

Safer Choices: Week 1

Wednesday 22 April 2015 **INTRODUCTION AND WHAT DRUGS ARE**

Your child will be doing the following:

- Filling in an anonymous questionnaire asking how much they know about drugs already. (This will be very helpful to the Foundation as we plan future education work and will inform our research.)
- Finding out about the Daniel Spargo-Mabbs Foundation, and hearing a bit of Dan's story
- Finding out about different types of drugs, their effects and risks

First... they will watch this introductory message from Tim and Fiona Spargo-Mabbs (http://www.youtube.com/watch?v=OFeazTnOCRg&feature=em-upload_owner)

Next... they will hear a bit of Dan's story:

"On the evening of Friday 17th January 2014, Daniel Spargo-Mabbs persuaded his mum Fiona to let him go to a party with a group of friends. As Dan was usually responsible, Fiona agreed that he could go. Dan and his friends went to an illegal rave instead of the party. It was the first time he'd been to a rave. Dan took MDMA.

Dan's body temperature soared to above 42 degrees centigrade. He suffered a devastating heart attack. At this temperature, the body's organs can't cope and they shut down. Dan fell unconscious. His friends couldn't find him but an anonymous person called for an ambulance. Dan was rushed to A&E at 0500 on 18th January.

At 0530, the police knocked on Fiona and his dad Tim's front door and gave them the shocking news that Dan was unconscious in hospital and fighting for his life. Because his legs were swelling, he needed an operation to cut them open to relieve the pressure. He was on life support, his body unable to cope with the effects of the drug. During 18th January, Dan was transferred to King's College Hospital. There, machines did the work of his heart, lungs, liver, kidneys and circulatory system. The staff did everything they could to save Dan's life, but at 1250 on Monday 20th January, Dan died, surrounded by his family.

Dan's death is a tragedy that needn't have happened: he was a really well-liked, bright, talented, funny and charming young man, on the verge of adulthood. Now, Fiona, Tim & Jacob, Dan's older brother, want to do all that they can to prevent this happening to any other family."

London teenager Daniel Spargo-Mabbs dies 'after taking ecstasy' at rave



Daniel, 16, told his mother 'I love you, I promise I won't die' just hours before falling unconscious at a party on a west London industrial estate



Dan's funeral – 11th January 2014
200 students and staff line the road outside his school in the pouring rain, as Dan's body is driven past.
Tears flow. There is a profound silence.

WHAT IS THE FOUNDATION? WHAT DO WE DO?

Dan's headteacher, Mr Richard Parrish, said, at his funeral:

'What has happened to Dan is not normal. It is not normal that a bright, articulate, talented 16-year-old should be taken from us in this way. It is not normal that his school and, above all, his family should be grieving today. It is not normal that his year group and his friends should have to learn so soon in life how short that life can be.'

The Foundation was started by Tim & Fiona Spargo-Mabbs to try and prevent other families from having to go through the pain of losing a child. We want to make sure we've done as much as we can to make young people aware of the risks of substance misuse and experimentation.

For more information visit www.dsmfoundation.org.uk



Then... they will be given the TalkToFrank drugs information sheets (see separate document) and the information below, and asked in their groups to pick out the main information points and, most importantly, the RISKS. They will then present their information to the class.

What are drugs?

The 3 main groups are: **stimulants, depressants and hallucinogens**

- Stimulants, also known as **UPPERS**
- Depressants, also known as **DOWNERS**
- Hallucinogens, which produce an altered mental state or 'trip'

You could ask your child what they learned - was there anything they didn't know? If you get chance, have a look through the TalkToFrank information yourself – is there anything you didn't know?

Every week, your children will be given these websites for more information and support:

<p><i>what's online for teenagers?</i></p> <p>www.talktofrank.com Information and advice on drugs, frequently asked questions, A-Z of drugs, online one-to-one advice and support including live chat...</p> <p> www.whynotfindout.org A-Z of drugs, short films, frequently asked questions, space to ask questions online...</p> <p> www.drugscope-dworld.org.uk Facts, safety advice, drugs and the law, games, ideas for school projects, short films showing people's stories and their opinions about drugs...</p>	<p><i>about dan and the foundation</i></p> <p>Daniel Spargo-Mabbs was a bright, articulate and popular 16 year-old from Croydon with a great sense of humour and a huge zest for life. He died on 20 January 2014, having taken 0.5g of MDMA (ecstasy) at an illegal rave in west London a couple of days earlier. This wasn't the kind of thing Daniel usually did.</p> <p>The Daniel Spargo-Mabbs Foundation has been set up by Daniel's parents, in order to try to prevent such a tragedy happening to any other family.</p> <p>Find out more by visiting...</p> <p>www.dsmfoundation.org.uk or www.facebook.com/danielspargomabbsfoundation</p>
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More information about drugs can be found on the websites listed on the separate document, 'What's Online for Parents and Carers' or via the links below, and on the Daniel Spargo-Mabbs Foundation website www.dsmfoundation.org.uk or Facebook page www.facebook.com/danielspargomabbsfoundation

What's online for parents and carers?

Angelus Foundation (www.angelusfoundation.com)



Who are they?

A drugs charity which aims to raise the knowledge, information and skills of parents and other family members about legal highs and club drugs.

What's on their website for parents/carers?

Information about legal highs and club drugs; short films by leading experts, and by parents, family members and individuals affected by drugs; top tips and advice for wise conversations about drugs; parents' handbook; online parents' community; information about their campaign for young people, Find Out (www.whynotfindout.org)

Talk to Frank (www.talktofrank.com)



Government-funded website for young people offering information and advice on drugs, and online one-to-one advice and support.

What's on their website for parents/carers?

Information and advice, frequently asked questions, A-Z of drugs.

Mentor UK (www.mentoruk.org.uk)



Who are they?

A national charity working on a variety of projects across the UK to protect children and young people from alcohol and drug harm, including developing training and resources for schools, mentoring support to young people, academic research and informing policy.

What's on their website for parents/carers?

Information and advice on drugs and alcohol, including by age range; short videos answering commonly asked questions; links to other information for parents/carers available online.

Adfam (www.adfam.org.uk)



Who are they?

A national organisation working with and for families affected by drugs and alcohol. They offer support to families and are also an umbrella organisation for smaller local support groups. Adfam also works closely with government and other bodies to ensure that families are kept on the agenda in wider discussion of 'the drug problem'.

What's on their website for parents/carers?

Information and support for families, including signs to look for and where to look for help; drug factfile; information about local support groups; publications for families.

DrugFAM (www.drugfam.co.uk)



A national charity offering support to families affected by addiction to drugs or alcohol, through counselling and befriending, support groups, bereavement support, education and awareness raising.

What's on their website for parents/carers?

Information about services offered by DrugFAM; links to related sites with useful information about drugs and alcohol