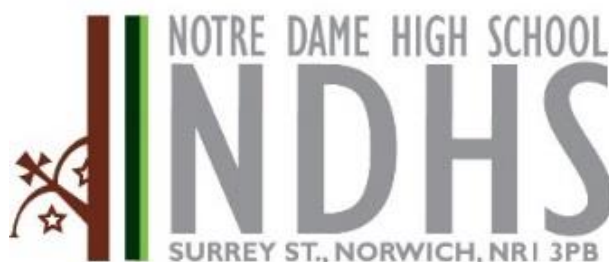


Date ratified at Full
Governors' Meeting
8 February 2024



Review
Pastoral and Admissions
Committee

DRUGS EDUCATION POLICY

NOTRE DAME HIGH SCHOOL

Part of St John the Baptist Catholic Multi Academy Trust
Company No: 7913261
Registered Office: Surrey Street, Norwich NR1 3PB

THE SCHOOL MISSION STATEMENT

I have come so that they may have life and have it to the full
(John 10:10)

We are a joyous and inclusive Catholic school, inspired by the love of God and the teachings of Jesus, specifically faith, hope, forgiveness and peace.

Our community is committed to a rounded education that develops knowledgeable, morally informed and compassionate young leaders.



If you need this document in large print, audio, Braille, alternative format or in a different language please contact the Company Secretary on 01603 611431 and we will do our best to help.

1. Definitions:

In line with the 2004 Department for Education Drugs: Guidance for Schools and the 2012 DfE and ACPO Drug Advice for Schools the term 'drugs' and 'drug education', unless otherwise stated, are used throughout this document to refer to all drugs:

- All illegal drugs (those controlled by the Misuse of Drugs Act 1971) .
- All legal drugs, including alcohol, tobacco, new psychoactive substances ("legal highs"), volatile substances (those giving off a gas or vapour which can be inhaled), ketamine, khat and alkyl nitrites (known as poppers).
- All over-the-counter and prescription medicines.

2. Aims

- Rationalise our approach
- Outline what is studied and when
- Link drug education to other policies and procedures

3. Rationale

The threat of drug use in all of its forms is an ever present danger to our young people. Young people by their very nature are inquisitive and the availability of drugs is seemingly on the increase. County lines is a growing problem within our cities, suburbs and towns and peer pressure will often cause young people to make choices they wouldn't make in isolation. This provides the moral imperative for a thorough and factual drug education at Notre Dame. Adults involved in drug education carry great responsibility and they need to be supported with well-written schemes of work that present the facts but that also allow young people the scope to discuss and explore the issues around drug use in a non-judgemental and safe environment.

I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

-John 6:35

Effective drug education is fundamental to our duty as Catholic educators. Factual education is crucial but it dovetails with our Christian pedagogy and our values system - driven by the Gospel. NDHS seeks all opportunities to provide spiritual nourishment that supports young people in making informed and healthy decisions for the rest of their lives.

Train the young in the way they should go; even when old, they will not swerve from it.

-Proverbs 22:6

4. Summary of Objectives:

- i. To teach our students to have respect for their bodies.
- ii. To raise our students' awareness about the implications and possible consequences of the use and misuse of substances.
- iii. To enable our students to explore their own attitudes and beliefs towards drugs and drug issues.
- iv. To develop our students' self-esteem and confidence.
- v. To widen our students' understanding about related health and social issues.
- vi. To enable our students to identify sources of appropriate personal support.

5. How these objectives will be fulfilled

These objectives are achieved through the 'taught' curriculum, the 'informal' curriculum and any 'extra-curricular' activities, including assemblies and special events in which a student may be involved. Education

about drugs is delivered in the 'taught' curriculum mainly through PSHEE and science and is also covered in optional GCSE subjects such as Physical Education.

See Section 9 of this document for curriculum outlines. Other opportunities to reinforce learning occur in other parts of the curriculum.

The Deputy Headteacher (Teaching and Learning), Assistant Headteacher (14-19 Curriculum) will monitor and evaluate this area of the Key Stage 3 and 4 curriculum.

6. The role of Outside Agencies

We actively co-operate and communicate with agencies such as The Matthew Project, the Mancroft Advice Project (Point 1 - Ormiston Trust), Youth and Community Section of the Police, and the Local Health Authority when:

- Considering the delivery of Drugs Education.
- Dealing with incidents of substance use and misuse.
- The Deputy Headteacher (Student Welfare) and the Health and Citizenship Coordinator will monitor and evaluate this area of our work.

7. to other policies/documents

- NDHS Behaviour For Learning Policy: Outlines consequences associated with bringing illegal substances/prohibited items on to the school site.
- NDHS Safeguarding (incorporating child protection) Policy: Outlines how we can protect our young people from the harm associated with drug use by them, their friends or family.
- The SJB Health and Safety Policy.

8. Links to Department for Education and Local Authority Policies & Guidance

- Department for Education Drugs: Guidance for Schools (2004)
- DfE and ACPO drug advice for schools (2012)
- Norfolk Drug and Alcohol Partnership (N-DAP) Needs assessment –Substance misuse in Norfolk (2013)
- Norfolk Drug and Alcohol Partnership (N-DAP) Drugs and Alcohol, Advice for Schools (2014)
- Reference should also be made to the Safer Schools Partnership Joint Protocol November 2010

9. Curriculum outlines

Y7 + Y9 Biology:

- Give risk factors associated with cardiovascular disease, Type 2 diabetes, lung diseases and cancers
- Reproduction in humans (as an example of a mammal) ... to include the effect of maternal lifestyle on the foetus through the placenta.

Y10 Biology:

- Describe some causes of cancer, eg viruses, smoking, alcohol, carcinogens and ionising radiation.
- Describe the effects of diet, smoking, alcohol and exercise on health.
- Explain how and why the Government encourages people to lead a healthy lifestyle.
- Give risk factors associated with cardiovascular disease, Type 2 diabetes, lung diseases and cancers.
- Describe the symptoms, mode of transmission, prevention and treatment for measles, HIV and AIDS.
- Medicinal drugs: Antibiotics and painkillers, drug discovery and development

PSHEE Year 7:

- Cigarettes: Laws, impact on health, benefits of quitting

PSHEE Year 8:

- Sports and Energy drinks: Laws, effects of sugar and caffeine. Healthier alternatives to being alert including sleep and drinking water
- Vaping: Laws, why they are used by existing smokers, why non-smokers should not start vaping. Health risks including long term impact of nicotine on the brain during adolescence
- Illegal drugs: Classification, laws, the impact of drugs on the brain and associated risks

PSHEE Year 9:

- Alcohol: Laws
- Illegal drugs: Classification, laws, the impact of drugs on the brain and associated risks
- The influence of peers and culture on drug use/misuse
- UK law
- County Lines and Knife Crime
- Consent: Laws relating to capacity to give sexual consent whilst under the influence of alcohol/drugs

PSHEE Year 10:

- Sports and Energy drinks (review): Laws, effects of sugar and caffeine. Healthier alternatives to being alert for studying and taking exams including sleep and drinking water
- Illegal Drugs: How they affect performance
- Consent (review): Laws relating to capacity to give sexual consent whilst under the influence of alcohol/drugs

PSHEE Year 11:

- Risks associated with Night Life: Spiking drinks, Alcohol: Laws (review)
- First Aid: How to treat a casualty who has had an overdose
- Consent (review): Laws relating to capacity to give sexual consent whilst under the influence of alcohol/drugs