

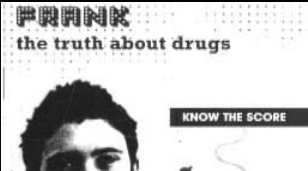





**N-DAP  
Resources for Young People**


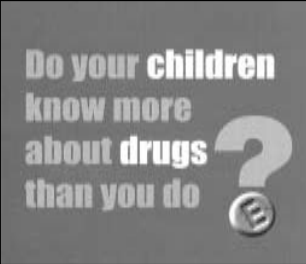
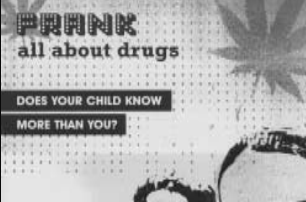

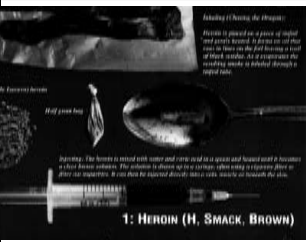
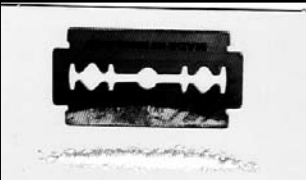

**Background**

It is important to ensure that young people have easy access to good quality, appropriate drug and alcohol information.

The N-DAP Young People’s Implementation Group have developed the grid of information resources below.

It is recommended that agencies refer to this grid when sourcing information for young people in relation to drugs and alcohol. This list will be regularly reviewed and updated and will be accessible from the N-DAP website [www.nordat.org.uk](http://www.nordat.org.uk).

<b>Leaflet</b>	<b>Publisher</b>	<b>Comments</b>	<b>Cost</b>
<b>Drug and Alcohol Guides</b>			
	Department of Health <a href="http://www.drugs.gov.uk">www.drugs.gov.uk</a>	An A-Z of drugs for young people. Useful information regarding drug driving, first aid, sexual health. Quite wordy.	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a> . Also available for download.
<b>Cannabis</b>			
	Department of Health <a href="http://www.drugs.gov.uk">www.drugs.gov.uk</a>	This leaflet is aimed at non-users, lighter users and ‘contemplators’ aged 14 to 17. Quite simplistic. Good pocket size.	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a> . Also available for download.
	HIT	Aimed at young people aged 14 and upwards. Clarifies the laws around cannabis, highlights the health risks. Good pocket size.	Available from HIT at <a href="http://www.hit.org.uk">www.hit.org.uk</a> . £0.57 each
	HIT	The 3 leaflets under this title are aimed at young people: <ul style="list-style-type: none"> <li>• Talking with a young person about cannabis</li> <li>• Cannabis facts for young people</li> <li>• Cannabis facts for parents, carers and professionals</li> </ul>	Available from HIT at <a href="http://www.hit.org.uk">www.hit.org.uk</a>  £1.25 each
<b>Alcohol Guides</b>			
	Norfolk Drug and Alcohol Partnership (N-DAP)	Young people aged 18+ only. Information guide regarding safe drinking.	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a> . Also available for download.
	Department of Health <a href="http://www.drugs.gov.uk">www.drugs.gov.uk</a>	This pocket-size card and wheel units calculator will help young people to work out how many units are in different drinks so that they can keep tabs on their drinking	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a> .

Leaflet	Publisher	Comments	Cost
<b>Drugs and The Law</b>			
	HIT	This booklet provides information for young people aged 12 and upwards, about the law on drugs. It gives details on the legal classification of drugs, drug offences, drug penalties, with contact numbers for national advisory services.	Available from HIT at <a href="http://www.hit.org.uk">www.hit.org.uk</a> . £0.58 each
<b>Parents Guides</b>			
	Norfolk Drug and Alcohol Partnership (N-DAP)	Guide for parents and carers on how to discuss drugs and alcohol with their children. Portuguese and Russian versions are available to download from <a href="http://www.nordat.org.uk">www.nordat.org.uk</a> .	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a>
	Department of Health <a href="http://www.drugs.gov.uk">www.drugs.gov.uk</a>	Drugs information leaflet for parents and carers, with information about drugs and young people; risks and effects; the law; safety; tips on how to talk about drugs and what to do if you're worried about someone.	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a> . Also available for download.
	Re-Solv	Aimed at helping parents to protect their children against the dangers of sniffing household products.	Available from Re-Solv at <a href="http://www.re-solv.org">www.re-solv.org</a> £10 for 10
<b>Tools</b>			
	HIT	19 cards, each providing information about one particular drug – effects, risks, harms, costs, methods of use and the law. The cards are suitable for young people and parents and are useful as a training resource.	Available from HIT at <a href="http://www.hit.org.uk">www.hit.org.uk</a> . £0.29 each
	HIT	Suitable for young people aged 13 and upwards, providing key information about the effects, risks and legal status of substances. Eye-catching and popular with young people.	Available from HIT at <a href="http://www.hit.org.uk">www.hit.org.uk</a> . £75.90 per 600.
<b>Helping Agency</b>			
	The Matthew Project	Information for young people about The Matthew Project Under18 service	Free from HILS catalogue at <a href="http://www.heron.nhs.uk">www.heron.nhs.uk</a>