



Portlethen Academy
Bruntland Road
Portlethen
Aberdeen AB12 4QL
Tel: 01224 087880
Email: portlethen.aca@aberdeenshire.gov.uk
www.portlethenacademy.aberdeenshire.sch.uk
Twitter: @PortyAcad @aberdeenshire

9th January 2024

Dear Parent/Carer,



‘I Wish I’d Known – a workshop for parents and carers on young people, drugs and decisions from the DSM Foundation.’

We would like to invite you to a drug and alcohol awareness workshop by webinar for our parents and carers by drug education charity the Daniel Spargo-Mabbs Foundation, delivered as part of the Grampian Drug Education Pilot Study, in which Portlethen Academy are participating as one of the three Aberdeenshire Pilot Schools along with Meldrum and Banff Academies.

This will be held **virtually/online** on **Wednesday 7th February from 7 – 8:30pm** and led by Fiona Spargo-Mabbs OBE, Founder and Director and Anjali Jayanty, Drug Educator.

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. As well as the chance to talk to your child at home about the drug education they’re having at school, the play and workshops described below will help 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. You will also be able to ask confidential questions before the parent/carers workshop via the online survey link you will receive, and during the workshop 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



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- 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.

****Please register in advance for this webinar by clicking the link below:**

https://us06web.zoom.us/webinar/register/WN_bqLZN1saRvCTAMp-bq8LaQ

After registering for the webinar, you will receive a confirmation email from the Foundation's Zoom account containing further information and a link to join on the evening.

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 and is regularly asked to speak by the media. She is author of two books for parents, the award-winning [**'I Wish I'd Known – Young People, Drugs and Decisions'**](#) (Sheldon Press, 2021) and [**'Talking the Tough Stuff with Teens'**](#) (Sheldon Press, 2022), and was awarded an OBE in 2023 for services to young people.

We hope many of you can sign-up to this very worthwhile, and very current opportunity to find out more from one of the country's leading charitable organisations.

Thank you for your support.

Yours sincerely

Barry Drennan
Head Teacher