

**TACKLING
DRUGS
CHANGING
LIVES**

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Yorkshire Band of Hope Union



Youth and Children's Club



Dealing with drug issues
BEFORE they become an issue

Drug and alcohol education for youth and children's clubs



We provide activities with more than just basic knowledge of the effects of drugs. We aim to introduce children and young people to skills that can help them cope with a variety of life issues. The games and activities are engaging and thought provoking, tailored to the age and individual needs of your group.



The topics we cover include:



- What drugs are
- Effects of drugs
- Peer Pressure
- Confidence building
- Self esteem
- Alcohol
- Tobacco
- Cannabis
- Solvents
- Legal and Illegal Drugs
- County Lines
- Where to get help

Below are some quotes of what a youth group in Leeds liked about our sessions:

“trying and finding out new things.”

“Every single session, it’s too short! Too much fun, not enough time!”

“I enjoyed making the Mocktails”

1. Introductions	2. Drugs	3. Decision Making
We get to know you a bit (and vice versa) and introduce the ideas from the course.	We’ll go through basic information about drugs, their effects and related issues (e.g. the law) building on information you will already know.	We will look at a variety of things that influence how we make decisions.
4. Peer pressure	5. Self-esteem	6. Confidence
This session considers what peer pressure is, ways to be aware of it and how to cope.	We look at things that affect our self esteem. Through a variety of activities, you will consider what you are good at, and what is good about you.	This practical session enables you to try out various social skills to help improve your confidence in certain sessions e.g. at an interview or party.
7. Endings	<p>YBHU’s Educators have been trained by Hope UK to deliver the course.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	
We review the course, what you have learnt, how you can use what you have learnt and what other help you might need.		

DRUGS, LIFE AND YOU

A fun filled interactive programme to help deal with life's issues.



Time:
Place:

Our resources and activities help the children and young people to have an understanding about drugs, their affects and related issues, who influences them and how they make decisions. We look at things that affect their self-esteem and consider what they are good at, and what is good about themselves. We consider what peer pressure is, and ways to be aware of it and how to cope.



We charge a daily rate of £150 or £80 for half a day or a session. We feel that this cost offers very good value for money and still does not take into account our preparation time, the costs of materials and travel. We are available to come and speak to you and show you a sample session.

Sessions are available on Zoom.

We are in the process of developing E-Learning sessions which will be available soon.

For more information please give us a call, email, or visit our website.

County Lines Awareness

County Lines is a form of criminal exploitation in which criminals groom and manipulate children into drug dealing and trafficking drugs within the UK into rural areas and smaller towns, away from major cities using dedicated mobile phone lines or other form of “deal line”. The 'lines' refer to mobile phones that are used to control a young person who is delivering drugs.

Learning outcomes

- To understand what the definition of County Lines is and the signs to look out for if you think you are being groomed.
- To learn what could happen to you if you get groomed into doing County Lines and to be aware of some of the terms used when describing County Lines activity.
- To be aware of the people who are involved in County Lines and where you can go if you need help.
- To learn how to resist peer pressure with ways to say no.



Reasons why some children and young people get involved with gangs

- For money
- New clothes
- New phone
- Designer trainers
- Friends
- Sense of belonging
- Being bullied
- Feeling lonely
- Feeling unwanted
- Status
- By accident
- Bored
- Earn respect
- Protection
- Peer pressure
- Territory
- For excitement

