

# Drugs & Health

Ashfield school both encourages and facilitates healthy lifestyles amongst its students by establishing how to achieve a health conscious, active lifestyle, and identifying threats to health.

Students are also taught how to make well informed, positive choices and exercise high self-esteem through their decision making.

In this section you will find a variety of websites dedicated to ensuring all stakeholders have the necessary information and support on how to establish a healthy lifestyle.

## Drugs

Think U Know

<https://www.thinkuknow.co.uk/parents/>

Talk to Frank

<https://www.talktofrank.com/>

## Alcohol

Alcohol Education Trust

<https://alcoholeducationtrust.org/parent-area/>

Partnership to End Addiction

<https://drugfree.org/article/how-to-address-alcohol-and-underage-drinking/>

Drink Wise

<https://drinkwise.org.au/parents/how-to-deal-with-teen-drinking/#>

## Health

NHS

<https://www.nhs.uk/live-well/healthy-weight/very-overweight-children-advice-for-parents/>

Healthy Teens

<https://www.ashfield.notts.sch.uk/ckfinder/userfiles/files/Health-for-Teens-Poster.pdf>