



Be an everyday hero!

North Yorkshire Police - Harm Reduction Challenge

The effects of drugs and alcohol on young people are not the same as they are on adults. While alcohol and drug misuse can present health risks and cause careless behaviour in all age groups, it is even more dangerous for young people. There are both short term and long term health risks and young people who drink or take drugs are much more likely to engage in risky behaviour and more likely to be involved in an accident and end up in hospital. What could you do to educate your community about the dangers posed by alcohol and drugs to both young people and adults?

Some ideas to get you started:

Consider the use of Social media and designing an App for people to download before they go out drinking that will send alerts as to the number of units they have consumed, and point out the dangers associated with drinking alcohol

You could design a board game that shows the dangers of drugs and alcohol abuse, or one to help young people recognise different drugs and understand the harmful effects.

You can consider presenting this to Schools, local youth groups and organisations to help raise awareness. Look to see what is being also being done locally and nationally by carrying out research.

Develop a local campaign, design a poster and leaflets that gives advice to young people on the dangers of drinking alcohol, from damage to their health and depression and anxiety to putting themselves in risky situations. Or do the same for New Psychoactive Substances (NPS), often known as 'illegal highs' which can pose a danger to users.

Young people face many stresses in life, from peer pressure to exams and their body image. Some will use alcohol or cannabis to try and relax or to give themselves a false sense of confidence. This can lead to problems with both their physical and mental health. Why not hold a pop up café for young people to come and chat and share their worries and concerns?

However you choose to do it, thank you for helping to spread the message about the dangers of drugs and alcohol throughout your community.

