

Get in touch



What happens in Inverclyde

Young Persons Alcohol Team (YPAT)
Schools workers deliver alcohol education throughout Inverclyde Schools. The Young Booze Busters programme is delivered in primary schools. Classes receive 4 inputs at both P6 and P7 and explore the myths and facts around alcohol in a fun and interactive way. Schools Alcohol Workers attend secondary schools from S2-S4 They cover a variety of topics ranging from alcohol and our community to alcohol and risks.

Youth Work Services

Community Learning and Development Youth Work Services deliver drug awareness education sessions to both primary and secondary schools in Inverclyde, engaging young people in exploring the facts and issues around drug use.

Statistics

Did you know, according to the Inverclyde Child and Youth Health and Wellbeing Survey 2013, More than half (56%) of pupils in Inverclyde's secondary schools said that they have never drank alcohol. However, 3% of S1/2 pupils, 9% of S3/4 pupils and 14% of S5/6 pupils drink alcohol AT LEAST once a week.

Further information for parents and young people is available at:

www.inverclydeadp.org.uk



Useful contacts

Healthier Inverclyde Project
Inverclyde Integrated Alcohol Services:
01475 715353

Inverclyde Integrated Drug Services
Family Response Services:
01475 499000

Useful Websites

Parentline Scotland:
www.relationships-scotland.org.uk

Alcohol focus Scotland:
alcohol-focus-scotland.org.uk

Parenting Across Scotland:
www.parentingacrossscotland.org

Scottish Families Affected by Alcohol and Drugs:
www.sfad.org.uk

DrinkSmarter:
www.drinksmarter.org

For young people:
www.youngscot.org
www.youngminds.org.uk
www.talktofrank.com

Inverclyde Integrated Alcohol Services

Phone: 01475 715353
Write to: The Wellpark Centre
30 Regent Street
Greenock PA15 4PB
www.chps.org.uk/inverclyde

Mental Health, Addiction and Homlessness

Alcohol, drugs and your child



Inverclyde council

Alcohol, drugs and your child

www.chps.org.uk/inverclyde

What you need to know

We want to keep our young people safe, supporting them to make decisions which do not put them at risk. As a parent or carer you can play an important role in supporting our young people to make positive choices.

The facts

- Alcohol and drugs can make your child more vulnerable to risky behaviour, such as unsafe sexual activity, anti-social behaviour or becoming the victim of crime.
- Young people's bodies are more vulnerable than adults to the effects of alcohol and drugs.
- The earlier a child starts using alcohol or drugs increases the chances of alcohol and drug related problems as adults.

The good news in Inverclyde is that there are fewer young people drinking and using drugs, however those that are drinking are drinking much more than before. New drugs are always appearing and can become fashionable to use. This is why it's important that young people have the most accurate information on the risks and issues surrounding substance use so they can make informed decisions. Parents and carers are the best people to give this information.

How to start a conversation

There is no time like the present to talk to your child about substance use as they begin to learn about the effects in primary school.

- Be honest. As well as discussing the risks involved in drug and alcohol use, talk about why some people enjoy drinking or try drugs. Seeing alcohol and drug issues on a television programme or on the news can be a good way of introducing the topic and starting a discussion.
- Ask your child if they have talked about drug and alcohol use in school. Finding out what they have learned and already know can be a good starting point for you.
- If you don't know the answer to something your child asks you can find out together.
- If your child is curious about alcohol or drugs and asks you about it, answer honestly. Alcohol and drug use should be something that you and your children can talk about naturally.
- Talk about the effects that alcohol will have on your child, including the impact on appearance and relationships; the calories and weight gain, ageing, falling out with friends. This may be more effective than telling them only about long term health effects.

- Other interests and hobbies that your child has can occupy and deter them from drinking alcohol, or delay them starting, so encourage any interests they have.

