Ready2Comply
TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · HEALTH AND WELLBEING

Know the Score

The facts about drugs and alcohol

A colourful, ready-to-use direct work pack to help young people make informed, safer choices about cannabis, alcohol, nitrous oxide, pills and other drugs – and to help you gauge, record and act on risk.

● Ages 11–17 ● 1:1 or small groups ● 3–4 sessions ● Editable Word

SAMPLE

Worker's guide

Session plans, the law for staff, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

Drug facts, risk spotter, 12 scenario cards, staying-safer toolkit, my plan, who to tell

Risk measure

Young person's quiz with scoring key, worker observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

The law and facts in this pack were checked against legislation.gov.uk, GOV.UK, FRANK and NHS sources in November 2026 (see Sources, page 21). Drug classifications can change – check the current position.

Ready2Comply is not affiliated with any charity, helpline or brand named in this pack. Drink and medicine names are trademarks of their owners and are mentioned only because young people use and recognise them. Not medical advice.

Drugs: the facts

What they are, what they do – and what to watch out for

Alcohol

Slows the brain and body. Legal for adults – not for under-18s to buy.

⚠ Too much can make you pass out or be sick in your sleep.

Cannabis

Weed, skunk, THC vapes and edibles. Class B.

⚠ Strong skunk can cause paranoia; vapes can contain spice.

Nitrous oxide

'Nos', balloons, canisters. Class C since 2023.

⚠ Burns, falls and nerve damage.

Pills

Ecstasy, 'Xanax', painkillers bought on the street.

⚠ Can be fake and much stronger than you think.

Cocaine

Powder or crack. Class A.

⚠ Strain on the heart – worse with alcohol.

Ketamine

'K', a powder. Class B.

⚠ Can damage the bladder; risky in unsafe places.

Energy drinks

Lots of caffeine and sugar.

⚠ Poor sleep, jitters and anxiety.

The law

Possession and supply are crimes. Sharing with friends is supply.

⚠ A record can affect jobs and travel.

Emergency

Recovery position, call 999, stay with them.

⚠ You won't be in trouble for getting help.

Did you know?

Most young people don't take drugs. If a friend is unwell after drinking or taking something, **call 999** and tell them what was taken – paramedics are there to help, not to get anyone in trouble.

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Just a drink

At a sleepover your friend's older sister brings vodka. "Go on, it's only one. Don't be boring." You don't really want to.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

2 Energy drinks

You drink four energy drinks a day to stay awake for gaming. Now you can't sleep and feel shaky in lessons.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

3 Weed to sleep

You smoke weed every night because it's the only way you can sleep. Some days you feel paranoid and can't remember stuff.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

4 Balloons

At the park, older kids are passing round balloons of nos. "It's just laughing gas – it's harmless."

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

5 Spiked drink

You leave your drink to go to the toilet. When you come back and drink it, you start to feel strange and dizzy.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

6 Medicine cabinet

A friend says her mum's prescription tablets "chill you right out" and offers you some.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

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