



Substance Use Support Offer to Schools.

The Highland Council, NHS Highland and Highland Alcohol & Drugs Partnership's offer to schools considers best practice for preventing, delaying and reducing substance use in line with [What Works](#) in substance awareness education, and the [Planet Youth model](#). This offer focuses on partnership working to create lasting change and empowering local communities to address issues in their school communities:

- Support to implement evidence-based substance awareness education across Personal & Social Education (PSE), using the [Highland Substance Awareness Toolkit \(H-SAT\)](#).
- Support to develop and implement a Substance Aware / Smoke-free Policy. This policy is a collective agreement that schools should be a substance free place, that young people will be referred to support where required, and a commitment from the school to provide evidence-based substance awareness education to all young people.
- Work with the school community to increase awareness of risk and protective factors for substance use – i.e., parental monitoring is a protective factor: young people not being engaged in structured activities can be a risk factor.
- Share findings from Planet Youth Highland to highlight key issues young people face both in & outside school – this can be utilised to support school improvement plans.
- Provide copies of key resources for the school community such as the [Parent's Guide](#) and the [Parental Pledge](#)
- Encourage schools to apply for the [Substance Aware School Award](#). This includes prizes from £1000, £500 & £250 to be spent on substance education and prevention approaches, such as positive or diversionary activities, or family centred activities.
- Attend key school events such as Parent's Nights and Transition Events to raise awareness, and promote key resources and approaches to prevent substance use.
- Work with the school, its school community and relevant 3rd sector organisations to address issues specific to the individual school need.