

What Needs to Happen

1. Understand the issues

[Young people, drugs and alcohol](#) advice and this book, *I Wish I'd Known*, for parents

by [The Daniel Spargo Mabbs Foundations](#)

[TalktoFrank](#): Honest information about drugs

[Online sexual harassment](#): parents guide from the Children Commissioner

[ThunkUKnow](#) advice for parents

[Childrens mental health](#) guide from Every Mind Matters

[Exploitation](#) support pack for parents

2. Talk to your children

Look at this website together from [gettingiton](#)

[Talking about drugs and alcohol](#) NSPCC guide

[Talking about difficult topics](#) NSPCC advice for parents

[Peer pressure](#) advice from Drinkaware

[Talking to Kids about alcohol](#), parents guide from

The Alcohol Education Trust

[Family lives information](#) about teens and risky behaviour

[Positive Parenting Solutions](#) advice about talking about sexual harassment

[NHS Guide](#) about talking to teens



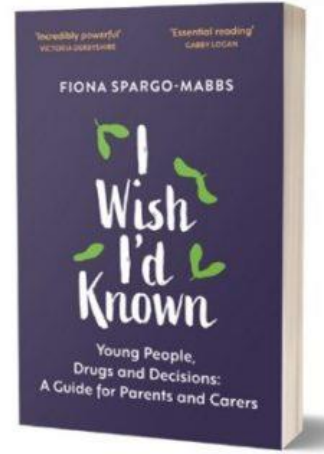
'When Dan died, I realised many things.
I realised drugs were closer to our door than I'd thought.
I realised drugs have become normalised for young people.
And I realised I didn't know, and nor did Dan, how to navigate the choices and come home alive.'

'Incredibly powerful'

- Victoria Derbyshire

'Essential reading'

- Gabby Logan



These resources accompany [this webcast video](#) for parent and carers



Kingston and Richmond
Safeguarding Children Partnership