Users may experience extreme fear or extreme happiness.
Health Risks:	Once a trip starts it cannot be stopped. May trigger mental illness in those who are pre-disposed to it. A paranoia or trauma trip may result in an accident, as user feels able to do something impossible such as fly. Flashbacks may be experienced where parts of the trip are relieved sometime after the original trip. Users can experience a particularly terrifying trip.
What it looks like:	Small transfers on pieces of blotting paper. Tiny dot like pills know as microdots.
How used:	Swallowed/eaten.
Legal Status:	I llegal – Class A.

<u>Cannabis</u>	
Other names:	Marijuana, grass, spliff, draw, wacky-baccy, hash, black, smoke, ganja, weed, blow, skunk, dope and others.
Effects:	Users feel relaxed, talkative and laugh. Visual and auditory disturbance. May cause craving for food. I f cooked, the effects are more intense and harder to control.
Health Risks:	Mental confusion. Smoking it with tobacco may result in the user becoming dependent on cigarettes. I mpairs the ability to learn and concentrate. Known to leave people feeling tired, lacking in motivation and feeling apathetic. Can cause paranoia and anxiety in some people depending on their mood and situation when using. Smoking cannabis over a long period of time can lead to respiratory disorders including lung cancer.
What it looks like:	Black or brown and comes in several forms: A solid dark lump known as ‘resin’, leaves, stalks and seeds known as grass, or a sticky dark oil.
How used:	Rolled up and smoked usually with tobacco, smoked on its own in a special pipe, or cooked and eaten in food.
Legal Status:	I llegal – Class B (Class A penalties can apply to cannabis oil).

<u>Alkyr Nitrates</u>	
Other names:	Poppers, rush, liquid gold.
Effects:	Sudden, brief but intense 'head rush', flushed face and neck. Effect fades after 2-5 minutes.
Health Risks:	Overdose, panic, confusion, hallucinations, mental disorder and trauma. Regular use can result in skin problems around the mouth and nose. Dangerous for individuals who are anaemic and or who suffer from heart or respiratory problems. May be fatal if swallowed.
What it looks like:	Clear or straw coloured liquid.
How used:	Vapour breathed in through the nose or mouth from a small bottle or tube.
Legal Status:	A prescription only drug. Possession is not illegal but supply can be an offence.

<u>Anabolic Steroids</u>	
Other names:	Roids, product names include Sustanon 250, Deca-durabolin, Dianabol, Anavar, Stanozolol.
Effects:	With exercise helps to build up body muscle. Also helps user to recover from strenuous exercise. Users claim the drugs makes them feel more aggressive and able to train harder.
Health Risks:	May prevent young people growing properly. Risks for men include erection problems, breast growth, shrinking testicles, sterility, acne, increased risk of both liver failure and heart attacks. Risks for women include deepening voice, shrinking breasts, miscarriage and stillbirth, growth of facial hair.
What it looks like:	Tablets or liquids. Available illegally through some health clubs and gyms.
How used:	Injected or swallowed.
Legal Status:	Only be sold lawfully by a pharmacist to someone with a prescription. Supply is illegal and Class C penalties apply. Class C penalties also apply if money is not paid for them.

### Drugs and The Law - A Summary

The main law covering the use of dangerous drugs in Britain is the Misuse of Drugs Act 1971. Under this act, drugs which people might misuse have been placed on a list of controlled drugs and it is an offence to possess, produce, supply or offer to supply anyone with such a drug. The list of controlled drugs is divided into three categories

- Class A, Class B and Class C. They are classified according to their degree of harmfulness or danger with penalties varying accordingly.

Alcohol, tobacco and solvents are legal substances but there are laws governing their availability to children.

Tobacco should not be sold to anyone who is, or appears to be, under 16.

Shopkeepers can be fined for selling tobacco or cigarettes to under age children.

Police officers have powers to confiscate smoking materials from anyone under 16 in a public place.

Solvents. It is an offence to supply a solvent to a young person under 18 if there is reasonable cause to believe that the fumes might be inhaled.

Alcohol. Pubs that sell soft drinks and food can apply for a children's license that allows under 14 year olds into a bar until 9pm. At 14, a young person can go into a bar for soft drinks at the licensee's discretion. At 16, they can buy beer, cider or Perry to drink with a meal in the dining area of a pub. At 18 they can buy alcohol from a pub or off-license. It is an offence to sell alcohol to anyone under 18. It is an offence to buy, or try to buy, alcohol if you are under 18, or to buy it for someone who is under 18.