



I Wish I'd Known

A workshop for parents and carers about young people, drugs and decisions

from the Daniel Spargo-Mabbs Foundation

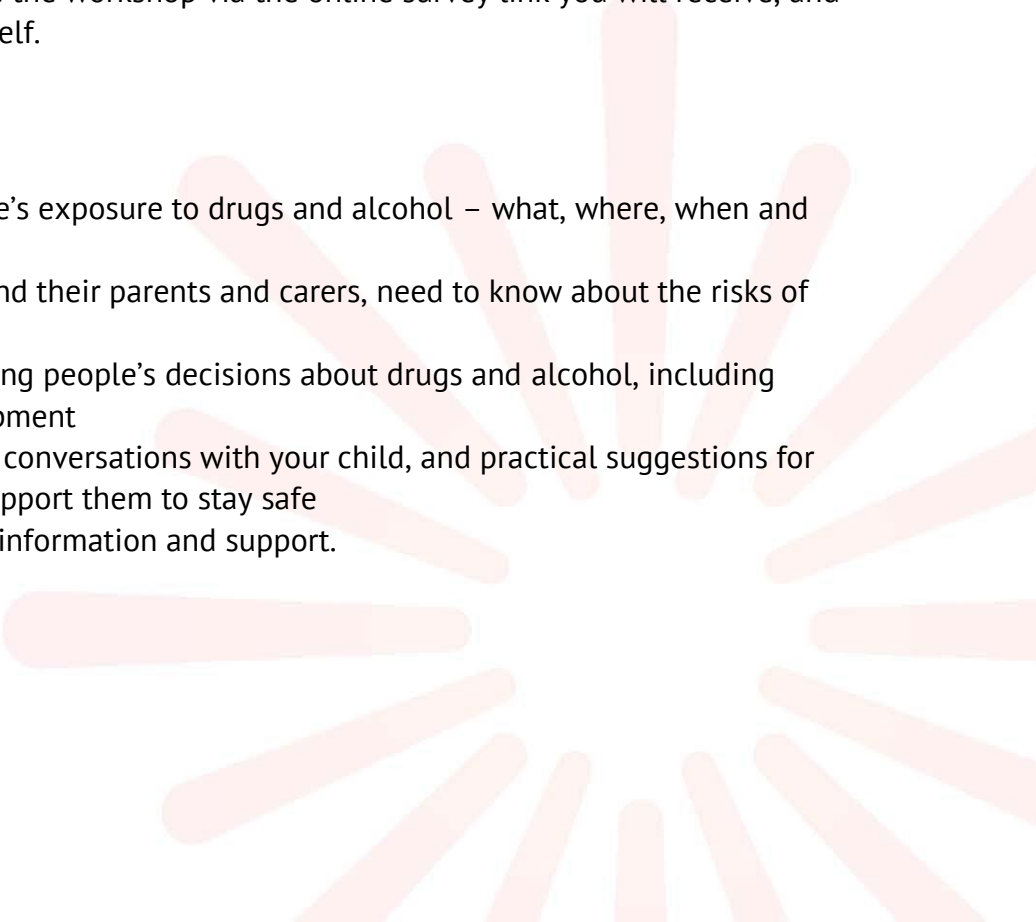


Dear parents and carers

Drug education charity, the [Daniel Spargo-Mabbs Foundation](#), in association with Surrey Adult Learning, are hosting a drug and alcohol awareness workshop via webinar on **Wednesday 19 June 2024, 7:00-8:30pm**.

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. This workshop provides a great opportunity for 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. There is also the opportunity to ask confidential questions before the workshop via the online survey link you will receive, and then during the workshop itself.

The workshop will cover

- 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
 - 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 click HERE to register for the event.](#) The day before the event the Foundation will send you a Zoom joining link together with a welcome booklet prepared by Surrey Adult Learning.

The Daniel Spargo-Mabbs 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. 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.

If you have any questions about the workshop please contact the Foundation by emailing Nikki Adamson at bookings@dsmfoundation.org.uk.

Best wishes

The Carrington Team

