

Safeguarding Snapshot - 14.11.25

Young People and Substance Misuse

At times young people test boundaries and take some risks. Drinking alcohol or trying drugs may be one of the ways some young people do this. A smaller number of young people may try illegal drugs, or smoke cigarettes or e-cigarettes (often called 'vaping').

A teenager or young adult might drink alcohol or take drugs for different reasons. They might do it because:

- it makes them feel good in the moment
- it's a way of having fun or socialising
- they are curious and want to test boundaries or try new things
- they want to fit in with a social group or feel pressure to do it
- it makes them feel more confident
- they want to distract from difficult thoughts or feelings

As a parent or carer, it's important to talk to your child or young person about drugs and alcohol. By doing this, you can help them to understand the risks and support them to make safe and healthy choices.

Some tips on how to engage in conversation with your child and support them in decision making and identifying risks, please see the information in links below:

- [Concerned about a child? | FRANK](#)
- [Drugs & Alcohol | Mental Health | Guide For Parents | YoungMinds](#)

If you are worried or concerned that your child may be engaging with risky behaviours and substance misuse, particularly cannabis, SORTED, a Hillingdon Substance Misuse Programme, are hosting a parent information evening on Tuesday 18th November - please see information below:

Dear Parent/Guardian/Carer,

We know that parenting teenagers can be challenging—especially when it comes to navigating conversations around substances like cannabis. That's why we're inviting you to a special information session: **Let's Talk About: Cannabis and Young People**, hosted by Emily Porter (Substance Misuse Worker) and Tracy Ritchie (Hidden Harm Counsellor) from the **SORTED Team – Hillingdon Substance Misuse Programme**

This session is designed to support you with:

- **Clear, up-to-date information** about substances young people may encounter- cannabis
- **Practical strategies** to help you care for yourself during difficult times
- **Tools to rebuild open, honest communication** with your child

Date: Tuesday 18th November 2025

Time: 6:00pm – 7:30pm

Venue: Uxbridge Family Hub – Room 17

Spaces are limited, so please register early using this form [[click here](#)] or by contacting your child lead professional. Places will be allocated on a first-come, first-served basis.