

Talking to Young People about Drugs – *A guide for parents*



Muckross Park College - 18th April 2018

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Let's begin with the good news ...



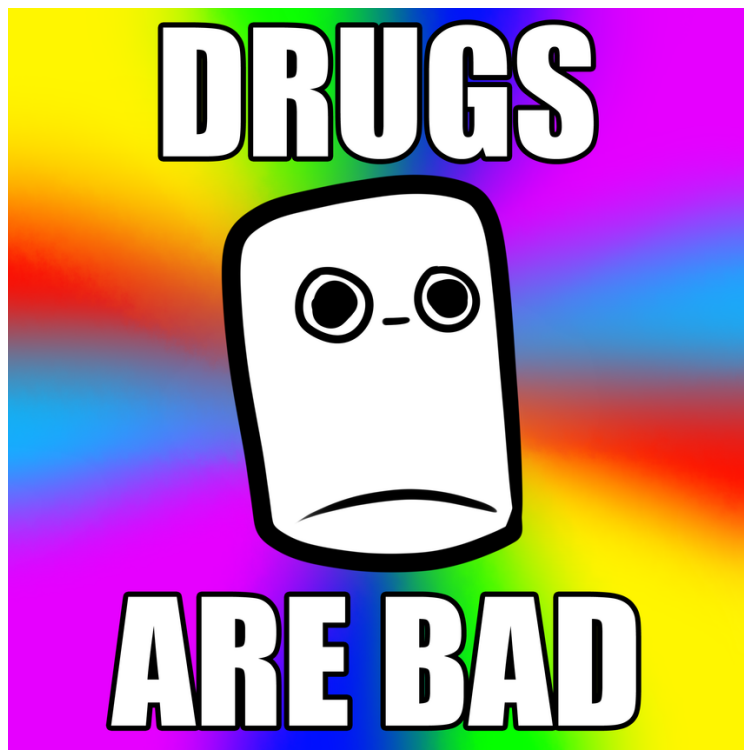
**Not all young people
try illegal drugs**

PHEW.

However ... just because some young people never try drugs, does not mean they are never exposed to drug use.



How do we think about **drugs**?





Anti-cannabis Poster 1942



'Just say no' Rally, Las Angeles 1987

The landscape has shifted in a number of ways ...



STRANGE BUDS S1 • E11

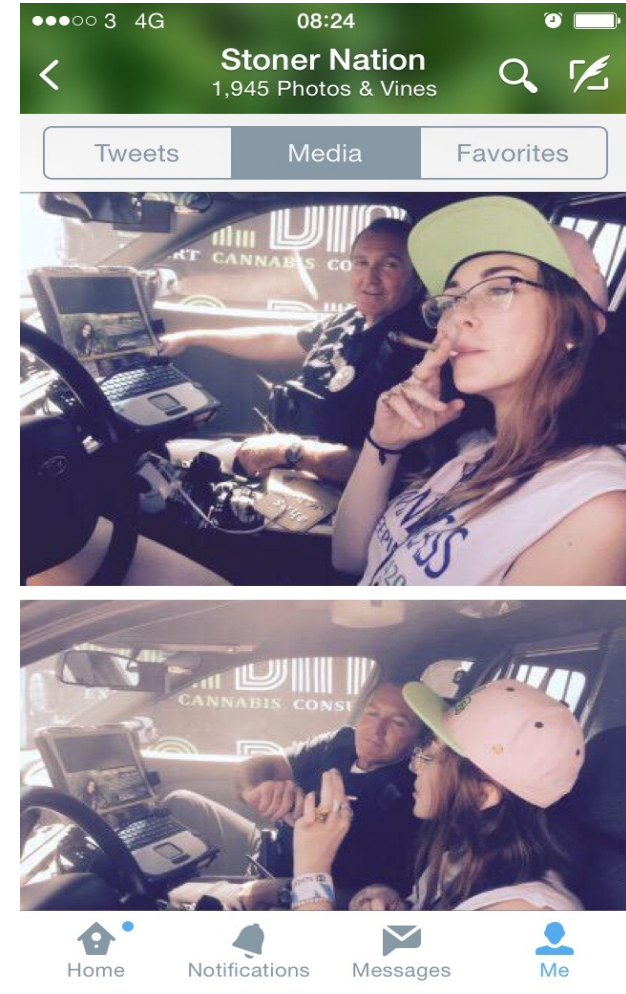
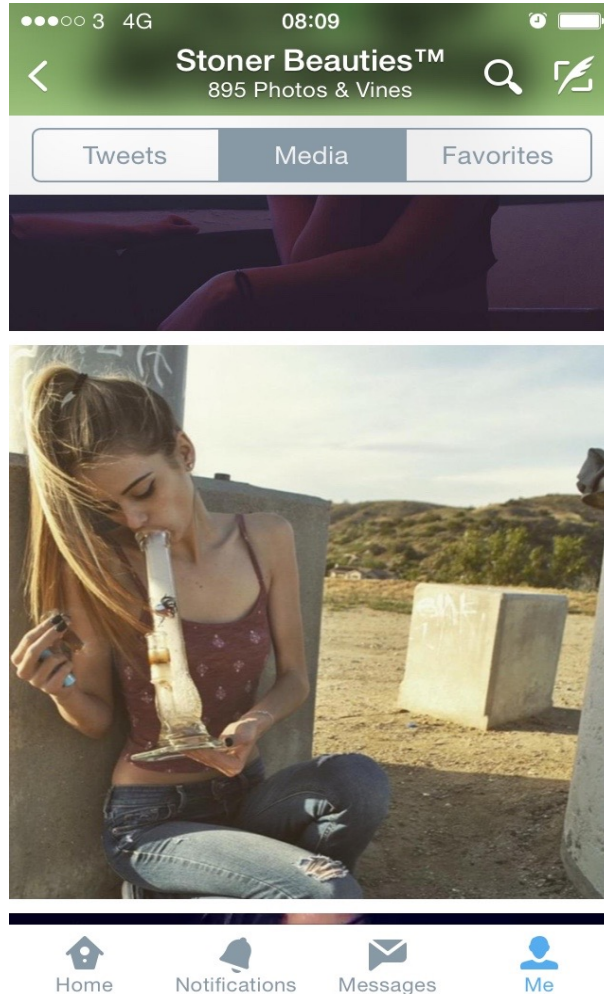
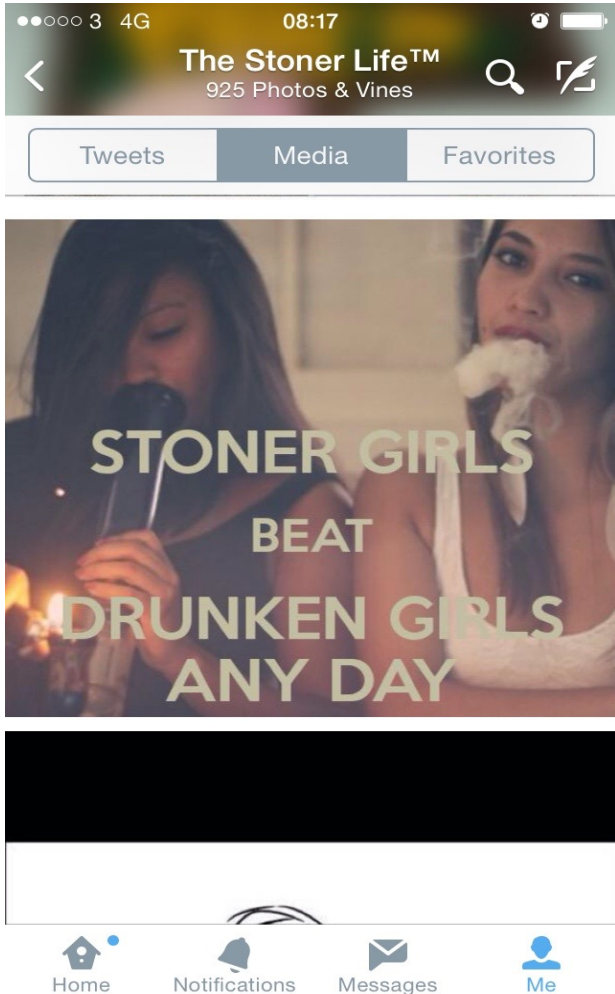
Grandmas Smoking Weed for the First Time



A More Complex Drug Landscape

- **1995**
- Number of available illegal drugs?
- 10<
- **2015**
- Number of New Psychoactive Substances (NPS)?
- 602 (WHO, 2016)

Normalisation of Cannabis Use



1995



2017

WHAT'S IN THE PILL?



Source: <http://www.drugs.ie/whatsinthepill> (accessed 20.10.2017)

Reality of drug use...

- Not all young people use illegal drugs,
- There is a perception **among young people** that everybody tries at some point,
- In Ireland approximately 1 in 4 report life time use of an illegal drug (in other words they have tried one) (NACDA, 2016),
- However, regular or frequent drug use is much lower.

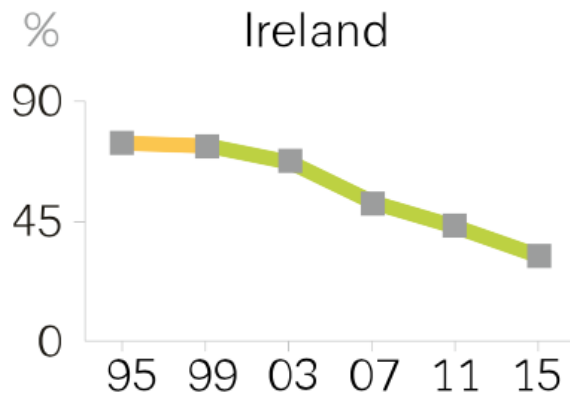


European School Survey Project on Alcohol and Other Drugs (ESPAD)

Life time use, 15-16yrs (1995-2015)

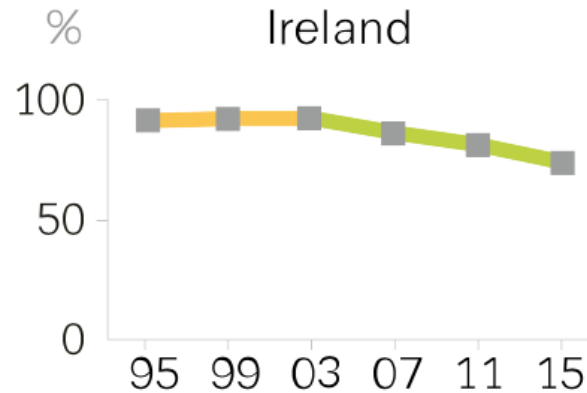
Cigarettes

Ireland



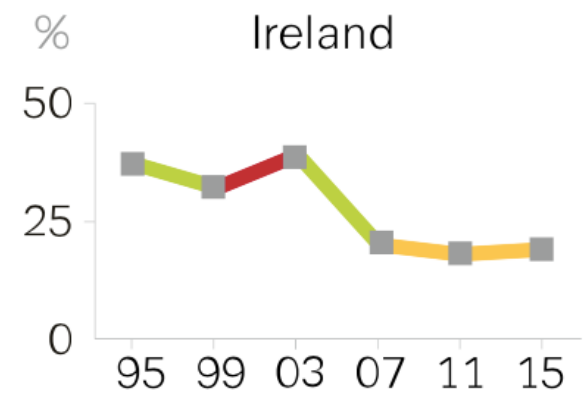
Alcohol

Ireland



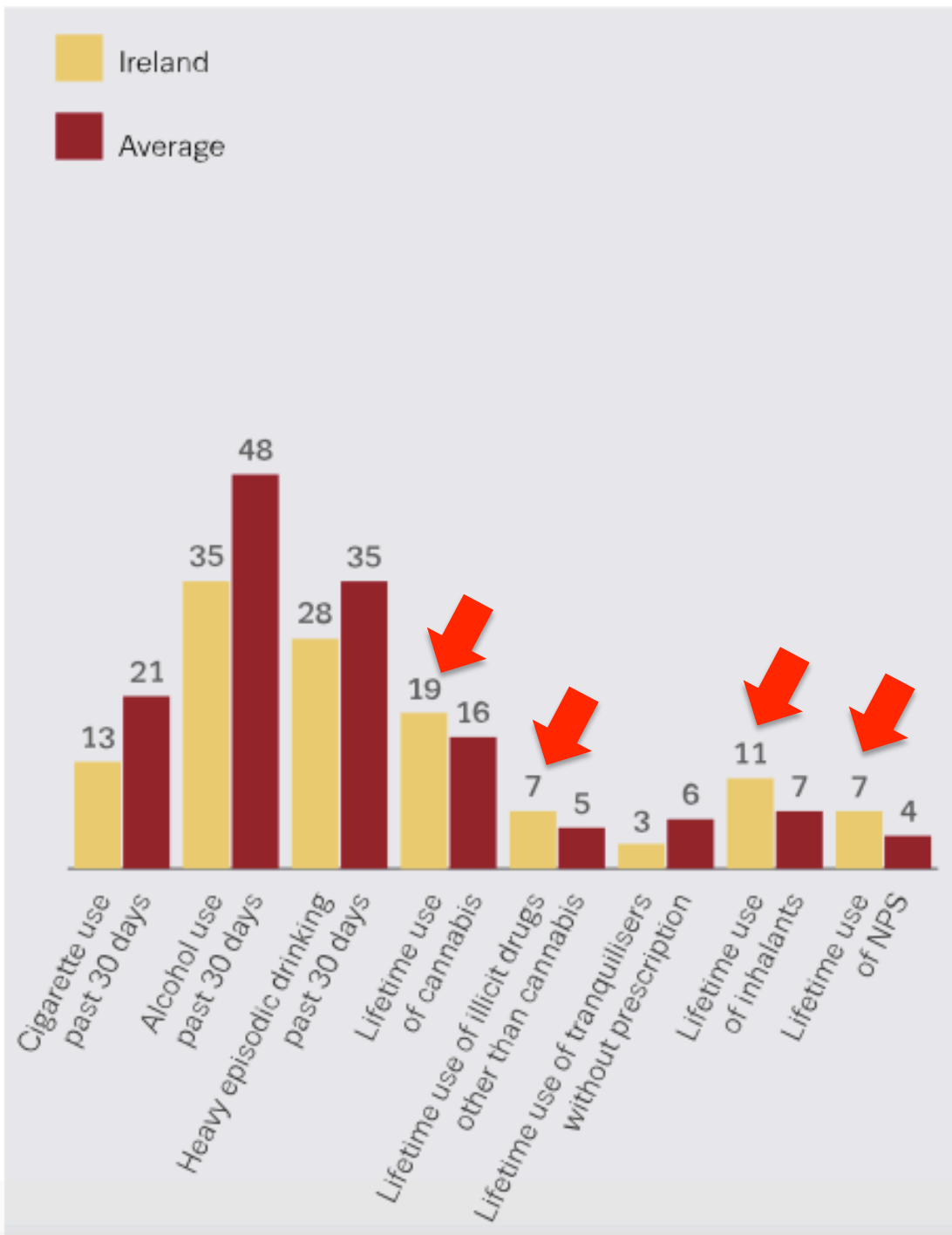
Cannabis

Ireland



ESPAD 2015 Results: Irish Children 15-16yrs

(ESPAD, 2017b)



What young people know about drugs

Often it is hugely inaccurate and based on common misperceptions.

Often know lots of street names of drugs but don't necessarily know what they are or what they do.

Often they do not know what different types of drugs look like.

Often young people do not know the harmful effects of many drugs.

Often what young people know about drugs comes from TV, Internet and Games.

Most commonly used illicit drugs

- Cannabis, ecstasy & non-medical use of prescription drugs (D5s / D10s),
- Many young people consider cannabis to be less harmful than tobacco,
- Many young people do not see cannabis as posing a risk to their health,
- Young people lack of knowledge about impact of cannabis on mental health.



Who would eat a rotten lettuce?



**Who asks a dealer if their
cannabis is fresh?**

When people say 'cannabis is safe' what is their **real agenda?**

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**STAFF AT THE
ADDICTIONS
DEPARTMENT**

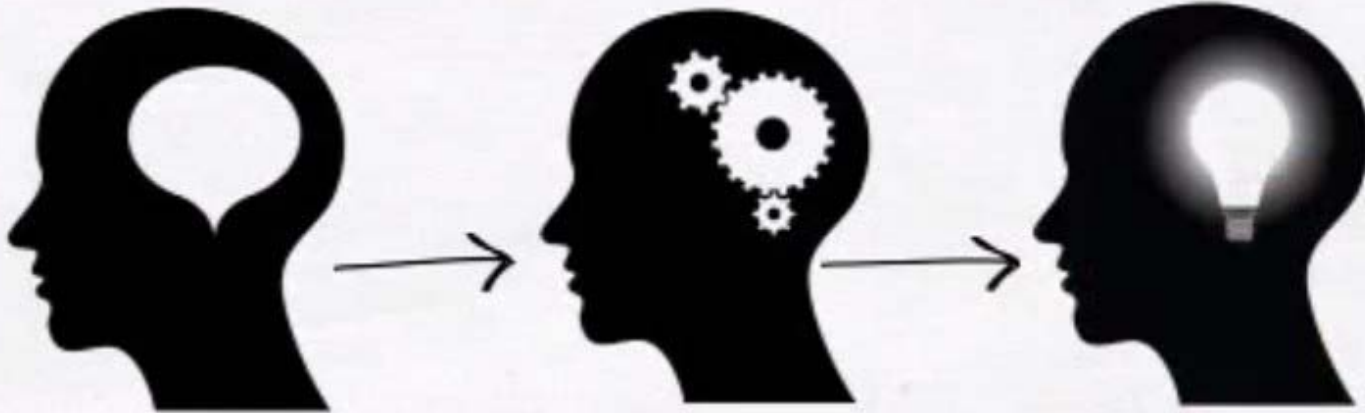
We must become better informed.

Plenty of evidence to suggest cannabis is not safe -

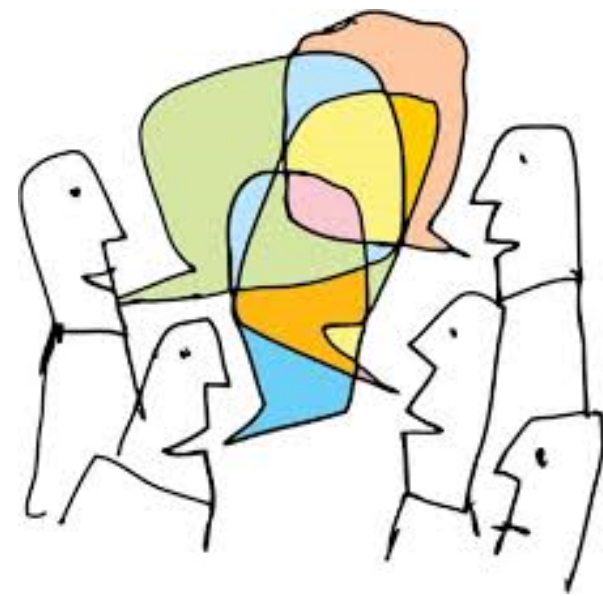
<https://www.ncbi.nlm.nih.gov/pubmed/25287883>

Keep discussions simple, logical

Critical Thinking



When is the right time to talk about drugs???



- **Earlier the better. It is never too soon, once the conversation is age appropriate;**
- **Parents talking to their children about drugs does not increase their curiosity to try;**
- **Don't make drugs a taboo;**
- **Talk about drugs the way you would about healthy eating, well being or sexual health.**

Preventative Measures

- **Maintaining connections, checking in.**
- **Privacy v Access.**
- **Knowing your child's friends.**
- **Confirm activities or events.**
- **(Going out) Collect or Stay up!**
- **Keep track of what your child is spending and on what.**
- **Setting clear limits and boundaries.**

Resources for Parents & Young People

High Contrast Text Size

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Less Drinking, More Living #AlcoholAndYou17

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DRUGS.IE ONLINE DRUG TEST

Supervised injecting facilities

Frequently asked questions

Concerned about your drug use? Complete our online test to identify the impact of your drug use. Find out more >

Services

Search for drug & alcohol services

There is a wide range of drug & alcohol services throughout the country.

Search now for Counselling, Education & Training, Information & Support and Treatment & Rehabilitation

Multimedia

Dr Eamon Keenan - Case Management: Inter-Agency Seminar 2018

Dr Eamon Keenan presents on Mental Health and Substance Misuse and the Emergence of a Clinical Programme.

Poll

Have you ever been impacted negatively by someone else's drinking?

Yes	4103 votes 66%
No	1628 votes 26%
Not sure	495 votes 8%

6236 Total Votes

Feedback

Chat Now!

Our online 'Live Help' chat service offers you a person to talk to.

This is a free, secure and confidential online chat service - your identity is not made known to the staff member.

Click the button below to launch the chat service.

News

15th April 2018
Explainer: The Green Party's plan to decriminalise cannabis in Ireland

15th April 2018
Survey examines harm that someone's drinking has on those around them

13th April 2018
Alcohol Action Ireland Calls For Ireland's Drinking Guidelines To Be Revised

FRANK

Friendly, confidential drugs advice

LIVE CHAT (2PM - 6PM) EMAIL 82111 0300 123 6600


DRUGS YOUR SAY GET HELP CONTACT FRANK

What do you want to talk about?

You are here: Home

THE HIGHS, THE LOWS AND EVERYTHING IN BETWEEN.

DRUGS



Know what's what. This glossary of drugs has all the info and the slang.

ARE YOU 'UNDER THE INFLUENCE'?

What to do if you're feeling pressure to take drugs.

WORRIED ABOUT A FRIEND?

Here's how you can help them out.

FRANK NEWS

Don't freak out!



Questions?

References

ESPAD (2017a) Country Specific Trends. Url: <http://www.espad.org/report/trends-1995-2015/country-specific-trends> (accessed 20.10.2017)

ESPAD (2017b) Country Profile – Key Results 2015, Ireland. Url: <http://www.espad.org/country/ireland> (accessed 18.10.2017)

National Advisory Committee on Drugs and Alcohol (NACDA) (2016) *Prevalence of Drug Use and Gambling in Ireland and Drug Use in Northern Ireland (Bulletin 1)*. Dublin: NACDA.

WHO (2016) Factfile on New Psychoactive Substances. Url: http://who.int/medicines/access/controlled-substances/FactFile_NPS.pdf?ua=1 (accessed 20.10.2017)



Cannabis for Medical Use - A Scientific Review

31 JANUARY 2017



[Download here](#)

<http://health.gov.ie/wp-content/uploads/2017/02/HPRA-Report-FINAL.pdf>


BDAF NEWSLETTER




Education - Awareness - Prevention - Information - Training

Special Edition 2015

Recent Findings from Cannabis Research

In the past 12 months there have been a number of new research articles published which have examined cannabis use. These are significant pieces of research. The aim of this special edition newsletter is to provide in lay terms what each of these pieces of research found, and how this might be of use when working with young people or adults around cannabis use.

<p>Study 1 Article Title: <i>Young Adult Sequelae of adolescent cannabis use: an integrative analysis</i></p> <p>Examined: This research looked at how cannabis use impacted on young people's development in 7 key areas; including high-school completion, use of other illicit drugs and suicide attempt, among others. The study included young people with different frequencies of cannabis use, from none to daily use.</p> <p>Funded by: Australian Government National Health and Medical Research Council</p> <p>Method of Data Collection: Quantitative</p> <p>Method: This was a long-running longitudinal study done in Australia & New Zealand. Data was collected using a number of different assessment types from people between the ages of 13-30 years. The number of research participants varied between 2537 to 3765 depending on the assessment type.</p> <p>Findings: This study found clear and consistent associations between the amount of cannabis that young people smoked and adverse outcomes. Young people that regularly smoked cannabis were less likely to complete high school, more likely to use other illicit drugs, more likely to become dependent on cannabis and 7 times more likely to make a suicide attempt.</p> <p>Relevance: This study strongly shows that there are negative consequences for young people that use cannabis. The prevention or delay of cannabis use among young people would have broad social and health benefits. This research challenges the myth that cannabis users do not experience and negative consequences because of their drug use.</p> <p>Citation: Salins, E. et al (2014) 'Young Adult Sequelae of Adolescent Cannabis Use: an integrative analysis', <i>Lancet Psychiatry</i>, Vol. 1, (Sept. 2014), pp. 286-93.</p>	<p>Study 2 Article Title: <i>Proportion of patients in South London with first episode psychosis attributable to use of high potency cannabis: a case control study</i></p> <p>Examined: This research looked at how frequent use of skunk-like cannabis (weed) was linked to psychotic disorders.</p> <p>Funded by: UK National Institute of Health Research, SLaM and the Institute of Psychiatry at Kings College London, among other funding bodies.</p> <p>Method of Data Collection: Quantitative—Case Control Study</p> <p>Method: Data collected from 410 patients in South London, with first-episode psychosis (their first incident of psychosis). These patients were between the ages of 18-65 years. Data was also collected from a control group of 370 people. The research was carried out between May 2005—May 2011.</p> <p>Findings: This study found that users of high potency cannabis (weed / skunk-type cannabis) were 3 times more likely to have a psychotic disorder, than those who did not use cannabis. Using skunk-like cannabis every day comes with greatest risk of developing psychotic disorders.</p> <p>Relevance: This study shows the higher the potency of cannabis used and the more frequent the use, the greater the risk of developing a psychotic disorders. High potency cannabis (skunk-type cannabis / weed) brings more risk of psychosis than low potency cannabis (hash). This study challenges the myth that cannabis is good for your mental health.</p> <p>Citation: Di Forti, M. et al (2015) 'Proportion of patients in south London with first episode psychosis attributable to use of high potency cannabis: a case control study', <i>Lancet Psychiatry</i>, (Online February 2015) - Url: http://dx.doi.org/10.1016/S2215-0366(14)00117-5</p>
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BRAY DRUGS AWARENESS FORUM


C/o Bray Youth & Information Services, St. Bricin's, Herbert Road, Bray, Co. Wicklow.

[Download here](#)

<https://www.irishsociologyblog.com/blog/recent-findings-from-cannabis-research-prepared-for-bdaf>