

9 March 2021

Dear Parents,

Carer online drug and alcohol awareness webinar – Tuesday 23 March 2021

We would like to invite you to a drug and alcohol awareness workshop webinar delivered online for our parents and carers by drug education charity the Daniel Spargo-Mabbs Foundation. This will be held on Tuesday 23rd March from 6.30 – 8.00pm and led by the Director and Founder of the charity, Fiona Spargo-Mabbs and drugs educators from the Foundation. This virtual evening event is being held in conjunction with The Westgate School. We have previously ran this event at The Henry Beaufort School when we were able to invite parents into school, however given the current government guidelines we are unable to do this. However, the feedback we got from this workshop last time was so positive that we wanted to still provide this opportunity to you all.

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, and this workshop provides a great opportunity for you as a parent or carer to become more aware of what issues face your children, and what you can do to help them stay safe.

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 was set up by Fiona and Tim Spargo-Mabbs in 2014 after the tragic death of their 16-year-old son Daniel as a result of taking ecstasy (www.dsmfoundation.org.uk). The aim of the charity is to support young people to make safe choices about drugs, and they work with students, teachers, parents/carers and professionals in schools, colleges and community organisations across the UK.

Fiona has become a leading UK expert on drug education, including how parents can best support their children. She has spoken to parents and carers across the UK and internationally. She is also regularly asked to speak by the media, and you can see her on

ITV's This Morning about what parents can do to support their children to make safe choices here - <https://www.itv.com/thismorning/hot-topics/ecstasy-epidemic-what-to-tell-your-children>

Registering for this webinar

Please use the following link to register,

https://zoom.us/webinar/register/WN_B7HJouuVQRy-1Fabkat0gg

You will receive the joining instructions together with a short survey to complete which will give the presenters a sense of their virtual audience and you can send any questions you might have which they can address on the night.

Please note there is a limit to the number of virtual spaces available at the event and these will be allocated on a first come first serve basis across the 2 schools.

We do hope you find this virtual workshop insightful and look forward to hearing your feedback regarding this after the event.

Yours sincerely,

Miss S Hearle
Headteacher The Henry Beaufort School

Mrs F Dean
Headteacher The Westgate School