



Subject title: I Wish I'd Known – a workshop for parents and caregivers on young people, drugs and decisions from the DSM Foundation with funding from The National Lottery Fund.

We would like to invite you to a drug and alcohol awareness workshop for parents and caregivers led by the drug education charity the Daniel Spargo-Mabbs Foundation, with funding from The National Lottery Fund. This will be held on **Thursday 29th January at 6pm at Oasis Academy Coulsdon.**

The world for young people today is very different than it was for the adults in their lives, including greater levels of exposure and access to drugs than ever before, partly thanks to social media, which in turn increase the potential for them to come to harm. This session provides an opportunity for you to become more aware of what issues face your children, and what you can do to help them stay safe. You can ask questions before the workshop via the online survey link you will receive, and during the workshop itself.

The session will involve finding out about:

- levels of young people's exposure to drugs and alcohol – what, where, when and how
- what parents and caregivers need to know about the risks faced by young people when it comes to drugs and alcohol, and the factors that affect the decisions they make
- how to have effective conversations with your child about drugs and alcohol, and practical suggestions for what you can do to support them to stay safe
- how to know and what to do if you have concerns about drug use
- where to go for more information and support.

The DSM Foundation is a drugs and alcohol education charity set up in 2014 by Fiona and Tim Spargo-Mabbs after the tragic death of their 16year old son Daniel as a result of an accidental

overdose of ecstasy. The aim of the charity is to support young people to make safer choices about drugs, which it does through a broad range of workstreams. Find out more at <https://www.dsmfoundation.org.uk/what-we-do/>.

Please complete the survey link below before the workshop as this will assist the DSM Foundation in addressing and answering your specific questions and concerns. The survey is short and anonymous.

The link is here - <https://www.surveymonkey.com/r/X2BB65B>

Please book your space by [clicking here](#)