



Substance Advice For Everyone (SAFE) Day



Dear Parents/carers

Follow Up Free workshop for parents/carers online on 21 March at 7pm

SAFE Day was Monday March 4th. All schools in Kingston & Richmond delivered new Public Health education about substances to children and were also asked to share a short film for parents/carers. You should by now have received [this short film](#) for parents/carers via text message from school. If you have not watched it yet please use the link to view it. It is ten minutes long and is quite emotive so do find a quiet place to give it your full attention. We understand the content of the SAFE Day film may raise some questions and/or a need to find out more.

We would like to invite you to a follow up parents/carers substance misuse awareness workshop by webinar led by drug educators from the drug education charity the Daniel Spargo-Mabbs Foundation. This will be held on **Thursday 21st March at 7.00-8.30pm**. (See the registration link at the bottom of this letter to register yourself).

The world for young people is a very different place than it was for their parents, including in their vulnerability to risk from drugs and alcohol, with levels of exposure and access greater than ever before, partly thanks to social media. This workshop provides a great opportunity for you as a parent or carer to become more aware of what issues face your children, and what you can do to help them stay safe. There is also the opportunity to ask confidential questions before the workshop via the online survey link you will receive, and during the workshop itself.

The workshop will involve finding out about:

- levels of young people's exposure to drugs and alcohol – what, where, when and how
- what young people, and their parents and carers, need to know about the risks of drugs and alcohol
- factors that affect young people's decisions about drugs and alcohol, including teenage brain development
- how to have effective conversations with your child, and practical suggestions for what you can do to support them to stay safe
- where to go for more information and support.

The DSM Foundation was set up by Fiona and Tim Spargo-Mabbs in 2014 after the tragic death of their 16-year-old son Daniel as a result of taking ecstasy (www.dsmfoundation.org.uk). The aim of the charity is to support young people to make safe choices about drugs, and they work with students, teachers, parents/carers and professionals in schools, colleges and community organisations across the UK.

Please click the link below to register for the event:

https://us06web.zoom.us/webinar/register/WN_2tJJ9z8GT62ajTB_BylRvw

After registering, you will receive a confirmation email from the Foundation containing information about joining the workshop.

Thank you for engaging in Substance Advice For Everyone (SAFE) Education.

