

Legal Highs

What are 'legal highs'?

'Legal highs' are drugs which act mainly on the central nervous system and affects how the brain works to reproduce the effects of illegal drugs like cocaine, ecstasy or cannabis.

Most substances are powders - colours vary from white to brown to yellow and either the consistency of flour or tiny crystals, pills, capsules or pellets which range in size, shape and colour. Some are made to look like cannabis and look natural, herbal. They're often sold in brightly coloured packets looking like sweets. They can be sniffed, chewed, smoked, brewed and drunk or swallowed.

Why take them?

People trust products just because they're sold as being legal, mistakenly believing that legal means safe. Also some people feel more comfortable buying 'legal highs' rather than other drugs because they don't want to break the law.

Are they safe?

Calling them 'legal highs' can be misleading **LEGAL DOES NOT = SAFE!**

Risks of 'legal highs' include:

- Profuse sweating
- Racing heart beat
- Extreme muscle tension
- Delirious ranting
- Very high body temperature

If any person is showing signs of these symptoms it's essential to dial 999, put the casualty in the recovery position and ask for immediate medical assistance.

Are 'legal highs' legal?

As many 'legal highs' can look very similar to illegal drugs, like ecstasy, cocaine and speed, if the police find a 'legal high' in your possession they are entitled to confiscate it for testing and to detain you for questioning, or even arrest you.

If you buy 'legal highs' and sell them to your friends this can be considered dealing and could result in a criminal record. As can driving under the influence of legal highs.

Need help? [Talk to Frank](#)

Most problems from the short-term use of legal highs will settle down with a little time out, taking in fluids (not coffee or alcohol) and fresh air. If you have concerns about health once you've stopped taking 'legal highs', visit your doctor.

There are lots of organisations that can provide you with advice and many other services if you or someone you know needs help with 'legal highs' or any other drugs.

Online Safety for Young People

Always be fully aware of what is going on when you go online:

- Cyber bullying
- Sexting
- Social Networking
- Online grooming
- Video chats
- Premium rate sites or apps that cost money to access

Stay safe:

Do not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password. Do not accept friend requests from people who you do not know, and do not open emails that are spam – they could contain a virus or an illegal image.

Protect your online reputation: use the settings provided to manage your account and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.

Know where to find help: understand how to report anything strange and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone. Do not speak to strangers – you never know who they really are. And do not agree to meet up with anyone you have met online without your parents' permission.

Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.

Respect the law: use reliable services and know how to legally access the music, film and TV you want. Don't download illegally.

Acknowledge your sources: use trustworthy content like Government websites when researching for homework etc.

Need help? Contact the [NSPCC](#) and/or [Police](#)

Domestic Abuse

It can happen in any relationship, and even after the relationship has ended. Both men and women can be abused or abusers.

Domestic abuse is controlling, bullying, threatening or violent behaviour between people in a relationship. It isn't just physical violence – domestic abuse includes any emotional, physical, sexual, financial or psychological abuse.

Witnessing domestic abuse is child abuse, and teenagers can suffer domestic abuse in their relationships. Domestic abuse can seriously harm children and young people.

Children who experience domestic abuse often feel:

- Powerless: Because they can't stop the violence
- Confused: Because it doesn't make sense
- Angry: Because it shouldn't be happening
- Guilty: Because they think they've done something wrong
- Sad: Because it's a loss
- Afraid: Because they may be hurt, they may lose someone they love, others may find out
- Alone: Because they think it's happening only to them

Research with children suggests it has implications for education, health, welfare and criminal justice.

Need help? Contact [Cheshire East Domestic Abuse Hub](#)

Child Sexual Exploitation (CSE)

Child sexual exploitation (CSE) is a type of sexual abuse. Children are sexually exploited for money, power or status.

Children or young people may be tricked into believing they're in a loving, relationship. They might be invited to parties and given drugs and alcohol as bribes.

They may also be groomed online. Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse. Young people can be groomed by a stranger or someone they know. Many children and young people don't understand that they have been groomed, or that what has happened is abuse.

Some children and young people are trafficked into or within the UK. Child trafficking is child abuse. Children are recruited, moved or transported and then exploited, forced to work or sold for marriage or work. Sexual exploitation can also happen to young people in gangs.

Need help? Contact the [NSPCC](#) and/or [Police](#)