

YOUNG PEOPLE'S ADVISORY FORUM NOVEMBER 2016 - THE GOOD, THE BAD AND THE UGLY

WHAT YOU SAID ...

More information in schools & Colleges about drinking alcohol safely.

Alcohol can control your emotions.

Training and information needs to be more visual and interactive e.g. Chelsea's choice and learning from others experiences

We need help and support to say no to peer pressure if it doesn't feel right, how do you say no?

Information for young people on how to help yourself and others when drunk or if you've been spiked.
"First Aid Training"

There needs to be more information about how alcohol can affect your moods and emotions.

We need more information on how alcohol and C.S.E can be linked.

We need more activities to help keep us happy.

We want more support coping with family issues.

We feel alcohol information comes too late in school, we need to have this earlier.

THE MEETING

On 26th November 2016 The LSCB young people's shadow Board delivered a forum to over 30 young people from across Cumbria. The forum focused on what it's like to grow up in Cumbria "The Good, The Bad and the Ugly. They focused on how alcohol can affect young people's experiences of growing up.

The Shadow Board picked out the main highlights from the forum and have feed them back to the LSCB. They feel that its really important that more information on alcohol; how it affects you and how to keep yourself safe if you are going to drink needs to be available in schools and colleges at an earlier age. The Shadow Board is also going to look into what sort of interactive information is available like "Chelsea choice" so they can make recommendations about resources available.