



# Integrated Specialist Public Health Nursing School Nursing Newsletter

2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

## Drug and alcohol awareness month

People might take drugs or drink alcohol for different reasons. You might do it to fit in with your peers, or because you want to try something new and find out what it's like. Or it could be to deal with family problems, or cope with difficult experiences you've had.

Maybe you've been offered drugs or alcohol, or you know other people who use them. If so, it's a good idea to know the facts about drugs and alcohol, how they can affect your health, and where to go if you ever want help and advice.

If you choose to take illegal drugs, please remember it can lead to a criminal conviction which could end up affecting things in your future, like getting a job.

If you're under 18, it's against the law to buy (or try to buy) alcohol, or to drink alcohol in licensed premises like restaurants, pubs, bars and clubs.



[Drugs and Alcohol | Support and Advice | YoungMinds](#)

Children and their parents or carers are advised that an alcohol-free childhood is the healthiest and best option. Drinking alcohol at any age can be hazardous and is bad for your physical and mental health.

However, if you are happy for your child to drink alcohol underage, it should not be until they are at least 15 years old.

If young people aged 15 to 17 years do consume alcohol, it should always be with the guidance of a parent or carer or in a supervised environment and they should limit it to no more than one day a week. They should never exceed the [UK Guidelines](#).



