<table>
<thead>
<tr>
<th><strong>Worksheet</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>DRUG USE</strong></td>
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<tr>
<td>• How did the young person get into drugs?</td>
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<tr>
<td>• Which drugs?</td>
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<tr>
<td>• How did this affect their lives?</td>
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<tr>
<td><strong>HELP/SUPPORT</strong></td>
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<tr>
<td>• Why did the young person seek help?</td>
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<tr>
<td>• What sort of help did they get?</td>
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<tr>
<td><strong>IMPACT</strong></td>
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<tr>
<td>• What difference has Project 28 made for the young person?</td>
</tr>
<tr>
<td><strong>FUTURE</strong></td>
</tr>
<tr>
<td>• What are the young person’s future plans?</td>
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# Teacher’s Help Sheet 1

## YOUNG MAN

### DRUG USE
- Was 11
- Started smoking weed
- Village life boring
- Cousin smoked
- Group identity
- Drinking
- Got into using bong
- Until age of 15
- Got drunk and started using other drugs
- Cocaine, pills, MDMA, Ketamine, Acid, new drugs on the scene
- Wanted to be the first to try new drugs
- Dropped behind (in terms of progress)

### HELP/SUPPORT
- Got into trouble, burglary, battery, GBH, went to court
- Caught in school
- School to Youth Offending Team
- Referred to P28
- Non-judgemental
- Made him think
- Guidance, advice, help
- P28 understands about drugs
- Checking out information about drugs together
- Music room/decks

### IMPACT
- Drug use reduced
- Moved away from influences
- Thinks a lot more about keeping safe

### FUTURE
- Looking for a job
- Possible job lined up
- Got more balance in life
**Teacher’s Help Sheet 2**

**YOUNG WOMAN**

<table>
<thead>
<tr>
<th>DRUG USE</th>
<th>HELP/SUPPORT</th>
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</table>
| - Mum died, she was angry, drank to take away the pain.  
- Cider, vodka, weed, pills, coke, MDMA  
- When she was 13.  
- Drank every day.  
- Lacking in confidence.  
- Depressed, grumpy. | - Brother had been to P28  
- Friends encouraged her to do something with her life.  
- 18 years old  
- Practical help, housing, court,police.  
- Emotional support  
- Felt listened to.  
- Could talk about what was getting her down.  
- Received positive feedback  
- Trustworthy service. |

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<tr>
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<th>FUTURE</th>
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</table>
| - Much greater confidence.  
- Has come out of her shell.  
- Has received help to find a house.  
- Has received advice about lots of things.  
- Feels that she can drop in any time.  
- Much happier. | - College.  
- Hair & Beauty course.  
- 3 year course.  
- Wants to do massage.  
- Has future plans. |