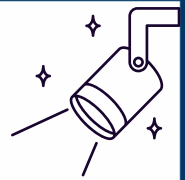




SAFEGUARDING SPOTLIGHT



Substance Misuse

**WARNING – SOME OF THE CONTENT IN THIS EDITION MAY BE TRIGGERING.
PLEASE SPEAK TO A MEMBER OF THE SAFEGUARDING TEAM IF YOU WOULD LIKE SUPPORT**

Alcohol and other drug misuse, sometimes also known as substance abuse, is when someone's drinking or drug use becomes problematic, harmful, or dependent.

By 'problematic, harmful, or dependent' we mean when someone is:

- putting themselves or others in danger
- continues to drink or take drugs even if it puts them at risk of illness (both psychological or physical)
- craves alcohol or other drugs and continues to use them even though it may be causing them health, social, or financial problems

SIGNS THAT YOU MAY BE ADDICTED TO, OR MISUSING, ALCOHOL OR OTHER DRUGS

Signs that you may be addicted to, or misusing, alcohol and other drugs can include:

- experiencing withdrawal symptoms, or using alcohol or other drugs to prevent or alleviate withdrawal symptoms
- using alcohol or other drugs as a coping mechanism for difficult situations or feelings
- choosing alcohol or other drugs over activities and socialising
- an increase in tolerance over time and needing a higher quantity of alcohol or other drugs to get the same effect as before
- losing control of your usage, for example if you continually take more than you initially intended and/or are unable to stop
- feeling that your life revolves around alcohol or other drugs, for example you may be always thinking about using, thinking about how to get more, engaging in usage, or recovering from use

CONCERNS AROUND REFILLABLE VAPES

Vapes are designed to help smokers quit smoking, they deliver nicotine in a safer way than smoking tobacco products. The legal age to purchase vapes is 18 and they should not be used by young people who do not smoke. Only legally sold vapes are regulated, so people who use illegal vapes or refillable vapes are at an increased risk of vaping THC and SPICE either through choice or accidentally.



THC VS SPICE

THC is the main psychoactive compound in cannabis, while Spice is a collection of synthetic Class B drugs which are cheaper to produce and mimic the effects of drugs like cannabis. Inhaling Spice through a vaping pen is extremely dangerous for young people and can lead to health problems such as breathing difficulties, chest pains, heart palpitations, seizures, extreme anxiety, paranoia, suicidal thoughts, psychosis, vomiting or diarrhoea and acute kidney injury.

In some cases, a single dose can kill.

WHAT IS THE MAXIMUM SENTENCE FOR DRUG-RELATED OFFENCES?

Class - A

Possession: 7 years' custody, an unlimited fine or both

Supply, production and importation: Life sentence, an unlimited fine or both

Class - B

Possession: 5 years' custody, an unlimited fine or both

Supply, production and importation: 14 years' custody, an unlimited fine or both

Class - C

Possession: 2 years' custody, an unlimited fine or both

Supply, production and importation: 14 years' custody, an unlimited fine or both

Class - Psychoactive substances

Possession: None, unless you're in prison

Supply, production and importation: 7 years' custody, an unlimited fine or both

Class - Temporary class drugs

Possession: None, but the police can take away the drug

Supply, production and importation: 14 years' custody, an unlimited fine or both

TALK TO FRANK

HOW WILL COLLEGE SUPPORT ME WITH SUBSTANCE MISUSE?

Kindly note that any student discovered under the influence of substances while on college premises or in possession of drugs for personal use will be subject to the college's behaviour management policy.

Engaging in supplying drugs or carrying with the intent to distribute will be considered gross misconduct, warranting an immediate referral to a stage 4 hearing panel.

Nevertheless, If you approach the safeguarding team seeking help for substance misuse, you will be assisted in making a referral to local services for support .

Any student with concerns around substance misuse will be asked to sign a stop and search. These are carried out randomly and discreetly.

Please be aware we cannot guarantee confidentiality.

There may be times we have to share information with local authorities, police or parents/carers, regardless of age. Drop into the wellbeing centre, email safeguarding@mbro.ac.uk, text SAFE to 60081 or speak to a tutor.