

SPECIAL DELIVERY

The image features a dark grey background with a fine white dotted pattern. The lower portion of the image is decorated with two overlapping, wavy shapes: a bright green shape on top and a yellow shape on the bottom, both outlined in white. The text 'SPECIAL DELIVERY' is centered in the upper half of the image in a bold, white, sans-serif font.

INTRODUCTION

- ▶ Young People of Caerphilly have said, through the Youth Forum, that Drugs, Alcohol and NPS's (New Psychoactive Substances, which are also known as legal highs) are easy to get and young people need more education around these issues.
- ▶ Caerphilly Youth Forum members made 3 short films focusing on NPS's, drugs and alcohol to raise awareness of some of the dangers. Each film is accompanied by a workshop to educate young people about the substances, advise what to do if someone has used them and to show how real people have been effected by drug or alcohol use.
- ▶ This film and workshop focuses on NPS's. NPS stands for New Psychoactive Substances or Novel Psychoactive Substances, which are potentially deadly drugs. Some NPS's are illegal and some are legal. Some people think they are safe as they are very easy to purchase as they are available on the streets, internet and from shops. In this workshop we will show you a film which highlights the social and physical effects of NPS's. We will then start a discussion and workshop about this type of drug.

Click [here](#) to watch the film or Run DVD

STREET NAMES

- ▶ Group Discussion –
- ▶ What street names have you heard for NPS's? (sometimes known as 'Legal Highs').

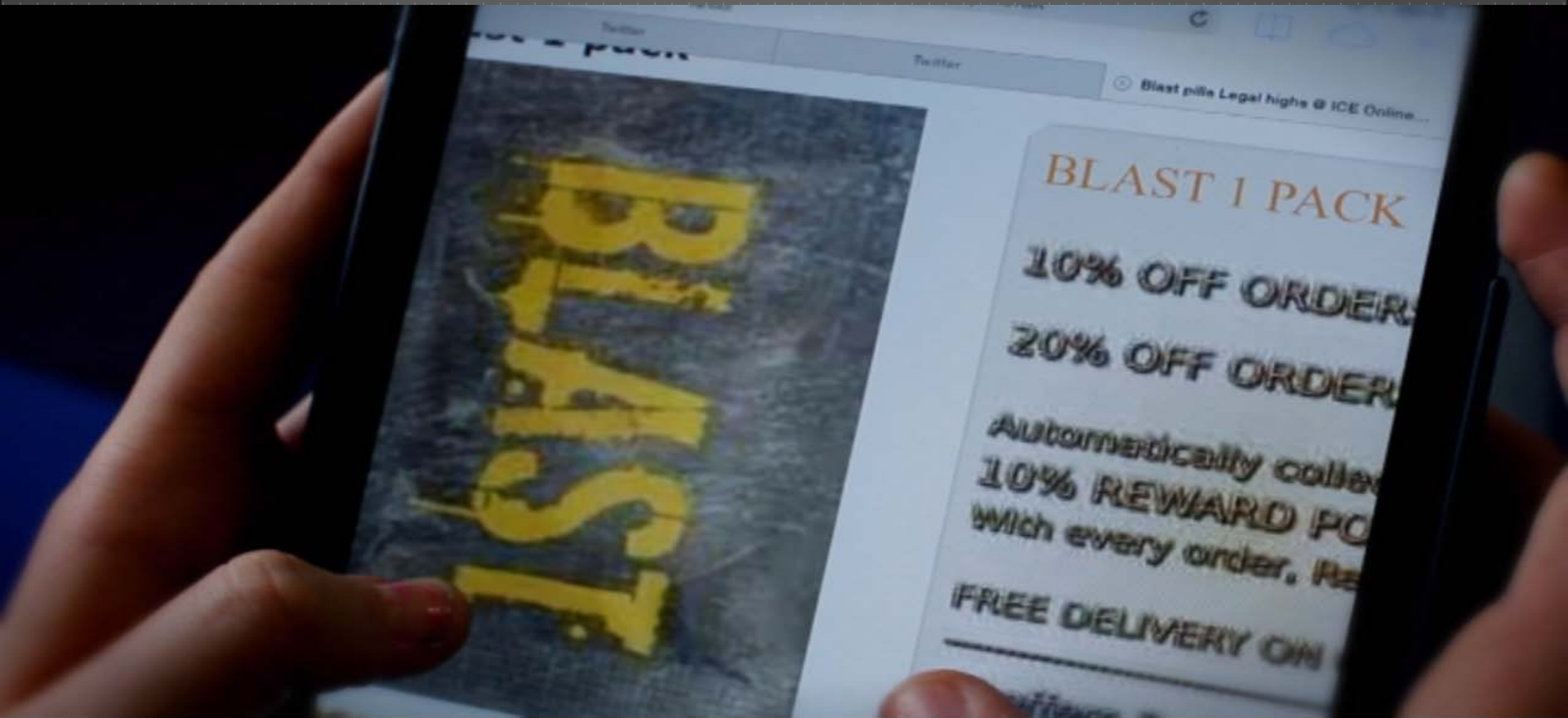
STREET NAMES

- ▶ Plant Food
- ▶ Bath salts
- ▶ Clockwork Orange
- ▶ Spice
- ▶ Bubble
- ▶ Sparkle
- ▶ Benzo Fury
- ▶ Ivory Wave
- ▶ Plant Food
- ▶ Meow
- ▶ Research Chemical
- ▶ Vanilla Sky
- ▶ M-Kat
- ▶ Blast
- ▶ Drone
- ▶ Black Mamba
- ▶ Designer Drugs

FILM STILLS

Conduct a group discussion about each of the following film stills.

WHAT'S HAPPENING?



How easy are they to get hold of?

Too easily available at:

Internet
Head shops
Friends
Dealers

How do people pay for them?

Debit/Credit Card
Pocket Money
Given free by friends /dealers

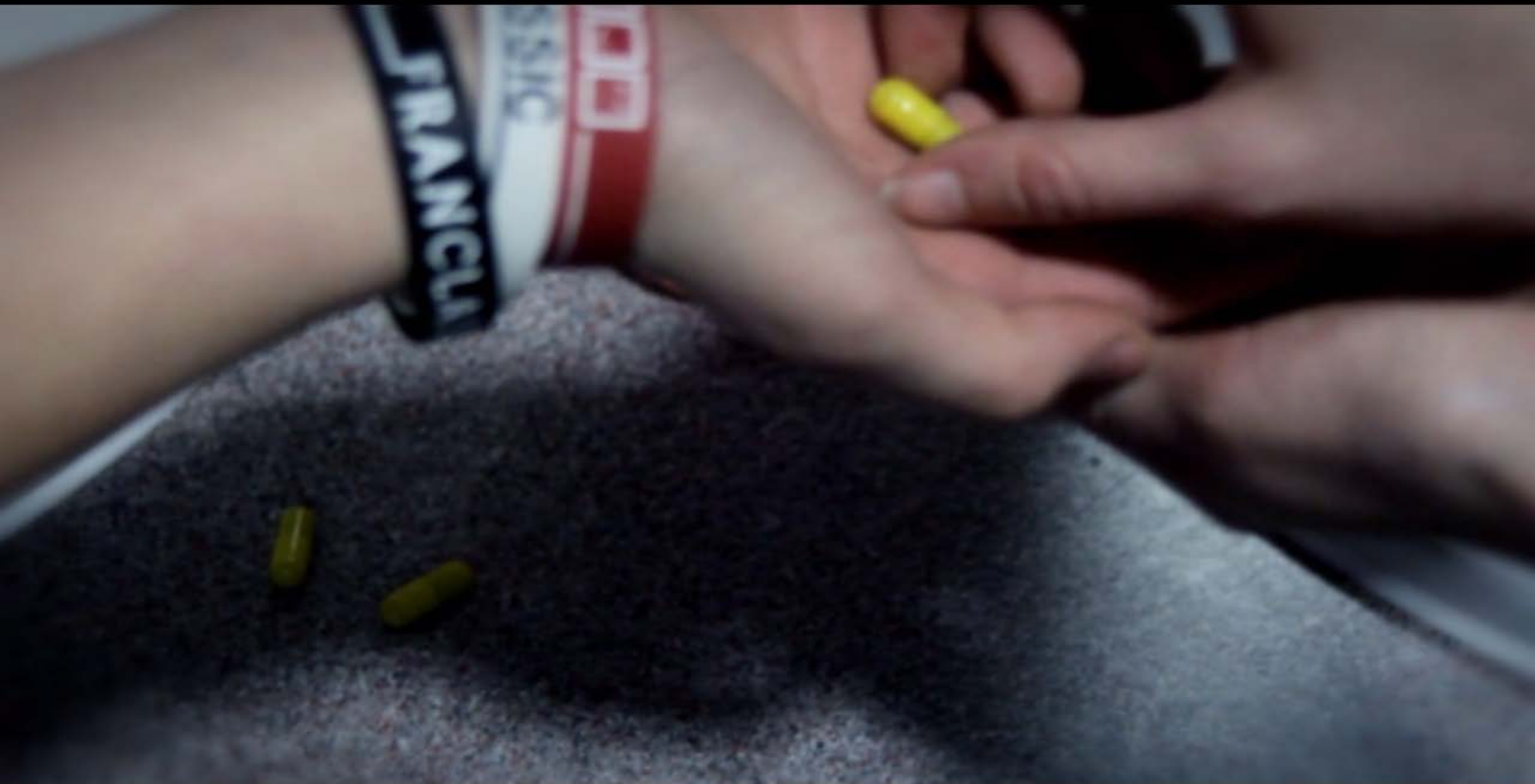
Legal....or NOT?

The law around NPS is constantly changing, as a result some are legal and some are NOT!

Just because some are legal, it doesn't make them safe.

Labelled 'Not for Human Consumption' to avoid prosecution and because they are not tested.

WHAT'S HAPPENING?



Drug Dealing – Is this a typical Drug Dealer?

What if something serious happened to one of the girls? Who's responsible?

Does this go on in schools?

Who would you inform? A parent, teacher, head of year, youth worker?

School drug policy – could be permanently excluded.

Will be on your School Record.

Difficult to find another school which will accept you.

Some NPS are illegal, that means it's against the law to be in possession or deal to others.

Why use?

Fun

School's boring

Peer pressure

To fit in

Experiment

To see what the fuss is about

WHAT'S HAPPENING?



What effects are the NPS's having on Kirsty?

Scared

Confusion

Panic

Disoriented

Paranoia

Concentration

Probably wishes she hadn't taken the NPS

Bad experience

WHAT'S HAPPENING?



NPS – What can you expect?

They have different strengths and affect people in different ways.

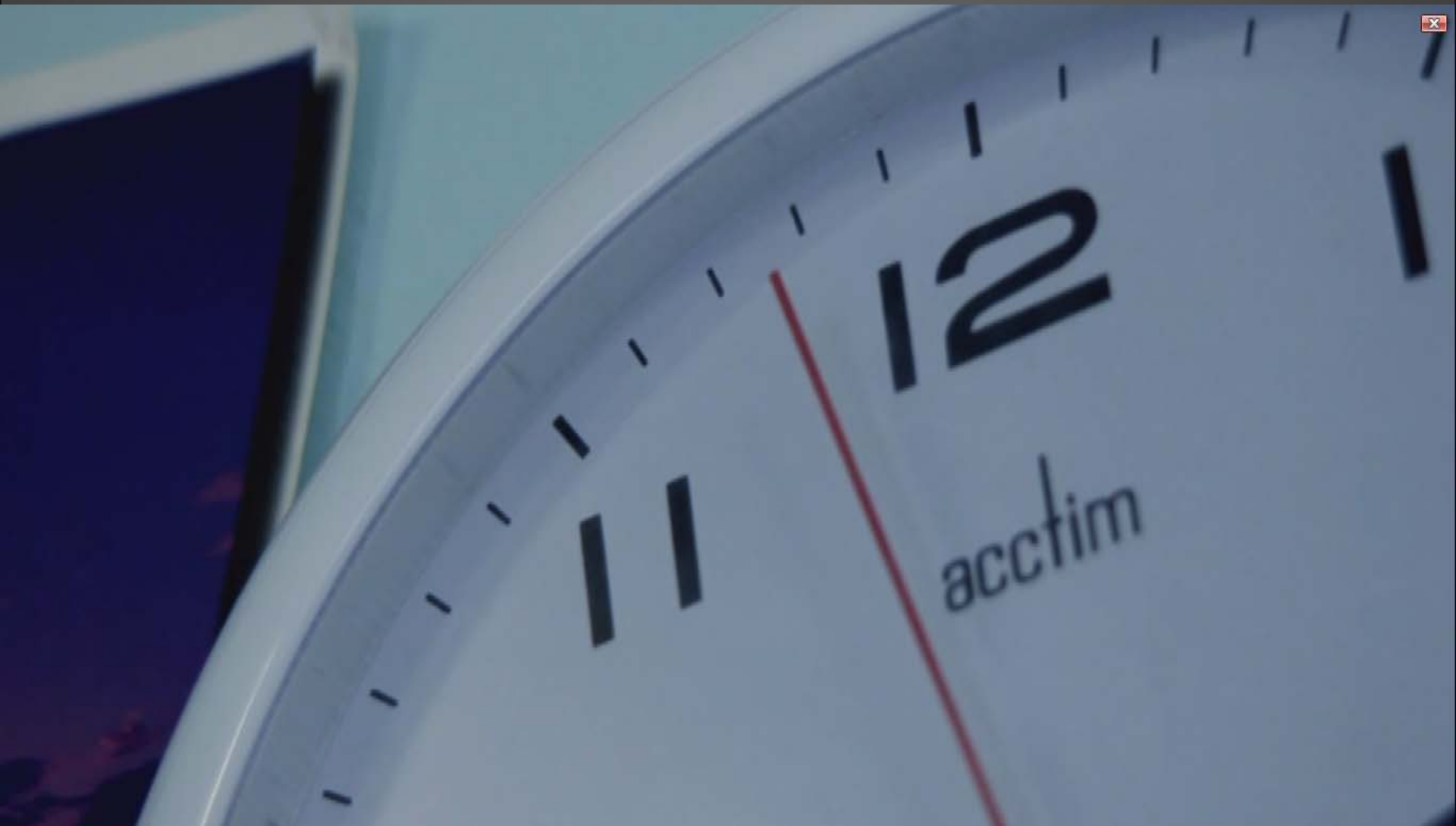
They are made to mimic the effects of illegal drugs, such as Cocaine, Cannabis and Ecstasy.

There are new drugs coming onto the market all the time which may affect you in different ways.

Once you have taken it, you cannot change your mind.

You never know how it will affect you – we are all different!!

WHAT'S HAPPENING?



How long will it last?

There is no definitive answer.

NPS are all different and affect people differently.

NPS can also alter perception of time.

Heartbeat – The NPS is affecting Kirsty's health.

Increased heart rate

Increased blood pressure

Increased temperature

Should Kirsty's friends inform the teacher?

Watch out for your mates.

If you're worried about a friend, don't keep it to yourself – tell someone!

SHORT AND LONG TERM EFFECTS

- ▶ Group Discussion
- ▶ What are the short and long term effects of taking NPS's?

Short Term

- ▶ Confusion
- ▶ Paranoia
- ▶ Mood swings
- ▶ Sleep problems
- ▶ Manic behaviour
- ▶ Out of body experiences
- ▶ Detached from the world
- ▶ Irritability
- ▶ Hallucinations
- ▶ Weight loss
- ▶ Physically active
- ▶ Anxiety
- ▶ Dizziness
- ▶ Feeling sick
- ▶ Relaxed
- ▶ Chatty
- ▶ Panic Attacks
- ▶ Coma
- ▶ Heart Attack
- ▶ Seizures/Death

Long Term

The long term effects are unknown.

Do you really want to be a guinea pig for an unknown drug?



You cannot be certain what you are taking or how the NPS will react. They have different strengths and affect people in different ways.

CASE STUDY

- ▶ This is a real story from an actual person living in Caerphilly Borough. After watching the short film please discuss it as a group.

Click [here](#) to watch film or Run DVD

AND FINALLY

If after taking part in this workshop you feel you need to speak to someone to get some help/support or more information please speak to your teacher/youth worker.

USEFUL CONTACTS

If you or someone you know has any concerns or would like advice on Drugs and Alcohol please don't hesitate to contact any of the following agencies. While contacting these agencies all calls will be completely confidential.

CRI - DAYS

Drug & Alcohol Youth Support
Unit 46, Block G
Block G Evans Business Centre
Western Industrial Estate
Caerphilly
CF83 1BE
Freephone; 0808 168 7176
www.strangemolecules.org.uk

Dan 24/7

Wales Drug and Alcohol Helpline
Freephone; 0808 808 2234
Text DAN to; 81066
www.Dan247.org.uk

Talk to Frank

Tel; 0300 123 6600
Text; 82111
www.talktofrank.com

Contact the Police on: 101
Calls can be made anonymously.