

Supporting your young person's mental health and drug awareness evening



**Change
Grow
Live**



Supporting Your Teenager

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Ever wondered why young people...



- Can make “bad” decisions?
- Can “flip their lids”?
- Stay up late and struggle to get out of bed?

...then you are in the right place!



HAND MODEL OF THE BRAIN



At the base of your brain, represented here by your wrist, is the brain stem. It's responsible for basic things like breathing and keeping your heart pumping.



Your thumb, folded in, sits in the middle, just like the amygdala in the brain. The amygdala is responsible for sensing danger and telling the brain + body.



Your fingers are like your pre-frontal cortex- that's the part of the brain that helps us manage emotions and make complex decisions.



When fear, danger, or intense emotion overwhelm our amygdala our prefrontal cortex goes offline and we "flip our lid." That's why sometimes it is so hard to make thoughtful decisions when we are very upset.

When brains are overwhelmed like this, they need a break to reflect and reconnect.

CONCEPT CREATED BY DAN SIEGEL MD. VISUALLY TRANSLATED BY LINDSAY BRAMAN



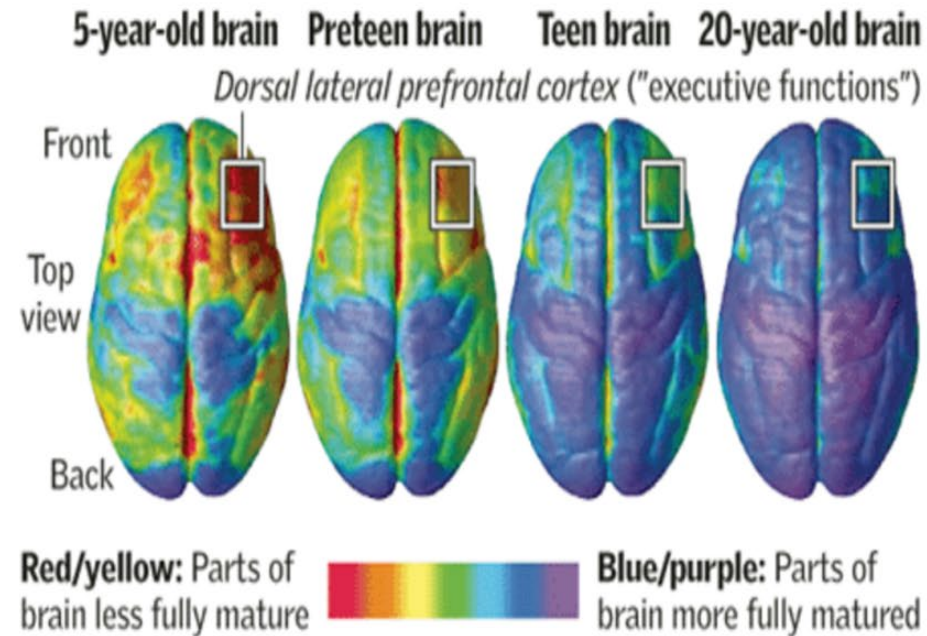
“Just Grow Up”!?

(you can only be as old as your brain!)



JUDGMENT LAST TO DEVELOP

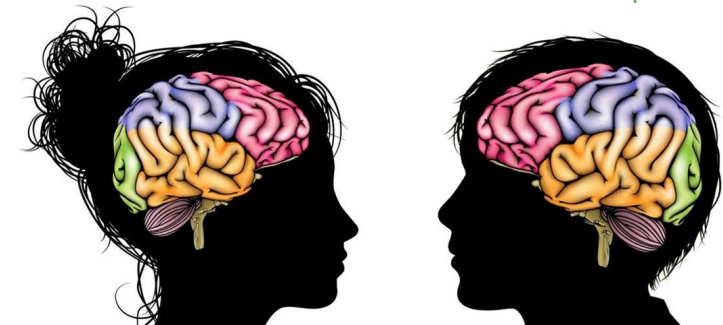
The area of the brain that controls “executive functions” – including weighing long-term consequences and controlling impulses – is among the last to fully mature. Brain development from childhood to adulthood looks like:



You can only be as old as your brain



- All the parts don't develop on the same schedule
- Males and females develop on different schedules
- Primal functions are the first to mature (boys faster than girls)
- 'Higher' functions (eg. impulse control, long-term planning, emotional control, and risk-assessment) mature slower
(girls faster than boys)



Feeling sleepy?

- In teens, melatonin is produced about three hours later in the 24-hour sleep cycle than in children or adults (usually about 11pm)
- This keeps them up late, and leaves them feeling sleepy in the morning



Give young people opportunities to be challenged, take risks and learn in a safe space



Read more: (Nicola Morgan's "Blame My Brain" is a good read)

Talking with your Teen



- The goal isn't just to **talk to them**, but to **connect**; keeping communication **open and respectful**.

Pick the right moment

Timing matters a lot with teens

Good times to talk often include:

- During car rides
- While cooking or doing something together
- In the evening when things are calmer
- When they come to you

Avoid starting serious talks when they're stressed, tired, or in front of others.



Listen more than you speak



- Young people often feel adults don't truly listen.
- Let them finish before responding
- Avoid interrupting or immediately correcting them
- Tune into their **feelings**, even if you disagree with the content

- Teenagers open up more when they feel **safe, respected, and not judged** – hold back on giving your opinion

Stay calm even if they don't

- Young people sometimes express emotions strongly.
- If parents react with anger, the conversation usually ends
- Staying calm shows emotional control and safety

- Stop, breathe, think and speak
- If things get heated, say something like:
“Let’s talk about this in a bit when we’re both calmer.”

- Be the first to repair – model saying sorry and taking responsibility when things have got heated.



Remind them they're supported

Simple statements matter:

- "I'm proud of you."
- "You can talk to me about anything."
- "I'm here if you need help."
- "It's OK to make mistakes, that's how we learn"

- Avoid putting on pressure with "why won't you talk to me?"
- A good question: "Do you want advice, or do you want me to listen?"



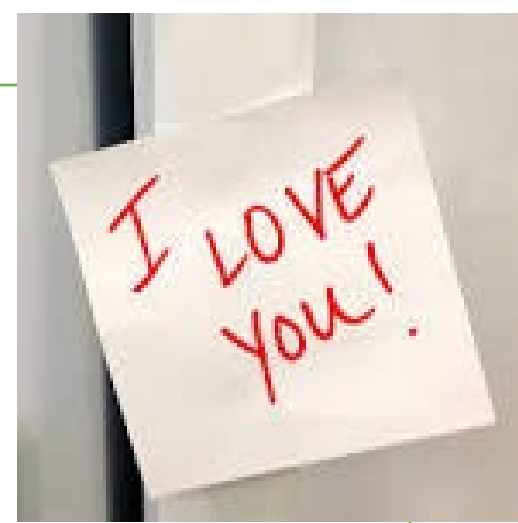
Connection is key

What is their Language of Love?

A hug, favourite chocolate bar, post it note on their pillow, time, words of affirmation, doing activities together, a text wishing them a good day.

Teenagers open up more when they feel safe, respected, and not judged.

Aim for keeping CONNECTION going, even if that's not with words...



When to reach out for support?



- Normal to have ups and downs – times of anxiety, low mood, anger...
- Good to reach out if the young person is wanting someone to talk to/ more support.
- Look at the ***FIDs: Frequency, Intensity, Duration*** of an issue

When to reach out for support?



- Talk to school, GP, family and friends, look at advice on Young Minds, JDI parent offer
- **Self care** – *“Look after your own mental health, too. We forget ourselves and become these machines that try to support our kids. But it’s important when you’re supporting somebody to also be looked after yourself.”*
- a parent on Young Minds website

Thank you for listening!



Hope you found this useful.

Will send out a list of helpful resources for you:

- *Understanding My Teenage Brain (Blame My Brain)* Nicola Morgan book
- *Togetherness* online
- *10 keys to Happier Living* (good mental wellbeing)
- *JDI – “Mental Health First Aid”* Course for parents

TOGETHERNESS

NHS

Emotional resilience for the everyday

From understanding to thriving:
for everyone.

Ideas proven to make a difference for
emotional wellbeing and build children's
confidence and kindness.

togetherness.co.uk/learn



TOGETHERNESS

NHS

Online learning pathways for your parenting journey and important relationships.

For healthier relationships and happier lives

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma



Residents of **CHESHIRE EAST**

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TOGETHERNESS



Online learning pathways	Short/ Taster	14-19 Pre- conception	Pre-Birth Antenatal	0-1 Postnatal	0-4 Pre- school	4-11 Primary school	11-18 Secondary school	16-25 Young adults	18+ Adults	75+ Older adults
Understanding pregnancy, labour, birth and your baby			👶							
Understanding pregnancy, labour, birth and your baby: for women couples			👶							
Understanding your baby				👶						
Understanding your preterm or sick baby in hospital				👶						
Understanding your preterm or sick baby now you're home				👶						
Understanding your child: from toddler to teenager				👶	👶	👶	👶	👶		
Understanding your child with additional needs				👶	👶	👶	👶	👶		
Understanding your child in a changing world					👶	👶	👶	👶		
Understanding your teenager's brain							👶	👶		
Understanding your brain (for teenagers only!)							👶			
Understanding your feelings (for teenagers only!)							👶			
Understanding your child's feelings	👶				👶	👶				
Understanding the impact of the pandemic on your child	👶				👶	👶				
Understanding the impact of the pandemic on your teenager	👶						👶			
Understanding your relationships		👶					👶	👶	👶	👶
Understanding your own trauma		👶					👶	👶	👶	👶
Moving up to secondary school for children with additional needs	👶					👶				
Understanding your child's mental health and wellbeing				👶	👶	👶	👶	👶		





**Change
Grow
Live**



Our vision

To develop, deliver and share a whole person approach that changes society.

Our mission

To help people change the direction of their lives, grow as individuals, and live life to its full potential.

Our values

Be open.
Be compassionate.
Be bold.



Who we are

- Free confidential service for young people about drugs and alcohol.
- YP recovery workers
- Skilled Workers

Who we work with

- Young people up to the ages of 24
- Adult Support
- Cheshire East

What we do

- 1:1 interventions
- Group work within schools
- Multi-agency working
- Support if affected by someone else's drug use



**What drugs do you think are common
within Cheshire East?**

General reasons for using substances

Enjoyment or
pleasure

Socially
'acceptable'

Influence by role
models

Experimental

Peer or social
Pressure

Lack of
understanding

Social Exclusion

Institutionalization

Poor mental
wellbeing

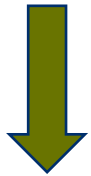
Life-altering
events

Coping
mechanism

Abuse

Cannabis

Classic



Current



Tetrahydrocannabinol (THC)
Psychoactive properties that gets you 'high'

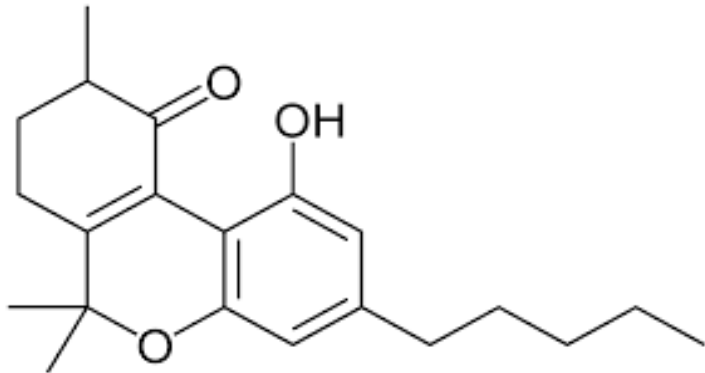
Cannabidiol (CBD)
Can actually counteract the psychoactivity of THC
and the potential of medical benefits

Cannabis



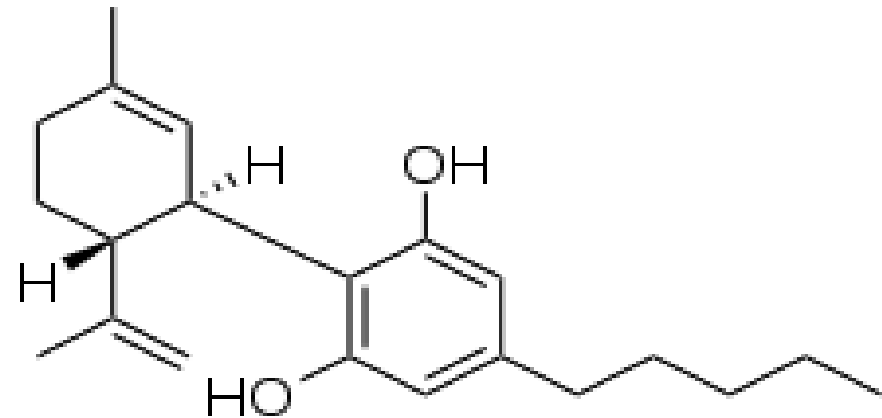
Tetrahydrocannabinol (THC)

The main psychoactive ingredient is Δ^9 -tetrahydrocannabinol (THC) and this produces the effects that users seek



Cannabidiol (CBD)

In contrast, cannabidiol, another major constituent of cannabis, appears to have antipsychotic properties, is anxiolytic and may be neuroprotective in humans




Vaping amongst Young People

- **20% of 11–17-year-olds have tried vaping, an estimated 1.1 million. This is unchanged since 2023.**
 - **7% currently vape, an estimated 400k, with 40% vaping daily, an estimated 160k.**
- **Perceived harm from vaping is increasing: 63% of young people believe vaping is as or more harmful than smoking**

Vaping by age:

Prevalence increases with age:

- **11–15-year-olds: 16% vaped; 5% currently vape.**
 - **16–17-year-olds: 30% vaped; 12% currently vape.**
 - **18-year-olds: 28% vaped; 15% currently vape.**
- 

Vaping amongst Young People

Teens report vaping mainly: 'just to give it a try', 'to join in' and because 'I like the flavours'.

THC Liquid

THC, in any form, is illegal.

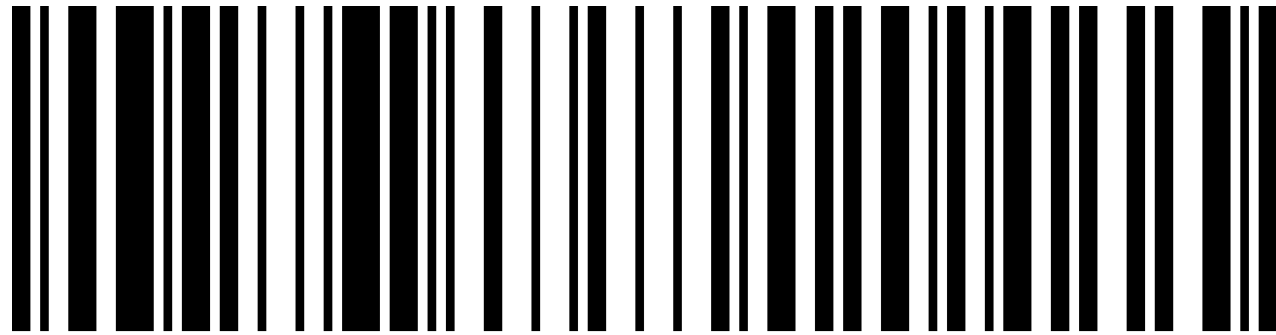
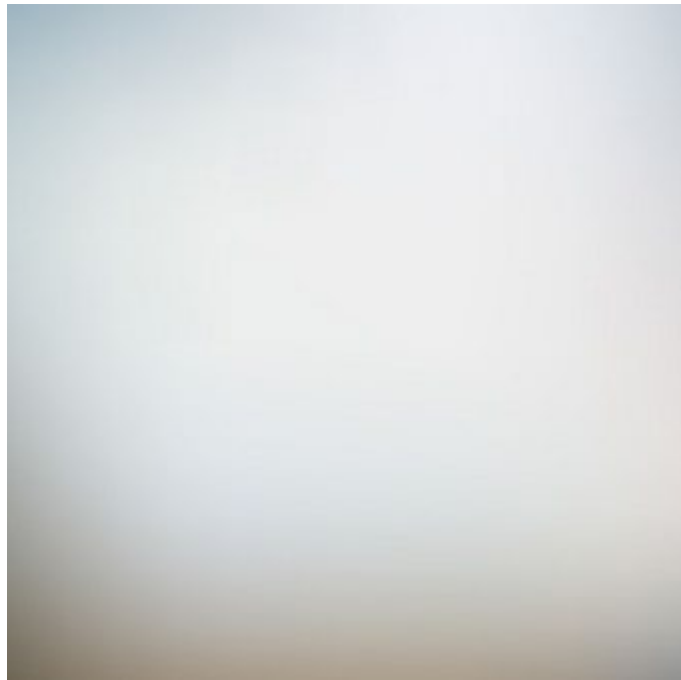
Dealers will make and sell 'THC' but like any street drug, it will not be what it says on the tin.

Drug classification

- It's a Class B drug
- The maximum penalty for possession of cannabis is up to five years imprisonment. A magistrate's court can also impose a fine of up to **£2,500**
- If you're prosecuted for supplying or producing an illicit drug, the maximum prison sentence is 14 years

Spotting a fake Vape

It is not always easy to spot a fake product. However, knowing key factors to look for can help.



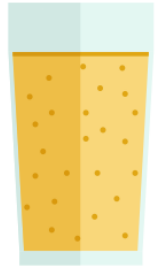
(10) ABC123



ALCOHOL UNITS GUIDE



Pint of premium
beer (5%)
= 2.8 units



Pint of cider (5%)
= 2.8 units



Alcopop 275ml (4%)
= 1.4 units



Can of beer 330ml (4%)
= 1.7 units



Gin / Vodka / Rum
35ml (37.5%)
= 1.3 units



Spirits 1 litre
(37.5%)
= 37 units



Small bottle of wine
187.5ml (12%)
= 2.3 units



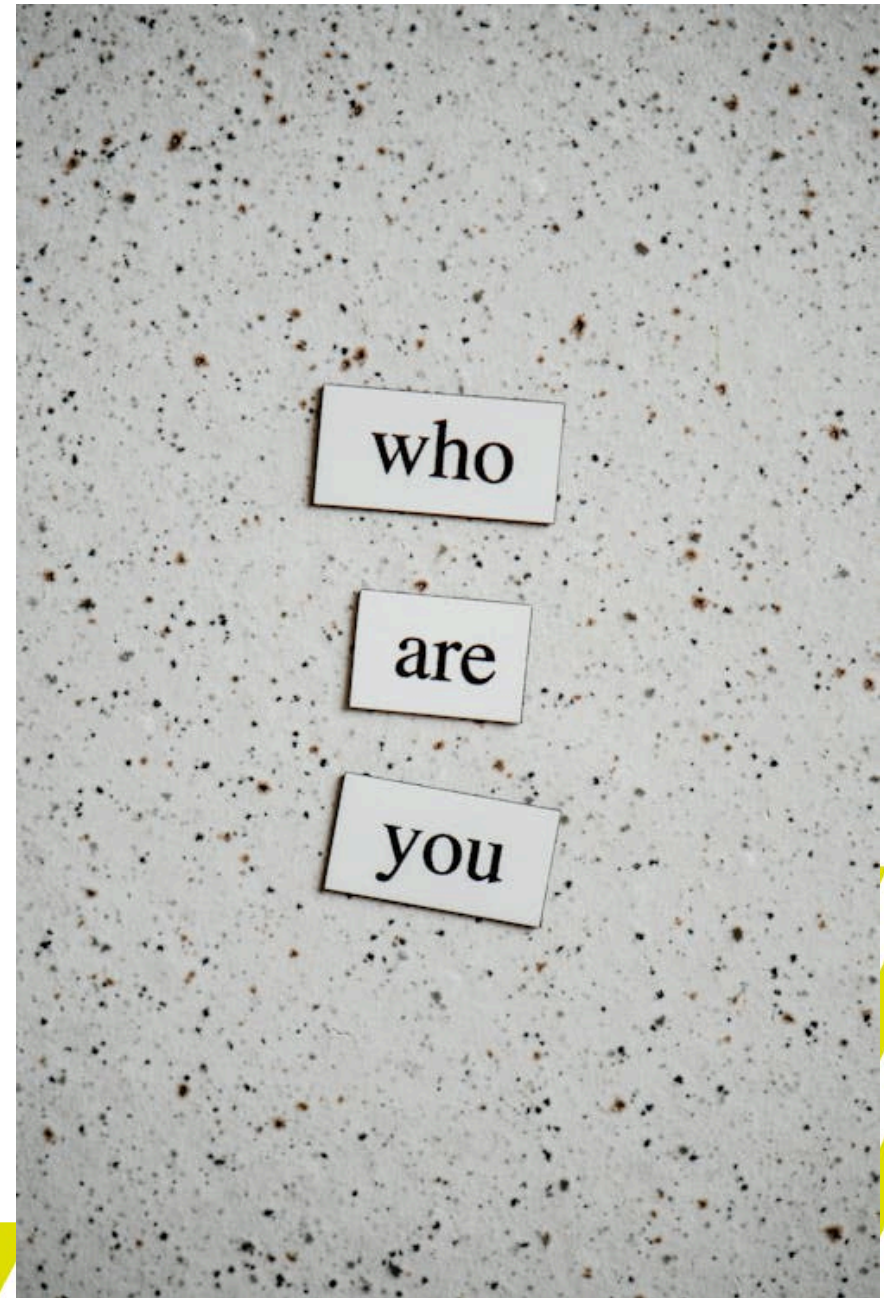
Bottle of wine 750ml
(12%)
= 9.2 units

Behavioural Changes

There is no set signs that someone may be using drugs or drinking excessively. Below are a few signs to consider...

- Mood Swings
- Secretiveness
- Sudden change in behaviour
- Issues at school (missing lessons, deadlines etc.)
- Less motivated
- Withdrawn
- Changed relationships with family or friends
- Issues with money

You know your child best!



Remember....

Not every young person that tries a substance will become addicted to it.

It is very common for young people to drink alcohol and experiment.



How to provide support

- Create a safe space for your child (you know your child best)
- Be open and honest
- Limit judgements or disappointments (we all make mistakes)
- Know what services are available to you and your child
- Ask for help
- Discuss risks and harm reduction
- Check in and encourage open conversations
- Contact CGL for support for your child or yourself



HERE
TO
HELP

BBC For you Home

iPLAYER

Documentary

Drugs Map of Britain

Cutting through the headlines - the real world of users and dealers in the UK today. What are the drugs of choice across the nation, and what are they doing to local communities?

Series 1: 3. Uppers and Downers (29 mins)

FRANK



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Change Grow Live

☀️ Young Peoples & Adults Drug and Alcohol Service

📍 Cheshire East

📩 Message us

🌟 Friendly, Free & Confidential advice... more

🌐 www.changegrowlive.org/content/cheshire-east-drug-and-alcohol-service

803 accounts reached in the last 30 days. [View Insights](#)

THREE Jordan North: The Truth About Vaping

Home

Last on

THREE Mon 15 Apr 2024
19:30
BBC THREE

Watch now



**Harm
reduction...
how can you
keep safe?**



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SHARE YOUR LOCATION

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STAY TOGETHER

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Drug Box & Questions



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SOCIALS

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Make a difference