

Drugs

Most of this information can be found in the latest booklet as part of the National Drugs Helpline FRANK – the truth about drugs KNOW THE SCORE.

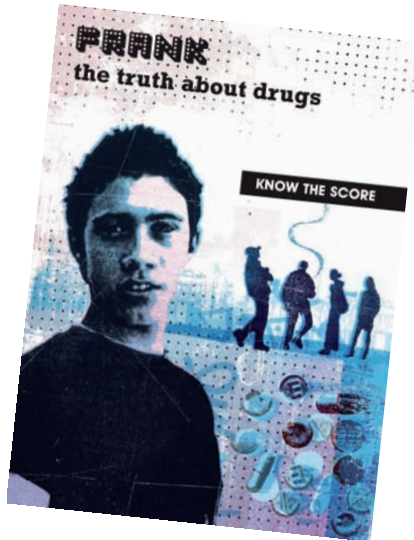
FRANK will give you friendly, confidential advice on any subject related to drugs and is available in 120 languages, 24 hours a day, 7 days a week. Calls are free from landlines and some mobiles.

You can talk confidentially to your Tutor/Employee Development Specialist or talk to FRANK

Telephone 0800 776600
email frank@talktofrank.com
Or for further information
www.talktofrank.com

Other useful websites and telephone numbers

www.drugs.gov.uk – or telephone 0800 776600
www.drugscope.org.uk
www.addaction.org.uk
Or contact nhs direct on 0845 4647



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TBG Policy on Drugs

Think everyone takes Drugs? Most people don't, and many talk up what they've really done. So how do you know what's fact and what's fiction?

Being under the influence of alcohol or an illegal drug, or any mind altering substance whilst at TBG Learning is strictly forbidden. This policy applies to both staff and learners, and taking any drug whether considered hard or soft will have some negative effects on health, personality and the way you behave. Common drugs include:

Cannabis (also known as blow, weed, skunk);

Ecstasy (also called E's, pills);

Amphetamine (commonly known as speed, whizz, base);

Cocaine (also called charlie, coke)

Jobs

Drugs can make a job (or school or college) – really hard work.

They can mess up the way you act, how well you focus, what you remember and how you deal with people. A drug conviction might stop you getting your dream job.

Drugs and the Law

There are two offences police can charge you with if you are caught with drugs.

Possession

If you are caught with drugs the police will always take action, even if it's only a small amount. What happens depends on the circumstances. You might get a warning and have the drug confiscated or, if it's more serious you will be arrested.

Dealing

Dealing is much more serious and includes being caught with drugs that you were going to share with your mates.

There are three classes of illegal drugs. Class A, B and C. Class A are the most harmful and have the biggest penalties.

Class A – cocaine, crack cocaine, ecstasy, heroin, LSD and magic mushrooms – Up to seven years in jail for possession and life imprisonment for supply

Class B – crystal meth (soon to be class A) speed (Class A if injected) – up to five years in jail for possession and 14 years for supply

Class C – anabolic steroids, cannabis, ketamine, illegal possession of prescription drugs like tranquillisers – up to two years in jail for possession and 14 years for supply.

A criminal record could affect your chances of getting a job or going on holiday abroad.

Remember – Drug-driving is as illegal as drink-driving and carries the same penalties.

Health effects of long term use

If you or a friend take drugs regularly or over a long period of time, look out for signs that suggest the drug use is becoming a problem. Such as;

- Losing interest in the things you used to enjoy
- Things not going so well at home
- Not being able to concentrate
- Feeling depressed
- Losing touch with your true friends
- Not caring how you look
- Skipping school, college or work