


<p><b>Risk taking</b> ARE YOU PUTTING YOURSELF AT RISK OF OVERDOSE?</p> <p>BE AWARE OF THE RISKS OF CONSUMING TOO MUCH ALCOHOL AND TOO MANY DRUGS</p> <p>MAKE SURE SOMEONE KNOWS WHERE YOU ARE</p> <p>DONT USE SUBSTANCES ALONE -BE WITH SOMEONE YOU TRUST</p> <p>BE AWARE OF YOUR TOLERANCE LEVEL</p>	<p><b>Harm Reduction</b></p> <p>chat about harm reduction and risky behaviour with your N-Gage worker</p> <p>RING 999 in an emergency SPOC - 0333 320 2751</p> 	<p><b>Alcohol</b></p> <p>Mixing alcohol and depressants is one of the most common ways to overdose.</p> <p>You might also find you get drunk quicker if you use alcohol and drugs together.</p> <p>Mixing alcohol and cocaine produces cocaethylene, which is addictive as well as damaging to the heart and liver.</p> <p>Alcohol is physically and psychologically addictive. If you have a physical dependence on alcohol, do not attempt to self-detox as this can cause fatal fits. Speak to your key worker for referral to appropriate support.</p>	<p><b>Poly drug use</b> <b>NEVER MIX DRUGS!</b></p> <p>USING MORE THAN ONE TYPE OF DRUG AT THE SAME TIME IS EXTREMELY DANGEROUS.</p> <p>USING DIFFERENT TYPES OF DRUGS AT THE SAME TIME E.G TRANQUILLISERS, DEPRESSANTS OPIATES INCREASE RISK OF OVERDOSE</p> <p>DRINKING ALCOHOL AND USING OTHER TYPES OF DRUGS PUT YOU AT MORE RISK</p> <p>STAY SAFE ASK FOR INFORMATION ON DRUG AND EFFECTS</p>
<p><b>STIs and unplanned pregnancy</b></p> <p>STI = Sexually transmitted infection, protect yourself and always use a condom. Condoms are the best way to protect against STIs, but do not prevent all infections. If in doubt -ask for advice.</p> <p>If you think you have an STI get yourself tested at your nearest GUM clinic.</p> <p>Chat to your worker, in confidence, if you need condoms or advice. We can let you know where your nearest clinic is.</p>	<p><b>Route and Method</b></p> <p><b>Smoking:</b> can damage your lungs, cause cancer, cause chest pain, make you cough and make you feel ill.</p> <p><b>Sniffing:</b> Sends the drug straight into your bloodstream through blood vessels at the top of your nostrils. This means that the drug and any germs on your banknote or straw will go directly into your bloodstream. Do NOT sniff large amounts of drugs all at once. Always use a clean straw, avoid banknotes and NEVER use anyone else's straw/note, it's just been up their nose!</p> <p>Ensure you drink water to keep yourself hydrated</p> <p><b>Oral:</b> Ensure you know what you are taking and what strength it is. NEVER take drugs when you are unsure what they are. You could O.D. Do not mix different drugs.</p>	<p><b>Top Ten tips to staying safe</b></p> <ol style="list-style-type: none"> <li>1. Be with people you trust</li> <li>2. Keep your mobile phone topped up with credit and ensure you have a signal</li> <li>3. Tell someone where you are going</li> <li>4. Ensure you have drug free days between use</li> <li>5. Keep hydrated</li> <li>6. Don't share equipment</li> <li>7. Safer sex</li> <li>8. Avoid risky behaviour</li> <li>9. Get advice from your DAYS worker</li> <li>10. Be open and honest with your key worker - we will not judge you.</li> </ol>	<p><b>Legal</b></p> <p><b>Class A:</b> Heroin, cocaine, crack, ecstasy, MDMA, LSD, methamphetamine, mushrooms <b>Possession:</b> Up to seven years in prison <b>Dealing:</b> Up to life</p> <p><b>Class B:</b> Cannabis, amphetamine, ketamine, mephedrone. <b>Possession:</b> Up to five years in prison <b>Dealing:</b> Up to 14 years in prison</p> <p><b>Class C:</b> Valium, GHB, anabolic steroids <b>Possession:</b> Up to 2 years in prison <b>Dealing:</b> Up to 14 years in prison</p> <p>If you drive or operate machinery under the influence of illegal or prescribed drugs you may not be covered by insurance.</p> <p>It is a crime if you supply drugs or are in possession of.</p>

Young Person Signature: \_\_\_\_\_

Case worker Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_