

# Motiv



## Addiction Services

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Support for anyone impacted by  
Alcohol, Drugs or Gambling

Year 8 Drop down  
Exploitation

Who are Motiv8 and  
What do We Do?

We support anyone impacted  
by their own or someone they  
care for who has issues with  
Alcohol, Drugs, Gambling or  
Gaming

We offer one to one  
confidential counselling in  
school or at our office





# What do we offer young people @ Motiv8?

Free, confidential and non-judgemental support

Support for those who require help with their own or someone else's alcohol, drug, gambling or gaming use

For young people affected by their own or someone else's alcohol use, drug use, gambling or gaming

# What are we going to talk about today?

Alcohol  
and  
Drugs

Online  
Safety

Staying safe

Exploitation

Motiv8  
Services

County  
Lines

Support  
systems

What things could be addictive?





# Common Addictions



Alcohol



Drugs



Gambling

Vaping



Our phones and  
Social Media

Gaming



# Why do people drink Alcohol?

Because my friends do

To feel  
more social

To feel more confident



To make me feel  
less stressed /  
anxious

I like the feeling

My 'Friend' made me

I can't stop drinking



# Alcohol and me - Is it legal?



Alcohol is a depressant drug

To be able to buy alcohol you have to be 18 years old or older

Over 16's can have alcohol with an appropriate adult with a meal on licenced premises

An older person may offer to purchase alcohol for you in return for a favour or their company, if this was to happen tell a trusted adult.

This is a form of 'exploitation'



**“I don't want to drink but I  
may not fit in if I don't!”**

Tell your friends that you prefer not to drink.

It is illegal to drink under the age of 18 and you can be arrested.  
They might feel the same too.

It is OK not to try things that you don't want too!

If they are your friends they will respect your choice.

# The truth about drugs

## Prescription Drugs

Some drugs help us when we are unwell.

Doctors might Prescribe them to make you better



## Illegal / Recreational Drugs

Drugs that people use to make themselves feel different

Remember:

Police can arrest you for possession or drug dealing no matter what age you are



# Drugs and me - why do people take drugs?

Because my friends do

To seem more grown up

More confident

I can't stop taking  
drugs now



Stress / Anxiety

To experiment

I like the feeling

To escape a  
problem



# The Truth About Drugs - Are They Addictive?

Any drug can become addictive. You can form a habit of taking them and can feel unwell if you don't take them

Don't Be  
**AFRAID**  
to **SAY** no

If you are offered drugs, even for free, just say no.

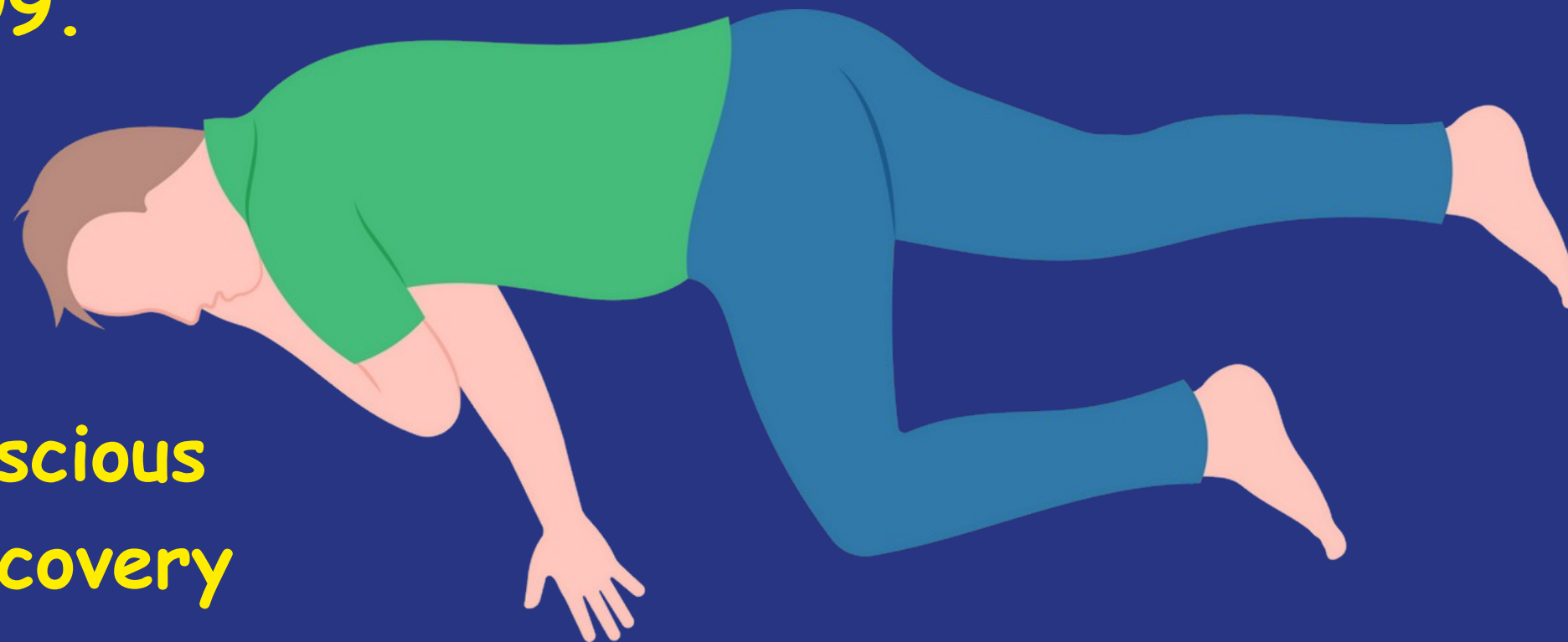
They are illegal for a reason, they are addictive and can result in short and long-term illness or death.

If you are being offered drugs, tell someone that you trust, never be tempted by free stuff and never be tempted to pass on drugs.

# The Truth About Alcohol/Drugs - What Should I Do if Someone I am With Becomes Unwell?

Make sure it is safe to approach them. If in doubt do not approach but do call 999.

Never Leave Anyone Alone



If they are unconscious put them in the recovery position

Get Medical Help - Call 999



**Start a  
conversation  
- Get in  
touch**

**Talk to a trusted adult /  
teacher**

**DM us on Facebook or Instagram  
@ypmotiv8**

**Email [contact@motiv8.im](mailto:contact@motiv8.im)**

**Call Freephone 0808 1624 627**

**Message Us 07624 426400**

**[www.motiv8.im](http://www.motiv8.im)**



# Do you know who you are speaking to?

Do you really know who you are gaming/talking with?

Grooming / Online predators

Cyberbullying

Identity theft

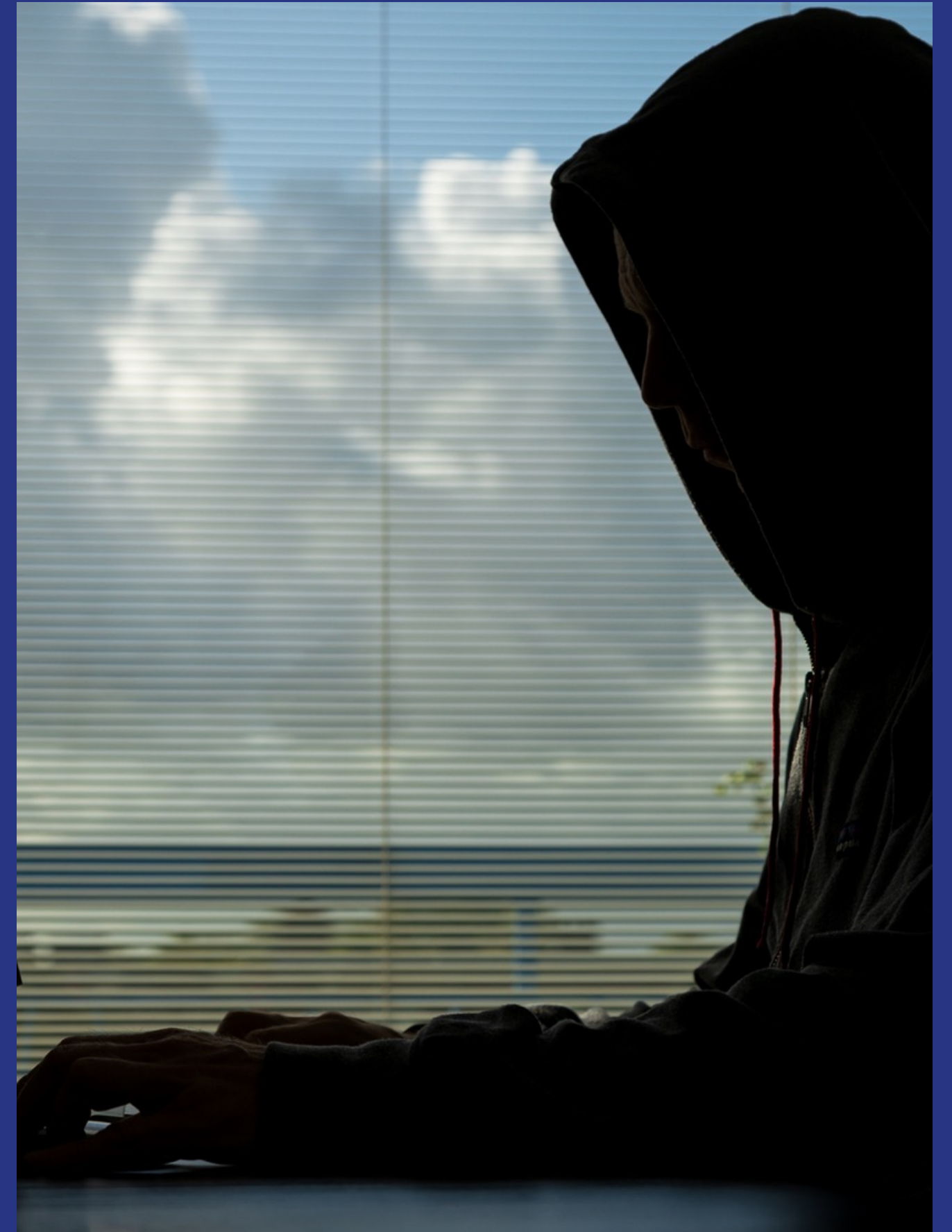
Stranger Danger

Webcam hacking

Always be mindful of sharing personal information

Once something is posted on social media, it is nearly always impossible to remove/delete or get it back

If something happens you are unsure about tell a caregiver or trusted adult



# Staying safe!

Friends  
drinking  
Alcohol

Online  
Safety

Being around  
drug  
use

Stranger  
danger

What do you think?



# What is County Lines?

'.....drug dealers can pressurise children into dealing drugs across the country'  
([actionforchildren.org.uk](http://actionforchildren.org.uk))

Children can be 'exploited' in a number of ways by those involved in the local drug culture.

Often they can pretend to be a friend and offer you gifts, money and drugs. It may not seem like it but this is

'Exploitation'

This could get a young person into serious trouble!

This is an IOM issue!



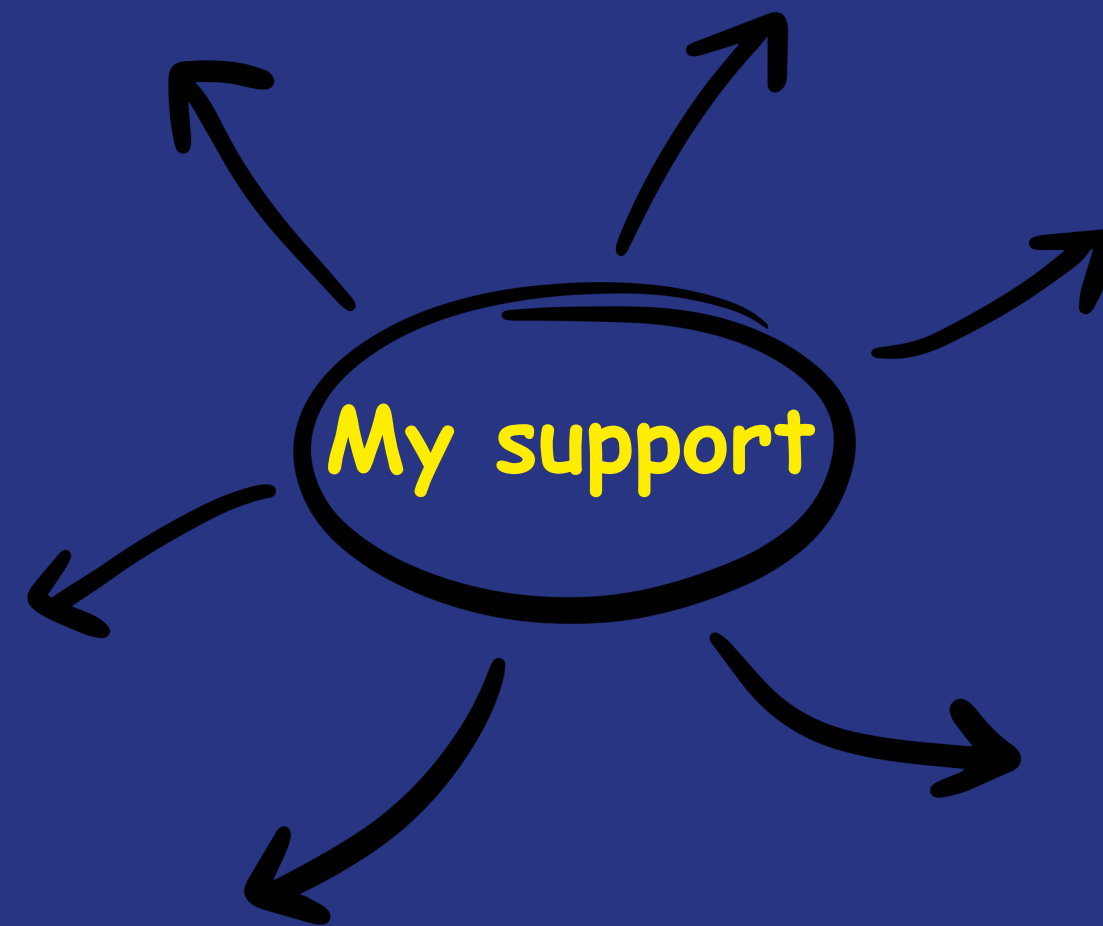


# Group Activities

In groups of 4 or 5 create a mind map of different individuals, organisations and places you would be able to go to for support with any of the issues we have talked about today.

Get thinking!

Wordsearch -  
Growth Mindset



# What other organisations can help?

FRANK



Kooth





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Thank You  
Any  
Questions?