

Drunk & Disorderly

A HARINGEY YOUTH PUBLICATION



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At some point, as a young adult, you will be exposed to drugs and alcohol. While some of you will be able to resist temptation and peer pressure, most of you will drink before you're 18. In fact, according to Drinkaware, 8 out of 10 teens try alcohol before the legal age.

While drinking at a young age isn't healthy, most of you won't misuse alcohol, and if used safely in sensible amounts, at appropriate times, drinking can be fun.

Some of you will misuse alcohol sometimes or even regularly. Some of you will see family members and friends also misuse alcohol.

This supplement will investigate the kind of alcohol and drug related issues that affect young people, and explain what help there is in Haringey, and across the UK, to support them.



created by **exposure** www.exposure.org.uk



Jane's story...

I'm Jane, and I'm 15. I live in Haringey. I live in a nice house; it is safe and warm. I have a nice family. My mum and dad split up a few years ago, they still talk to each other. My mum has since found a new partner and he has moved in. He is nice, and he laughs and jokes with me. I like him. Mum likes him, and it's obvious that he makes her happy.

They spend lots of time together, especially at weekends. They don't go out much, however they do drink a lot, most nights in fact. The weekends are the worst for it. That's when they drink loads, and get really loud until the early hours, then they stay in bed for most of the next day. At the weekends they don't really pay much attention to the house, nor me. I've also seen them snort white powder. I think it's cocaine.

I wasn't sure if my mum's behaviour was a big problem. I thought I might be concerned over nothing, but I was definitely worrying; it played on my mind constantly.

I decided to talk to my form tutor at school to make sure. She is really nice and she is always willing to listen. I told her about what was happening at home. She put me in contact with an organisation called COSMIC. They help young people who are worried about their family's drug or alcohol use. I made an appointment with a lady called Liz. She came to meet me at school so no one would find out. Liz and I talked about my mum's and step dad's alcohol and drug use. Liz told me that I was probably right about the white powder I saw them snorting being cocaine. We talked about its effects, and she told me what to do in an emergency, and different ways to cope with my emotions and feelings.

I continued to meet with Liz for a while as she gave me lots of advice and helpful information. I knew what was happening at home and when I should be worried. Eventually I stopped meeting with Liz, as my mum and step-dad gradually seemed to drink a lot less. They talked to me a lot more, even at weekends. Liz gave me a COSMIC leaflet with her contact details in case I ever needed her help in future.

How much can I drink?

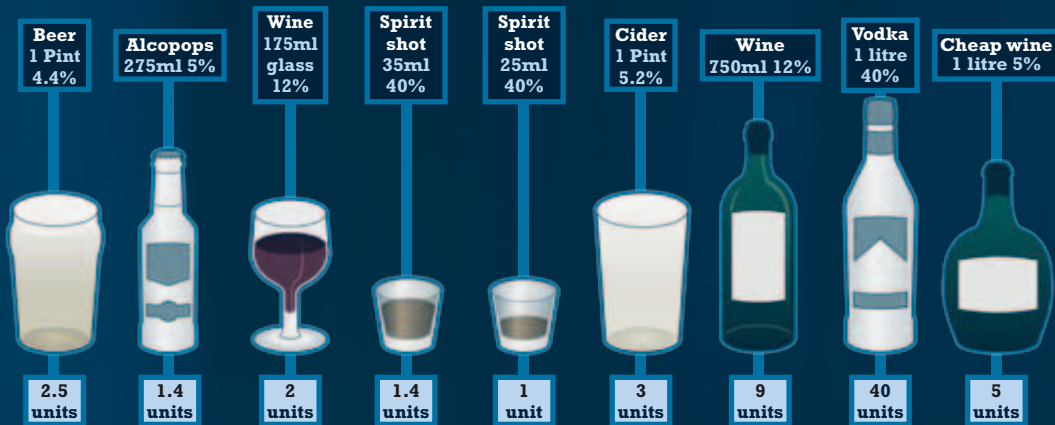
The Government recommends that people drink within the following limits:

Women: 2-3 units a day

Men: 3-4 units a day

(Obviously not everyday!)

However, there is no 'safe' amount for young people to drink, and according to the Know Your Limits website, 'Young people's brains are particularly vulnerable because the brain is still developing during their teenage years. Alcohol can damage parts of the brain, affecting behaviour and the ability to learn and remember.'



Beware
Home measures are usually larger than pub measures

Under the influence...

In the short term, alcohol may lead to some seriously embarrassing and/or painful moments. These may well end up on Youtube and Facebook by the time you've sobered up. In the long term, alcohol can affect the liver, the brain and many other organs in the body.

Drinking can change a person's mood. While some people feel relaxed and sociable under the influence of alcohol, others will feel sad, aggressive, or violent.

Alcohol also slows down your body's reaction times, which makes you more likely to have an accident. It's why so many car accidents are caused by alcohol, and why the police take it so seriously.

Drinking also lowers your inhibitions, and makes you say or do things you wouldn't normally do, and regret.

1000 young people under the age of 15 need emergency treatment for alcohol poisoning each year.

Under the influence...

It's dangerous to mix drugs and alcohol. Ecstasy and alcohol can lead to dehydration (overheating), and cause coma and death.

When cocaine and alcohol are mixed together in the body, a chemical reaction takes place producing Cocaethylene. It's a highly toxic substance, which is more harmful than either alcohol or cocaine, and takes twice as long to leave the body as cocaine. Cocaethylene has serious physical and psychological side effects,



Chris' story...

My name is Chris and I'm 16. I used to blaze weed every day.

I first tried it when my older cousin offered me a spliff. It started out with a few pulls here and there, but things escalated quickly, and soon I was bunnin' all the time.

It wasn't a problem at first. Then I started turning up late for my music production course at college, some days I wouldn't go in at all - when I did I found it hard to concentrate. It was weird because I was really into my college work before.

Then I started to drink with some of my college mates. So I was blazin' all the time and getting pissed as well. I could see where I was going wrong, but I couldn't get out the cycle I found myself in.

Then one day at college I met Hina, an Outreach Worker from In-volve, a service for young people with drug or alcohol issues. I didn't say anything about my situation, but I took a leaflet from her.

After a really bad week at college, I decided to drop in to In-volve during one of their late night openings. I met workers at In-volve and arranged to meet one of them, Lee, the next day.

Lee gave me support and advice to help me reduce my drinking and smoking. I had been worried about how this would affect my music, but Lee helped me realise that my creativity came from me, and not the weed. I managed to cut down to just smoking weed at the weekends, and to spend the weekdays off drugs and alcohol. College is going really well now, and my life's just better all round.

Buddy up...

A good friend doesn't leave a drunk and/or drugged up mate alone – help them to get home if they seem in a bad way.

If it's obvious that you or another person is seriously ill and in need of emergency care straight away – call 999. You won't get in trouble with the police and it could save a life.

If someone has passed out, lay them on their side (in the recovery position if you know how), stay with them and send someone to get help.

Don't assume that a drunk person should be left to "sleep it off"; this may cause them to choke on their own vomit. Keep them awake for as long as possible.

For more information:

Call **COSMIC 020 8800 6999** or **In-volve Haringey 020 8493 8525**

FRANK 0800 77 66 00 or text **82111** or visit **www.talktofrank.com**

Drinkline 0800 917 8282

NHS Direct 24 hour medical advice **0845 46 47**

Drugscope www.drugscope.org.uk/

The Site www.thesite.org/drinkanddrugs



Speakeasy

In May, Cosmic organised 'Speakeasy': a one-day youth forum on drugs and alcohol. We wanted to find out from young people how we can improve the service we offer you, 97 young people from eight schools around Haringey attended and shared their views. We paid attention. Our service is changing; our service to young people will be better than ever.



All Marble Crew. Artist
Adrian Lee. Photos ©
Haringey Council



Competition

You have a lot to teach adults about being sensible with alcohol. So we want you to design a poster that encourages them to drink sensibly and safely.

Themes you could choose to cover include:

Drink driving

Getting into fights when drunk

The damage drinking can cause to your health

How drinking can affect your children

How to stay safe when drinking

First prize - a digital camera worth £100, plus the chance to turn your winning design into a poster with the Exposure team & see it on Haringey websites.

Runner up prize - a digital camera worth £100

Deadline for submission: **24th November 2010 by 5pm**

Entries should be emailed to: **speakeasy@haga.co.uk**

or posted to: **Poster Competition, FAO Laura Pechey, 590 Seven Sisters Road London N15 6HR**

Entries can be either hand drawn or computer-generated, but must be entirely your own work. Entries can be submitted by post, CD, DVD, USB or emailed. If you would like your entry to be returned, please include a stamped addressed envelope, and we will return it to you after judging.

All entrants should provide their contact details (phone number, email address and postal address), the name of the school or service they attend, and their age. This information will be kept entirely confidential.

The winning entries will be announced in December 2010. Entrants must be aged between 11 and 18 years old and resident in Haringey.

Copyright for the entries will be retained by HAGA

Where to go for help

If you need help with your own, a friend or a family member's alcohol or drug issue, you can access a range of support at COSMIC or In-volve.

COSMIC offer confidential advice and a range of support to under 18s in Haringey affected by their own or someone else's drug or alcohol use. COSMIC's Young People's Alcohol Worker, Liz, can offer advice and support about alcohol over the phone or face-to-face.

590 Seven Sisters Road, Tottenham, N15 6HR.

www.haga.co.uk/children_and_family.html

0800 3890 5257 or 020 8800 6999

In-volve offer confidential advice and a range of support to under 21s in Haringey affected by their own or someone else's drug or alcohol use. They offer support at In-volve offices and in the community.

40 Bromley Road, Tottenham, N17 0AW.

www.in-volve.org.uk

020 8493 8525

Both services offer confidential advice and support to families as well as individuals.

Thanks to the following young people who volunteered as models to help create this supplement
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COSMIC

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HARINGEY ADVISORY GROUP ON ALCOHOL

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