



# KEEPING YOU SAFE

## STUDENT HANDBOOK

Safety and well-being are our top priorities at Maghull High School. This handbook is designed to provide our students with important information about the Safeguarding measures we have in place to protect and support their journey through High School.

We encourage you to read through this handbook with them and familiarise yourself with the resources available. The Safeguarding team is always here to provide support and guidance whenever you need it.

**STAY SAFE, STAY INFORMED, AND  
TOGETHER WE CAN CREATE A  
SUPPORTIVE SCHOOL  
ENVIRONMENT FOR EVERYONE!**

# CONTENTS

Welcome to the Student Safeguarding Handbook. This guide is designed to provide essential information and resources to ensure your safety and well-being. Inside, you will find:

- Student Safeguarding information
- Your Safeguarding Team
- The Phoenix Centre
- The Phoenix Centre Team
- Young Carers
- Our Safer Schools Community Police Officer
- What is Hate Crime?
- Online Safety
- External Support Services

# STUDENT SAFEGUARDING INFORMATION

## THIS IS YOUR GUIDE TO HELP YOU DECIDE WHAT COULD BE A PROBLEM FOR YOU AND HOW TO GET HELP

If you are worried about yourself or others, you can talk to any adult you feel comfortable with at Maghull High School. They will speak with the Safeguarding Team who may need to speak with other services to help you.

They will not keep secrets and promises if they are worried about you; their job is to keep children safe. There will be times when they may need to speak to you, or your parent/carer or other services that support children and their families.



*It is important you tell an appropriate adult who can support you.*

*Are any of these things happening to you, a friend or sibling?*



### BULLYING

*Is someone intentionally hurting you physically or saying things that upset you?*

**Discriminatory:** Saying hurtful comments about your disability, race, religion, sexual orientation

**Emotional:** Being unfriendly, sending hurtful text messages, tormenting (e.g. hiding football boots, threatening gestures)

**Physical:** Pushing, kicking, hitting, punching or any use of violence

**Verbal:** Name-calling, sarcasm, spreading rumours, teasing

### EXPLOITATION

*Is someone making you do something you do not want to do?*

This may be sexual like touching you in areas you are not comfortable with or forcing you to do sexual things you do not want to do.

This may also be asking you to hide packages or take drugs to another person.

Are they giving you something in exchange for doing something that is illegal or that you do not want to do? (e.g. money, food, phone credit, clothes, drugs and alcohol)

### NEGLECT

*This is where the adult who is looking after you may not look after you properly.*

Do you have food, clothes, and a happy and warm home?

Do you go to your doctors, dentists and eye appointments?

Are you ever left at home to look after yourself or younger siblings?

### EMOTIONAL ABUSE

*This is when someone treats you in a way that makes you feel like you are not good enough.*

Telling you that you are worthless or unloved.

Not listening to your views, making fun of what you say or how you communicate.

Making you feel like you haven't worked hard enough at school or playing sport.

### PHYSICAL ABUSE

*This is when people physically hurt you on purpose or you see someone else being hurt.*

Hitting, punching, slapping with hands or other item, shaking, burning, scalding, drowning or causing physical harm to a child.

### SEXUAL ABUSE

*This involves being touched in a way you don't like without giving permission or consent.*

Someone flashing or exposing themselves to you online or offline or being forced into doing sexual activity whether that is by touch or non-contact, and you have not given permission or consent.

### RADICALISATION

*This is a process where people, who have views which may be considered radical or extreme, encourage you to support their views and in some cases ask you to support in terrorist groups and activities; this is a form of harm.*

Ask you to support terrorism on the internet.

Texts that incite violence.

# YOUR SAFEGUARDING TEAM

At Maghull High School, we take the safety of our students very seriously;  
as you should do.

If you do not feel safe, then you can talk to any member of staff who will try to help and if they cannot, they will know someone who can.

## Who can help?

### Mrs R Watson

Pastoral Manager & Associate Leader

#### Designated Safeguarding Lead

*"There are ten people specially trained to deal with issues where your safety and wellbeing are concerned; I am one, and the other nine can be found on this poster."*



### Mr P Hitchen

Deputy Headteacher

#### Child Looked After - Designated Teacher



### Mr J McQuade

Phoenix Centre Manager

#### Deputy Designated Safeguarding Lead



### Miss S Williamson

School Home Officer

#### Deputy Designated Safeguarding Lead



### Mr P Dawson

Assistant Headteacher

#### Assistant Safeguarding Lead



### Mrs H Corrigan

Teacher of English

#### Acting SENCO



### Miss B Low

Head of Year 9

#### Student Leadership Coordinator



### Miss A Platt

#### Attendance Officer



### Mrs S Grogan

#### Behaviour and Engagement Lead



### Miss M Kenny

#### Pastoral Support Assistant



# THE PHOENIX CENTRE

The Phoenix Centre at Maghull High School is a unique facility, which aims to remove any barriers to learning and raise achievement through a child-centred, holistic approach to prepare you for the world beyond school.

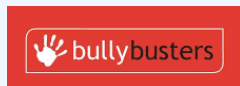
We are aware that life can have many challenges which will be difficult. We will help support you in managing these challenges whether they are at home or in school and give you the strategies to develop resilience and improve your emotional well-being.

## INTERVENTION STRATEGIES

The Phoenix team work closely with the wider pastoral team within the school and also the senior leadership team to identify ways to best support our students. This could be regular mentor sessions, group work or cohesive work with other staff members across the school. Each intervention is based on the difficulty or challenge that the student/students face.

## LINKS WITH OUTSIDE AGENCIES

Our work extends beyond school and into the wider community, liaising with many outside agencies in order to support the students we work with. These include educational psychologists, social care, school health, Everton in the Community, BullyBusters, Merseyside Police, AboutYouUK counselling service and a host of other agencies.



Students can self refer or be referred by staff or family members. This will initiate and appointment and the support will follow on from the initial connection with the student.

### BOOK AN APPOINTMENT

Appointments for support can be made via email  
**Phoenix@maghullhigh.com**  
or through your form tutor and pastoral team leaders.

One of the Phoenix staff will make an appointment with you to discuss your worries and feelings and then decide the next steps to help you with whatever difficulties you may be facing.

# THE PHOENIX CENTRE TEAM

**MR J MCQUADE**



Phoenix Centre  
Manager

**MRS S WAREING**



Learning  
Mentor

**MR P BRADY**



Learning  
Mentor

AboutYouUK- School Counselling Service

Emma Stanson- School Nurse

## EXTERNAL SUPPORT

If you are in need of any external support, you can check the following websites.

### **Mental Health and Counselling Services**

[seftonliverpoolcamhs.com](http://seftonliverpoolcamhs.com)

[www.kooth.com](http://www.kooth.com)

[www.childline.org.uk](http://www.childline.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.ypas.org.uk](http://www.ypas.org.uk)

[www.place2be.org.uk](http://www.place2be.org.uk)

### **Charity Services and Support**

[www.bullybusters.org.uk](http://www.bullybusters.org.uk)

[www.venuscharity.org](http://www.venuscharity.org)

[www.southsefton.foodbank.org.uk](http://www.southsefton.foodbank.org.uk)

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[www.swaca.com](http://www.swaca.com)

### **LGBTQI+**

[www.stonewall.org.uk](http://www.stonewall.org.uk)

[www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)

### **School Health**

[www.merseycare.nhs.uk/our-services/south-sefton/school-health-team](http://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team)

### **Suicide Awareness and Prevention**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.selfharm.co.uk](http://www.selfharm.co.uk)

### **Keeping Safe Online**

[www.ceopeducation.co.uk](http://www.ceopeducation.co.uk)

### **Bereavement Services**

[www.cruse.org](http://www.cruse.org)

[www.winstonswish.org](http://www.winstonswish.org)

[www.childbereavementuk.org](http://www.childbereavementuk.org)

### **Sexual Health Awareness**

[www.seftonsexualhealth.nhs.uk](http://www.seftonsexualhealth.nhs.uk)

[www.brook.org.uk](http://www.brook.org.uk)

### **Promoting Positive Well-being**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

# YOUNG CARERS

## CHECK IN

Staff from the Phoenix Centre will check in with you at least once a fortnight. We will check in to see if you need any support or wish to pass on any information to your teachers if needed.

Please don't wait for us to find you if it is important. Come and see us when you can.

## HOMEWORK SUPPORT

We know it can be difficult to get your homework completed when you have so much going on.

We can make sure that your teachers are aware that you may need a bit of extra time to get things completed. There are also homework clubs that you can attend to help take the pressure off at home.

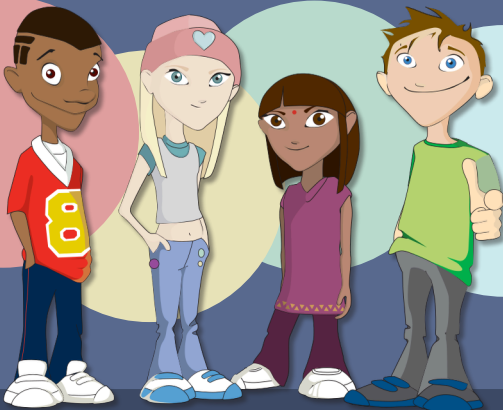
## PERSONAL SUPPORT

If you need some support with accessing toiletries e.g. deodorant, shampoo, shower gel etc.

## EMOTIONAL SUPPORT

School have a team of counsellors, mentors, school nurse and a mental health support team if you feel you need some extra support.

none of these pupils  
handed in work this week

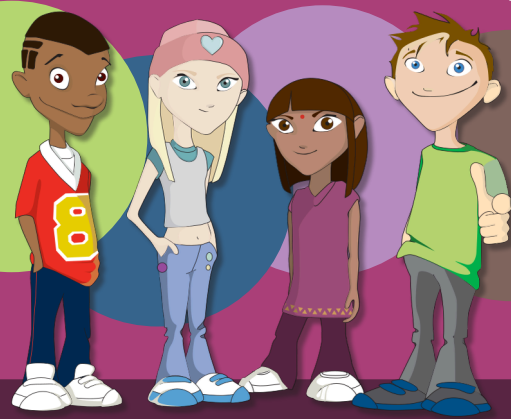


One of them didn't because dad has been taken into hospital again and there is no-one else to look after a younger sister.

Sound like you?



All of these pupils  
arrived late at school today



One of them had to get mum out of bed, make sure she had taken her medication and then get a younger brother off to school.

Sound like you?



You may be a young carer. You're not the only one. There will be other young carers in this school too. You might look after someone at home who is ill or who has a disability. Are you worried about letting someone know?

**You can talk to your Safeguarding team.**

I have info  
about a crime.

I am worried  
someone is going to  
get hurt.

Who can I tell?

I know one of the lads  
is carrying a knife.

I'm not a grass but  
I'm worried someone  
is going to get hurt.

Who can I tell?

A gang is using my  
brother to move  
drugs.

I am worried he  
might get hurt.

Who can I tell?

# Got info about a crime?

Be **FEARLESS** and  
tell us what you  
know **100%**  
anonymously.



## #NotAGrass

Crimestoppers Trust, registered charity in England & Wales (1108687), Scotland (SC037960).

# OUR SAFER SCHOOLS COMMUNITY POLICE OFFICER

**PC CHARLIE SOUTHERN**

I'm PC Charlie Southern, the Safer Schools  
officer for Maghull High.

I am here to support you and the school  
community with safeguarding concerns,  
wellbeing and everything else in between.

On **Monday's** and  
**Wednesday's** you will  
find me around site or in  
my office.





# WHAT IS HATE CRIME?



Hate incidents involve hostility or violence towards someone because of who they are.

A hate crime is when a criminal offence takes place which is perceived by the victim, or any other person, to be motivated by hostility or prejudice based on a person's:

Race or perceived race, skin colour, nationality, ethnicity or heritage.

Religion or perceived religion, including people without a religious belief.

Sexual orientation or perceived sexual orientation.

Gender Identity including people who are transgender or transsexual.

Disability or perceived disability, including physical impairments, mental health problems and learning disabilities

Hate crime can fall into one of three main categories: **physical assault**, **verbal abuse**, and **incitement to hatred**. It can include:

**Name calling or verbal abuse**

**Physical attacks or violence, including sexual violence, arson, and murder.**

**Damage to property**

**Graffiti or abusive writing**

**Threats or intimidation**

**Bullying or harassment**

**IF YOU HAVE BEEN AFFECTED BY HATE CRIME, THERE ARE PEOPLE WHO WILL PROVIDE INDEPENDENT REPORTING, ADVICE AND SUPPORT**

If you've experienced or witnessed a hate crime you can report it in the following ways:

[Merseyside police](#)



- If you or anyone else are in immediate danger, call 999.
- For all other incidents, report using the police non-emergency 101 number.
- Or report online at [www.merseyside.police.uk/report-hate-crime](http://www.merseyside.police.uk/report-hate-crime)

[Stop Hate UK](#)



Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

- Telephone 24/7 on 0800 138 1625
- Webchat at [www.stophateuk.org/report-here/](http://www.stophateuk.org/report-here/)
- Stop Hate UK hate crime reporting app available on App store and Google Play store.

**Support after a hate crime:**

These services are here to support you if you've been impacted by hate crime. Each service is tailored to the type of hate crime you've experienced to ensure you get the specialist support you need.

[Anthony Walker Foundation](#)



Support following a racial or religious hate crime

- 0151 237 3974
- [support@anthonywalkerfoundation.org.uk](mailto:support@anthonywalkerfoundation.org.uk)

[Citizens Advice Liverpool](#)



Support for victims of LGBTQ+ hate crime

- 0151 522 1400 with extension 5006
- [lgbthatecrime@calverpool.org.uk](mailto:lgbthatecrime@calverpool.org.uk)

[Daisy Inclusive UK](#)



Support following a disability hate crime

- 0151 261 0309
- [info@daisyuk.com](mailto:info@daisyuk.com)

The Victim Care Merseyside hub provides a single point of contact for victims of crime residing in Merseyside to access free, confidential advice, plus emotional and practical support tailored to your needs.



EMILY SPURRELL  
MERSEYSIDE POLICE  
& CRIME COMMISSIONER

Request support by calling Freephone  
0808 175 3080 on weekdays between 8am and 6pm.  
Alternatively, you can submit a contact form at  
[www.victimcaremerseyside.org](http://www.victimcaremerseyside.org) at any time.

**victim care**  
Merseyside  
making a real difference to victims of crime

# ONLINE SAFETY

## TIPS FOR KEEPING YOU SAFE ONLINE AND ON YOUR MOBILE

There are lots of fun and interesting things you can do on the internet, and it can be a great way to stay in touch with friends. It is also very important to understand how to stay safe online. Sometimes people may try to trick you into clicking dangerous links or sharing things about yourself. Or something you've shared might be used to bully or frighten you.

### THINK BEFORE YOU POST



Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.



### DON'T SHARE PERSONAL DETAILS

Keep things like your address, phone number, full name, school and date of birth private and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

### THINK ABOUT WHO YOU ARE TALKING TO



There are lots of ways that people try to trick you into trusting them online. even if you like and trust someone you've met online, never share personal information with them like your address, full name and where you go to school.



### KEEP YOUR DEVICE SECURE

Make sure that you're keeping your information and device secure.

### NEVER GIVE OUT YOUR PASSWORD



You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.



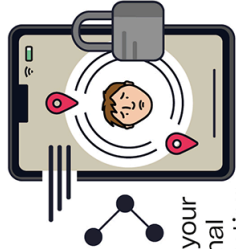
### COVER YOUR WEBCAM

Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.



# STAY SAFE ONLINE

1



Don't share your personal information

2



only talk to people that you know

4



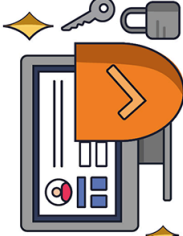
Only accept friend requests from people you know personally

5



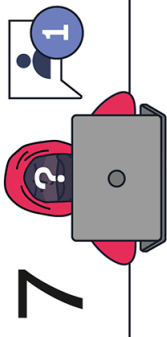
Always think carefully about what you post

6



Make use of the privacy settings on all of your social media accounts

7



Remember that not everyone online is who they say they are

8



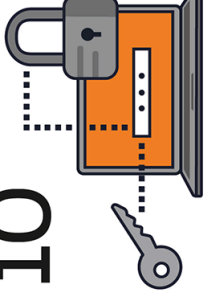
Report inappropriate content immediately

9



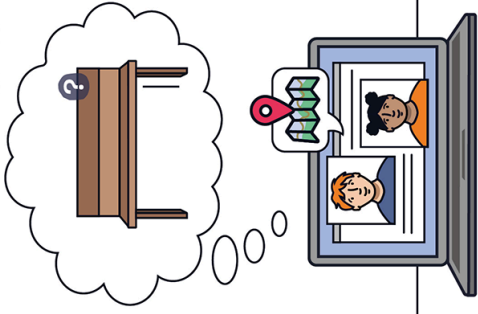
Only share images that you'd be comfortable with your friends and family seeing

10

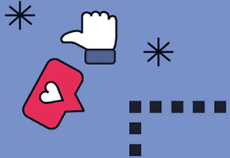


Never share your passwords

3



Don't meet up with anyone you have only met online



## The Deep Dark Web

### of Image Sharing



Share

You never know...



...how far your image will go.



**prevention**  
is at our core, putting our community first



Scan to register your bike



# Top Tips to Protect your Bike

**M**

## Mark your Bike

Attend a free bike marking event advertised by Merseyside Police. These are advertised on the Merseyside Police Website and Social Media channels. Your bike is 83% less likely to be stolen if it is both marked and registered.

**A**

## Awareness

When you are out riding your bike be aware of your surroundings and don't let thieves try to steal it. When out on the street leave your bike in a well-lit area, where it can be seen by passers-by.

- Lock both wheels and the frame to a cycle stand, or other immovable object.
- Make sure the lock goes through the frame, the wheel and the post you are securing it to.
- Take any removeable items with you.

**R**

## Register your Bike

Register your bike for free by visiting The National Cycle Database/ BikeRegister. Merseyside Police are now actively checking bikes on the National Cycle Database. If your bike is stolen, this will significantly increase the chances of you getting your bike back. (Scan QR Code above)

**K**

## Keep out of View

When at home store your bike in a locked shed, or garage.

- Keep it out of view
- Don't leave it unattended outside the front of your house.
- Secure it to an immovable object.

**I**

## Insure

If you have invested a significant amount of money into your bike, it is worth considering specialist bike insurance or checking that your home insurance covers you for theft away from the home.

**T**

## Top Bike Lock

A decent bike lock is worth its weight in gold.

A heavy-duty bike lock can make the thieves job more difficult, often meaning they will steal a bike that is less secure.

Make sure you buy a Sold Secure Diamond or Gold lock



@merseysidepolice  
@MerseyPolice





## Who are we?

Catch22 county lines support and rescue service is a support service for children and young people under age 25, who are living in the areas of London, West Midlands, Greater Manchester or Merseyside. Are you or somebody you know involved in county lines and looking for advice and support, then our service can help.

## Our service offers:

- Confidential Support
- A rescue service that operates from 9am -10pm, 7 days a week, 365 days a year
- Advice and guidance for parent and carers
- Women and Girls focused support caseworker
- Mental Health focused support caseworker

## What does the 'support' look like?

### Our case workers can provide you:

- A safe confidential space to talk openly
- Advice and guidance to reduce county lines involvement
- Create a wider support network with professionals creating education, training and employment opportunities
- Support with emotional and mental health wellbeing
- Better relationships between your parents/care giver

We have a flexible approach and will organise the support sessions to suit your individual needs.

## What does the 'rescue' look like?

- Two members of the team will collect you and return you to a pre-agreed safe address.
- On your return we will check on you a few days later to offer you that continued support if you wish
- We understand that you are experiencing lots of emotions, so on your journey home we are here to listen and support for as long as you need us

***If you feel this support will benefit you please speak to the person that gave you this leaflet and ask them to make contact with us.***



SUPPORT



RESCUE



**Change  
Grow  
Live**

# Rise Up

Sefton

**Are drugs and alcohol a  
problem in your life?  
Are you struggling with  
ketamine use?**

**LET'S TALK!**

We're a free and confidential drug and alcohol service for young people under the age of 25.

We won't judge and we won't tell you what to do. We'll listen and support you to make the positive changes that you want.

What we offer:

- Support if you are affected by someone else's drug and/or alcohol use
- One to one sessions with a keyworker
- Information & advice sessions
- Targeted Interventions
- Regular updates & information on our social media sites

**GET IN TOUCH TO FIND OUT MORE:  
SCAN THE QR CODE TO TAKE YOU TO  
THE CGL YP ENQUIRY FORM:**



RiseUpSefton



@RiseUpSefton



@rise.upsefton



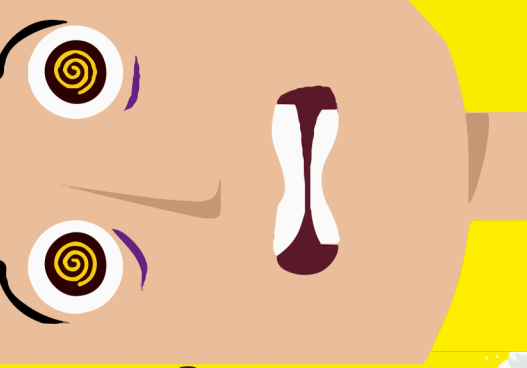
We're part of  
**Change  
Grow  
Live**

For more information visit:  
[www.changegrowlive.org](http://www.changegrowlive.org)

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).



**KET'S A MESS.**  
STREET KET COULD  
BE MIXED WITH  
ANY THING.



**KETA  
MINE**

**DON'T LET KET  
GET YOU IN A MESS**



Change  
Grow  
Live  
Sefton

**Rise Up**

**KET IS A CLASS B  
DRUG.**

POSSESSION OF  
KETAMINE COULD  
LEAD TO 5 YEARS  
IN PRISON OR 14  
YEARS FOR  
DEALING.



**KET MESSES WITH  
YOUR HEAD.**

YOU COULD GET  
ANXIOUS, HAVE  
PANIC ATTACKS  
AND SEE THINGS  
THAT AREN'T  
REALLY THERE.

**SNORTING  
KETAMINE CAN  
PERMANENTLY  
DAMAGE YOUR NOSE.**



PEOPLE OFTEN GET  
'K-CRAMPS' AND  
STOMACH PAINS FOR  
DAYS AFTER USE.



**KET CAN MESS UP  
YOUR BLADDER AND  
MAKE IT HURT WHEN  
YOU PEE.**

**KET BLADDER CAN BE  
IRREVERSIBLE.**



**USING KETAMINE FOR A  
LONG TIME CAN MESS  
UP YOUR BODY.**

**KETAMINE BLADDER  
SYNDROME  
STAGE 1**

The bladder shrinks,  
hardens and holds less  
urine. You will need to pee  
more often.

**STAGE 3**

Tissue leaves the lining of  
the bladder and causes  
severe pain. Using ketamine  
"for the pain" makes the  
bladder  
damage worse.

**STAGE 2**

The toxic effect of the  
substance eats away the  
lining of the bladder  
causing blood in urine.

**EXPERIENCING ANY OF  
THESE HARMS?  
STOP USING AND  
CONTACT YOUR GP.**

**MIXING KET WITH  
OTHER DRUGS OR  
ALCOHOL INCREASES  
RISK OF OVERDOSE.**

**IF YOUR FRIENDS  
START TO SHOW SIGNS  
OF OVERDOSE**

(K-HOLE, BAD TRIP,  
VOMITING, CHEST  
PAINS, PASSING OUT)

**STAY WITH THEM AND  
CALL AN AMBULANCE!**



**NEED HELP WITH  
KETAMINE USE?**

CONTACT:

PHONE: 0151 318 2804

EMAIL: [seftonyp.info@cgl.org.uk](mailto:seftonyp.info@cgl.org.uk)

Or scan the QR code to make an  
informal enquiry:



RiseUpSefton



@RiseUpSefton



@rise.upsefton

**Sefton Council**

In collaboration with Sefton's Combating Drugs Partnership

# What is Cannabis

Cannabis can be smoked, eaten and vaped – and is the most widely used illegal drug in the UK. Cannabis can look very different depending on its type – but it all comes from cannabis plants.

Weed (also known as grass) is made from drying out the leaves and flowering parts of the cannabis plant. It can look like dried herbs and is usually brownish-green in colour.

Hash/hashish is made from the resin of the cannabis plant and can be black, brown, soft or hard – depending on the type. It is often sold in a 'bar'.

Cannabis oil is a dark, sticky and honey-coloured substance that's much less common than other types.

The effects of cannabis can vary. Some people say feeling 'stoned' makes them chilled out and happy, while others say it makes them giggly and chatty. However, it can also make people feel lethargic, unmotivated and some people become paranoid, confused and anxious

## The Law

- Cannabis is a Class B substance which is illegal to possess, give to people or sell.
- Being in possession of cannabis can result in up to 5 years in prison, an unlimited fine or both.
- Supplying cannabis, which includes giving or selling cannabis to your friends, can result in a 14 year prison sentence and an unlimited fine or both.
- Cannabis falls under the discretionary warning scheme which means that if you are caught with a small amount of cannabis in your possession, for personal use and this is your first offence, a police officer may choose to give you a street warning. This is not a criminal record, but it will be recorded on the Police National Computer.

## Catch22

### Young People's Substance Misuse services

Catch22 Young People's Substance Misuse services offer free confidential advice and support for young people aged 11- 25.

We can provide you with information about the risks and effects of alcohol or drugs.

We are here to listen and can work with you to achieve the changes you would like to make in your life.

## Get support

Find out more about our Young People's Substance Misuse services

Visit:

[www.catch-22.org.uk/what-we-do/health-and-wellbeing/substance-misuse](http://www.catch-22.org.uk/what-we-do/health-and-wellbeing/substance-misuse)

Or scan code:



**catch 22** [catch-22.org.uk](http://catch-22.org.uk)

catch  
22

# CANNABIS

**AKA:** "Weed", "Skunk", "Herb", "Sensi", "Resin", "Puff", "Pot", "Marijuana", "Dope", "Hash", 'Ganga', "Draw", "Dab" and "Bud"

## UNDERSTANDING THE RISKS

There is no safe level of drug use. It is important to be careful when taking any type of drug.



## 10 THINGS YOU NEED TO KNOW

1. The hallucinogenic effects of cannabis are mainly due to a compound in cannabis called THC (tetrahydrocannabinol). The other important compound in cannabis is CBD (cannabidiol). Skunk and other forms of strong cannabis contain higher levels of THC and very little, or no, CBD.
2. CBD can balance out some of the effects of THC and make users less likely to feel anxious and paranoid. You can't tell from looking or smelling cannabis what the balance of CBD and THC is, but in general, hash may have more CBD than skunk.
3. Cannabis changes how the user thinks; some people say it gives them a different perspective on things. Cannabis also affects your judgement, balance and co-ordination. Cannabis can make some people giggly and chatty, whereas others may become paranoid, confused and anxious
4. Cannabis can make you hungry, known as having 'the munchies', or make you feel sick, known as 'a whitey'. Some people experience mild hallucinations if they take particularly strong cannabis.
5. When you smoke Cannabis, it normally takes a minute or two to feel stoned. If you eat cannabis, it can take up to an hour. When eating cannabis it is important to wait to feel the effects before having any more.
6. There are 3 main factors that influence the affect that cannabis will have on a person. The person taking it e.g. their mood and physical response, the strength of the THC/ cannabis, and the environment they are taking it in, e.g., being in a strange place with people you do not know..
7. Tobacco is often mixed with cannabis, for making joints or smoking bongs. If you mix cannabis with tobacco it increases the risks of nicotine dependency, coughs and chest infections. In the longer-term there are risks of developing cancer and heart disease.
8. Drinking before or whilst using Cannabis can intensify its effects. This is due to alcohol increasing the absorption of THC, which can results in a stronger high. It can cause some people to pass out, or experience a range of unpleasant physical symptoms such as sweating, nausea, dizziness and vomiting.
9. Some people who regularly use cannabis are at increased risk of experiencing drug induced psychosis—symptoms can include hallucinations and delusions (believing things that are not really true). The risk of developing a psychotic illness and other mental health issues, such as depression and anxiety, is higher in people who start regularly using cannabis at a young age and smoke stronger types, such as skunk.
10. Using cannabis can affect your motivation to do things, impair your memory so you can't remember things or learn new information, give you mood swings disturb your sleep and make you depressed, anxious, panicky, or even aggressive.



## Symptoms of withdrawals Include:

Cravings, difficulty sleeping, decreased appetite, weight loss, aggression, irritability, restlessness and disturbing dreams.

Although these symptoms may be uncomfortable, it is important to remember that these are temporary and there are other positive effects on the body when a person stops using cannabis which can include:

- Improved taste and smell
- More energy
- Better concentration, memory, mood and motivation
- Improved immune system which will help to keep you healthy
- Improved lung and heart function

As you can see, there are many positive effects of reducing or giving up cannabis and Catch 22 can support you to do this.

**If using cannabis and you begin to feel unwell, or notice someone is unwell whilst using, seek immediate medical attention. Go straight to A&E or for urgent medical advice contact 111 or 999 in an emergency.**



## What is Cocaine?

Cocaine is a white powder made from the leaves of the South American Coca plant. Cocaine is more commonly taken by dividing the powder into lines and snorting up the nose; it can also be rubbed into gums. Some people dissolve the powder and inject it into the blood stream.

Cocaine is a stimulant drug.

When cocaine is taken into the body, it sends high levels of dopamine (a natural chemical messenger in your body) into the parts of your brain that control pleasure. This build up causes intense feelings of energy and alertness, which last for a short period of time.

Cocaine can be mixed with other substances and processed to make a waxy rock crystal ('Crack') or powder ('Freebase'), which is then smoked in a pipe.

Some people will mix drugs, for example using cocaine alongside other substances such as alcohol (a depressant drug) or ecstasy (a psychoactive stimulant). Mixing drugs increases the risk of overdose.

## The Law

- Cocaine is a Class A substance.
- Being in possession of cocaine can result in up to 7 years in prison.
- Supplying cocaine, which includes giving or selling cocaine to your friends, can result in a life prison sentence and an unlimited fine.
- A conviction for a drug-related offence may stop you from visiting certain countries, such as the United States, as well as making it harder to get a job.

## Catch22 Young People's Substance Misuse services

Catch22 Young People's Substance Misuse services offer free confidential advice and support for young people aged 11-25.

We can provide you with information about the risks and effects of alcohol or drugs.

We are here to listen and can work with you to achieve the changes you would like to make in your life.

## Get support

Find out more about our Young People's Substance Misuse services

Visit:

[www.catch-22.org.uk/what-we-do/health-and-wellbeing/substance-misuse](http://www.catch-22.org.uk/what-we-do/health-and-wellbeing/substance-misuse)

Or scan code:



**catch 22** [catch-22.org.uk](http://catch-22.org.uk)

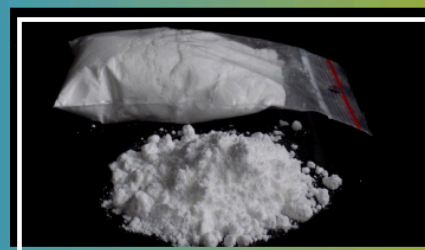
**catch 22**

# COCAINE

**AKA:** 'Coke', 'C', 'Snow', 'Powder', 'Blow', 'Crack', 'Charlie', 'Sniff', 'Rock of Crack' or 'Freebase'

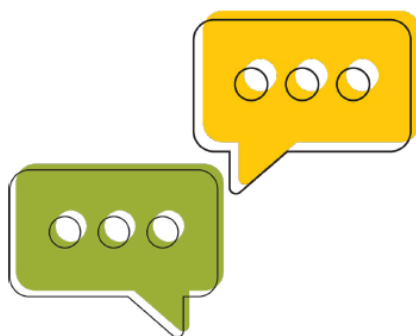
## UNDERSTANDING THE RISKS

There is no safe level of drug use. It is important to be careful when taking any type of drug.



## 10 THINGS YOU NEED TO KNOW

1. High doses of cocaine can raise body temperature and cause convulsions, breathing difficulties, heart attack and heart failure. This could put you in a coma and even lead to death.
2. Snorting cocaine can damage the structure of your nose. People who regularly use cocaine may experience nose bleeds, frequent runny nose and difficulty swallowing.
3. People may experience a come down after using cocaine. This can involve feeling like you have a cold, feelings of tiredness and low mood.
4. Injecting any type of drug can damage veins, cause abscesses and blood clots. Sharing needles and other injecting equipment can also spread blood borne viruses such as HIV and Hepatitis.
5. Snorting cocaine and sharing equipment can place people at risk of contracting blood borne viruses. Blood and mucus are easily transferred onto straws and bank notes, added to which, cocaine damages the lining of your nose, making it more open to infection.
6. Cocaine use can cause people to feel depressed, anxious and suffer from panic attacks. It can make existing mental health issues worse.
7. Cocaine can suppress your appetite, causing weight loss and diarrhea. Regular use can also lead to other digestive problems such as bowel decay from reduced blood flow.
8. The risk of overdosing increases when cocaine is mixed with other drugs. When mixed with alcohol it forms a toxic substance in the liver called cocaethylene, which stays in the body longer and increases the impact on the heart and liver. Mixing cocaine with alcohol increases the risk of sudden death.
9. Cocaine changes the way your brain works, and people can experience intense cravings. Regular use can increase a person's tolerance to cocaine, which means they need more of the drug to achieve the same effect. This can increase the risk of harm, including overdose. It takes away the body's natural supply of dopamine (happy chemical), which can also lead to mental health issues and drug dependency.
10. Drug dependency can impact on all areas of a person's life including work/education, money, and relationships with partners, family and friends.



## Symptoms of withdrawal:

**Psychological symptoms:**

Mood swings, depression and anxiety, inability to feel pleasure, increased desire to sleep, cravings for cocaine, restlessness, difficulty concentrating, unpleasant dreams and agitation.

**Physical symptoms:**

chills, tremors, muscle aches, insomnia and nerve pain.

## Symptoms of overdose:

Difficulty breathing, high body temperature, vomiting, diarrhea, abdominal pain, confusion, irregular heart rhythm, altered mental state, chest pain, headache, hypothermia, restlessness, blurred vision, vision loss, extreme sweating, loss of consciousness, delirium, heart attack, stroke and death.

**If using cocaine and you begin to feel unwell, or notice someone is unwell whilst using, seek immediate medical attention. Go straight to A&E or for urgent medical advice contact 111 or 999 in an emergency.**



# Experiencing an Unhealthy or Unsafe Relationship?

Your rights as a child or young person

If the police are called to your home because of a domestic incident, then the officers should talk to you and listen carefully to you and your experiences; they should explain to you any decisions that they are making and listen to what you want for yourself and your own safety.

You should not have to face this on your own and you have the right to be listened to, to have your voice heard and to be cared for... that is the responsibility of the adults in your life... because you matter.

Your teachers in school should show understanding and care for you; they have had training to help them to try to understand what it is like experiencing unhealthy or unsafe relationships and they should give you the support that you want and need, and work on your behalf to get you support by people/groups outside school if that is what you want and need.

Operation Encompass believes that you have the right to be happy, to live in a secure and caring environment and to live without harm and fear.

Operation Encompass understands that living in a home where there are unhealthy or unsafe relationships between the people who care for you, or being in an unhealthy or unsafe relationship yourself (domestic abuse) can be harmful to you. If this happens to you then you should be listened to, helped and supported by a trusted adult who cares and understands what you are experiencing.





# IF YOU TURN TO VIOLENCE IN AN ARGUMENT

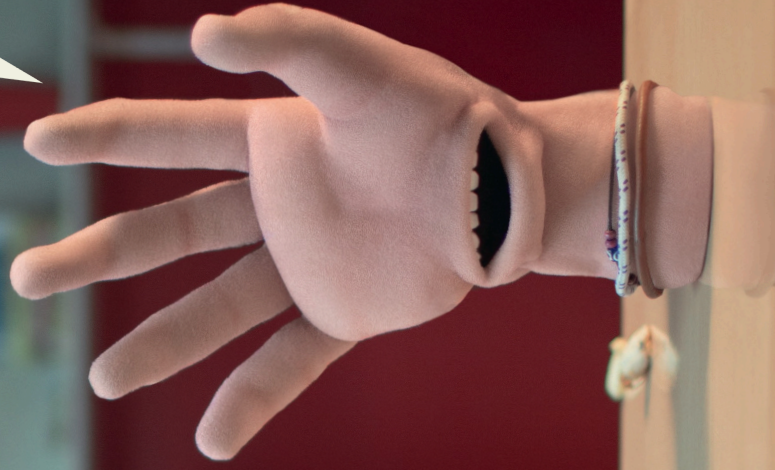
*Abuse in relationships can happen to anyone and it's never OK. If you are feeling scared, intimidated*

*or controlled, you may be in an abusive relationship.*

*Still got questions about relationship abuse?*

*Visit [disrespectnobody.co.uk](http://disrespectnobody.co.uk)*

THAT'S NOT THE  
**WAY TO**  
HANDLE IT



DISRESPECT  
**NOBODY**

# NO ONE SHOULD BE **PRESSURED TO SEND** A NUDE PIC

*Keeping on at someone to send a nude pic is wrong, even if you're in a relationship.*

*Still got questions about sexting?*

*Visit [disrespectnobody.co.uk](http://disrespectnobody.co.uk)*

BUT WHAT  
IF WE'RE  
**DATING?**



DISRESPECT  
**NOBODY**