

‘Drug use in the family’ Quiz

In response to local need, the ‘Drug Use in the Family’ booklet was produced by the Hertfordshire Drug Education Forum and funded by the Young People's Substance Misuse Joint Commissioning Group.



‘Drug use in the family’ provides families with a basic understanding of why people use drugs (including alcohol and tobacco) and what support is available. It is aimed at parents, carers, partners, grandparents and other family members.

Content includes:

- Information about the national helpline FRANK
- Possible signs that someone maybe using drugs
- Why people use drugs
- A mum’s point of view
- Why young people use drugs
- How to deal with drug use in the family
- Local and national support.

Use the following quiz as either a teaching activity or as an ice breaker exercise. It should take no longer the 10 minutes and will allow participants to familiarise themselves with the leaflets and its content.

If you would like copies of these booklets contact:

Health Promotion Hertfordshire Tel: 01923 281 630 or order online www.hpherts.nhs.uk

Answers:

1) What are the three ways in which FRANK can provide you or your foster child with drug information?

Phone, Email, Website – (Page 2)

2) Which signs and symptoms of drug use could be mistaken for general adolescent behaviour?

Mood swings, aggression, staying out late, secrecy, drowsiness, lack of concern for personal hygiene.

Highlight: There are no obvious answers if someone is using drugs. If you have concerns contact FRANK or one of the helpline numbers at the back of the booklet. – (Page 3)

3) Give two reasons for a young person to stop using drugs:

- Change and development,
- Leaving schools/college, changing social circles,
- Increased responsibility e.g. parenthood, getting a job,
- Boredom, lack of novelty

(Page 7)

4) When talking to your foster child about drugs, what are the three R's?

Reassure, Reassure, Reassure – (Page 9)

5) What does A-DASH stand for?

Adolescent Drug and Alcohol Service in Hertfordshire (Page 10)