



SSYP Newsletter

Welcome All,

With everyone returning to school next week hopefully normality will return. In the meantime, here is the 5th Edition of our newsletter on the subject of drugs.

Drugs are chemicals that change the way a person's body works. You've probably heard that drugs are bad for you, but what does that mean and why are they bad?

The drug lingo and usage that your kids know about and you should too, 'A skittle Party' isn't about sweets and 'Molly' isn't only a girl's name anymore.

Welcome to today's drug culture of 'code names' and street terms', you may not know what these words mean, but more than likely your kids do.

If your child is using drugs, there will be an overall change in behavior and friends. Teens might be more lazy than normal and their grades will drop across the board, this could be an indicator of something else that's extremely stressful on a teens life to, but when you look at all of them, something isn't right.

In an effort to help you stay informed, here is a list of some unsafe drugs that are trending and have been popular recently:

“Beezin” - This most recent trend involves teens rubbing Burt's Bees lip balm onto their eyelids. The balm contains peppermint oil, which creates a tingling sensation that teens claim enhances the feeling of being drunk or high, helps keep them alert after a long night and increases their attention span. However, this can irritate eyes and even cause an eye infection or swelling. Teens think it's safe to do this because Burt's Bees is “natural” and won't cause any harm, but that is far from the truth.

“Sizzurp” – This concoction is made by combining soda, sweets (skittles) and prescription cough medicine with codeine in it. This lethal cocktail is highly addictive because of the sweetness and is supposed to provide the user with a euphoric high. But it is extremely dangerous because it can lead to seizures and possibly cause you to stop breathing. Popular culture, including hit songs and internet videos highlight this drug and refer to it as “purple drank,” “lean” and “syrup.”

E-cigarettes – This electronic form of cigarettes are battery-operated devices that produce flavored nicotine that look and feel like tobacco smoke. Even though e-cigarettes do not contain tobacco, they still supply nicotine which is a highly addictive drug. But still, e-cigarettes are legal for adults. Some teenagers have used e-cigarettes to smoke marijuana and replace the nicotine with THC. Synthetic marijuana in liquid form can be ordered from the internet and the user can get a high that is extremely potent because there is no method of dose control.

Club drug: MDMA – This stimulant enchants users because of its euphoric and energetic effect. It can come in a crystallized powder form “Molly” and in pill form “ecstasy.” Teens and young adults take this drug at raves, nightclubs and concerts to dance vigorously and heighten the feelings of emotional closeness. However, taking this substance can lead to dehydration, high blood pressure and severe rises in body temperature. It also can result in complications including heart attacks, heart failure, strokes and kidney failure.

Synthetic weed – This fake weed is a popular option for teenagers because it doesn't show up in drug tests like regular weed. But it is incredibly unsafe and toxic because as chemists synthesize the weed, it becomes stronger and up to 80 times more potent than regular weed. There are several detrimental side effects including extreme agitation, anxiety/paranoia, vomiting, hallucinations and even brain damage. “Spice,” “K-2” and “Yucatan Fire” are names associated with it.



Prescription drug: Xanax – This pill is prescribed to alleviate anxiety and panic disorders. It is extremely addictive and highly abused. Teenagers mistakenly believe that because it's a prescription drug, it's safer than street drugs and is free from harmful side effects. The most common street names are “bars” and “Z-bar.”

The bottom line is both legal and illegal drugs are dangerous and can have devastating consequences, even for adults.

Please see the below links for help and advice with drink/ drugs.



Marijuana is a free self-group that supports stopping using marijuana (cannabis);

[Marijuana Anonymous UK \(marijuana-anonymous.org.uk\)](http://marijuana-anonymous.org.uk)



For open and honest advice and information about drugs please have a look at the talktofrank website.

There is a wealth of information and there is also guidance on what to do in an emergency;

www.talktofrank.com/

If you are or some else is struggling with drug use there is help and advice out there, do not suffer in silence.

There is help and support available on the NHS website;

www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/





For advice about alcohol, Childline is a good site to look at and covers a wide variety of other topics; www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/alcohol/

If you are old enough to have an Instagram account, have a look at the Your Police UK page, it has lots of interesting age related content and advice and it's updated regularly;

www.instagram.com/yourpolice.uk/



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Kind Regards

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Youth Engagement Officer

Safer Schools Partnership

