

## Updated FRANK information available

Please note some FRANK resources have been updated since the reclassification of Cannabis from a Class C to a Class B drug. **Please discard any out of date literature.**

For further information of any of the leaflets and posters shown or other items available on this topic, please contact Health Promotion Hertfordshire on **01923 281630** and speak to a member of the health promotion team or visit our website [www.hpherts.nhs.uk](http://www.hpherts.nhs.uk) and click the Book Resources Online link where you can register and order online.

### Leaflets

#### The truth about drugs: know the score

This A-Z booklet gives the low down on lots of the more commonly used legal and illegal drugs. It tells you about their effects and their risks. With stories from people who've been there, done that. Also gives details on where to go for help and advice.

#### All About drugs: does your child know more than you?

This leaflet gives parents and carers the facts about drugs and offers suggestions and approaches on talking to young people. Information is also included on safety and signs of drug use and what to do in an emergency. It lists the classes of illegal drugs and the penalties, with a description of each drug. Also included is a list of organisations to contact for further information and advice.

#### Gases, glues and aerosols: Is your child at risk?

This booklet explains about volatile substance abuse including what products can be inhaled, why do young people try volatile substances, what are the effects, what are the dangers, what signs you should look for, how you can protect your child, and gives details about information and support *Home Office 2009*

#### Cannabis: Too much too often?

Suitable for regular or heavy users of cannabis, this publication offers advice on cutting down and giving up cannabis, including withdrawal symptoms, action plan and self assessment quiz.

### Poster

#### Be aware of the law

Cannabis has been reclassified from a Class C to a Class B drug. If you are convicted of possession, you can be sentenced to a maximum of five years in prison and given an unlimited fine.

*HM Government 2009*

### Promotional items

#### Erasers

In various colours printed with the FRANK logo, telephone number and website. Ideal for use as a promotional tool in schools or at organised events.

*Health Promotion Hertfordshire 2009*

