



AVANTI GRANGE
SECONDARY SCHOOL

I Wish I'd Known

A workshop for parents and carers about young people, drugs and decisions

from the Daniel Spargo-Mabbs Foundation



DSM Foundation
The drug education charity

10 YEARS

2014 - 2024

Dear Parent/Carer,

We would like to invite you to attend an online workshop for parents and carers on young people, drugs and decisions from the excellent DSM foundation. This will be held on **Tuesday 19th November at 6.30pm.**

This webinar has been organised by pastoral leads at Herts & Essex, Birchwood, Leventhorpe, St Mary's, Avanti Grange and The Bishop's Stortford High School. Each school will be represented on the panel during the session.

The world for young people is a very different place than it was for their parents, including in their vulnerability to risk from drugs and alcohol, with levels of exposure and access greater than ever before, partly thanks to social media. This workshop provides a great opportunity for parents and caregivers to become more aware of the issues and what you can do to help your children stay safe. There is also the opportunity to ask confidential questions before the workshop via the online survey link you will receive, and during the session itself.

The workshop will involve finding out about:

- levels of young people's exposure to drugs and alcohol – what, where, when and how
- what young people, and their parents and carers, need to know about the risks of drugs and alcohol
- factors that affect young people's decisions about drugs and alcohol, including teenage brain development
- how to have effective conversations with your child, and practical suggestions for what you can do to support them to stay safe
- where to go for more information and support.



The DSM Foundation is a drug and alcohol education charity that was set up by Fiona and Tim Spargo-Mabbs in 2014 after their 16-year-old son Daniel died following an accidental overdose of ecstasy. The aim of the charity is to support young people to make safer choices about drugs, and as of summer 2024, the Foundation was working with students, teachers, parents/carers and professionals in around 800 schools, colleges and community organisations, mostly in London and the South East of England where the charity is based, but also more broadly across the UK and beyond.

To find out more about the DSM Foundation, please visit www.dsmfoundation.org.uk. The website also has a designated area for parents and caregivers which includes specially written content covering all of the topics that are included in workshops for young people, and additional materials on specific substances and other related topics such as parties, festivals, healthy coping strategies and more.

Please click the link below to register for the event:

https://us06web.zoom.us/webinar/register/WN_57-eqP2zQy-FFRi3MjDZ-A

After registering, you will receive a confirmation email from the Foundation containing information about joining the webinar.

Kind regards,

Mr C Ruggins
Assistant Principal