

## HEADMASTER'S WELCOME

The last week of term is a celebratory whirlwind of events which has gone well and truly with a bang. Since last Friday's newsletter (and bear in mind this is a short week..) we have had: a youth hustings with four of the candidates for Stockton West speaking to pupils from Yarm and local schools; a wonderful community recording of 'Forever Young'; a shanty stroll with Infant Hercules down Yarm High Street, a moving Memento Juke Box at the Black Bull pub with pupils, staff and local residents coming together to share memories and music; a jazz workshop for young musicians from Yarm and beyond; the magnificent Dovecote Concert with a happy, joyful vibe; [a tense football match!]; the Pre-Prep End of Year celebration; our jam packed End of Year assembly; the results of our School Mock Election; a truly inspiring School Sports Day and the Prep Prizegiving. And - as I write - it's only Wednesday evening!

We have our Lower School Prize giving to end the term on Thursday morning, and this features a wonderful, creative and inclusive music film project that a large number of pupils and staff have been involved



Mr McGrother led our Memento JukeBox event as part of the weekend's wonderful Dovecote Festival of Music.

in producing (add the filming and recording of that to the list of things we've been up to, too!). Celebrating the success of our community - in the many ways success can be defined - is a pleasure, and an important part of us acknowledging and being thankful for the hard work of our pupils and staff, and the input and support of parents and carers, and our wider community. Thank you to everyone for the contributions - big and small, but all important - you have given this year.

We head into the summer on Election Day. A day that will decide our next Government and, without question, a

day that will bring about a new chapter in our nation's history. The impact of the impending changes are uncertain, and some may well be worrying, but I am certain that Yarm School can and does face the future with confidence, knowing that we will work together as a community of staff, parents, pupils and Governors who all share the ambition to make this wonderful school thrive. I hope everyone has a wonderful summer break.

Dr Huw Williams

## OUR SEVENTH ECO-SCHOOLS GREEN FLAG AWARD - WITH DISTINCTION!

We are delighted to have achieved our seventh Eco-schools Green Flag Award, for the first time with Distinction.

We would like to recognise the contributions of our Eco-reps and especially our outgoing Upper Sixth Eco-reps who have given their time to support this initiative; without their hard work and commitment this Green Flag Award would not have been possible. We have a strong team of Eco-reps and are always looking for new ones to join the team so look out for information at the beginning of next year.

We would like to share with you some of the comments from the Green Flag Award assessors:-

'It was wonderful to see how completing your Environmental Review helped to raise the level of

awareness in your school and your Action Plan shows that your Eco-Committee has carefully considered how they can involve their entire school in their planned Eco-Schools' activities to achieve maximum impacts and raise awareness amongst their school community.'

'Your Eco-board is incredibly visual and engaging and promotes your work in a very attractive way.'

'We love the range of activities that you and your Eco-Committee planned for delivery. The fact that they cover both indoor (reducing plastics, meat-free day, locally grown food, yoga sessions, crisp packet recycling and a brilliant, recycled clothing fashion show) and outdoor (minimising your landfill waste and two beach cleans) activities is

excellent.'

'I hope you and your Eco-Committee take great pride in your achievements, when listed it's surprising how many there are'

'Congratulations to everyone for the great work you have managed to do, earning your Green Flag with Distinction in style. You should all be very proud of your work and the application you have submitted!'

Mrs G Leary, Mrs K McLean  
and Mrs E Russell





## YARM SCHOOL HOSTS STOCKTON WEST YOUTH HUSTINGS



There is little more essential to a democratic process than the opportunity to set candidates upon a stage and have them be questioned and challenged by an audience. In what has become a Yarm School Politics Department tradition we have sought to provide an opportunity for the pupils to participate in their own mock election, as well as allow the pupils the chance to see the real life version of such events with a hustings.

On Friday members of the Sixth Form assembled in the auditorium along with sixth form students from Egglecliffe School and Conyers School. There was also a good number of staff present from all three schools. With invitations sent out to all contactable candidates for the newly formed school constituency of Stockton West we were delighted to welcome the candidates for the Conservatives (Matt Vickers), Greens (Anna-Maria Toms), Labour (Joe Dancey) and the Lib Dems (Nigel Boddy). After a brief opening statement from all four candidates, it

was over to our student audience to drive the occasion with their questions. There was an impressive array of questioning on topics as diverse as integrity in politics, national and global security, what parties offered young undecided voters, as well as topics on regional topics including the nature of a working relationship with recently reelected Tees Valley Mayor, Ben Houchen. What emerged to most

listeners, and in contrast to much current commentary on the political landscape, was four individuals offering and being motivated by very different visions for the future of the country, and different ideas as to how to achieve those visions.

After the event the candidates generously spent time in conversation on the terrace with students from the three schools, as well as posing for photographs and further conversations with the candidates standing this week in the Yarm School mock election.

It was a pleasure to host the event, to welcome guests from our neighbouring schools, and to have the opportunity to survey the political spectrum in the days before the General Election. Our sincere thanks and best wishes to all of the candidates.

Mr S Edwards



## REPORTING ON THE FINAL WEEK OF CAMPAIGNING

The final week of campaigning has passed by as the candidates prepare for the election next week. Voting will take place at the Dovecot all across lunchtime on Monday 1st July and we ask that everyone tries to get involved, from staff to pupils, and voice their opinions in a secret ballot as every vote is important to the results, which will be announced at breaktime on Tuesday 2nd July. This week, however, has had some interesting additions to the usual hustings and on-the-ground campaigning; the leaders of the parties faced questions from the Prep School and the Liberal Democrats managed to get Jemma Joy (the Liberal Democrat candidate for Middlesbrough South and East Cleveland) to come in for a Q&A session.

The Prep School questioning is often the hardest part of the mock election campaign as they notoriously ask some very hard-hitting questions - and this year was no exception. Each party leader or representative started by giving a short introduction to themselves and party; Conservatives, represented by Oskar Studholme, stated they wanted to create a secure future with lower taxation and more NHS investment; Labour, represented by Eva Speight, argued that we needed change and that they would reform the NHS, education to create new growth; the Lib Dems, represented by Amy Lewis, wanted a



fair deal for everyone and by making things such as technology accessible for all; Greens, represented by Dan Townsend, emphasised the current climate crisis but also that we need spending and equality for all; and finally, Reform, represented by Marcus Walters, wanted to reduce taxation and immigration to create a stronger, brighter Britain. It then moved to audience questions, and the Prep School asked the question that's been on all of our minds: what does Labour intend to do with the additional 20% tax to private schools. Labour's response was that it would be implemented carefully and with measures, and that it isn't a hatred against private schooling, rather it is a way to bring up state schools because having an outstanding teacher is a right that everyone should have - this is a method for everyone to get a fair education. Continuing on the topic of education, the Conservatives were asked about their policy to ban phones in schools, to which they

stated that it would remove distractions and allow students more time and chances to focus on their studies. Questioning then moved to the Green Party, with one person asking where they intend to put the sewage in their plan to improve water quality and whether their want for higher spending is realistic. The plan for improving water quality is to nationalise the water companies so that the government has control over it, be able to improve them and treat sewage and water so that it is back to the level it was at before. About spending, Townsend added that while it would mean higher taxes, it is mostly aimed at the upper ends with the wealth tax, and that their plans weren't to harm working people economically. Another question was issued at Reform about their quite strong views on immigration, to which Walters answered that currently we have over-migration that is putting too much pressure on public services and areas with overpopulation.



## REPORTING ON THE FINAL WEEK OF CAMPAIGNING

To close off, each party was asked what they intend to do to make Britain 'stronger' as many of them said. Both Labour and Conservative stated that they wanted to make Britain safer and more secure through regrowing the economy so that we aren't as reliant on other countries, the Conservatives brought particular attention to their plan to increase people's spending powers whilst Labour focused on their plans for strong and reliable energy systems moving more towards sustainability and green energy. The Greens think the way to make Britain stronger is through Net Zero, both for us internally but also for global security. Reform took this question at a more economic standpoint, arguing that their lower taxation and increased consumption and disposable income will help build Britain up again, whereas the Lib Dems wanted to protect human rights through aspects like the European Court of Human Rights and have a more amicable

relationship with our European Partners for more security. The Prep School was then asked in a straw poll whether they had decided on a party to vote for, most had, but also if what they had heard had changed their mind on anything. About a quarter there raised their hand, which is really good as these kind of experiences are meant for your views to be tested and challenged, and perhaps even come out with a different, more-informed opinion afterwards and we hope that this year's mock election has been successful in getting people to think critically about their own views and politics.

Additionally, Amy Lewis, leader of the Liberal Democrats, managed to get into contact with the Lib Dem candidate for Middlesbrough South and East Cleveland, Jemma Joy, for a Q&A session. Joy gave us some interesting insight into how she got into politics, as a local woman and councillor she saw the problems here and wanted to do something about it;

she joined the Lib Dems because they most fit her beliefs of everyone being a unique individual and basing policy of evidence-based research and her role grew in the party. She talked about some of the obstacles she faced, particularly being a woman in the party she faced a lot of misogyny but said that it shouldn't be a barrier for people wanting to join politics as these are only problems solved by having more diverse people in politics. To her, staying true to what she believed in and standing up is most important, because while politics may seem completely adversarial on the surface, a lot of what is actually put into practice is compromise and people working together regardless of their political views. It was a very interesting experience to hear from someone who is in the political world, and we are very grateful for Jemma Joy for putting some time aside for us to ask some questions.

Ava Carter, Lower Sixth

## SHARING FAME AND FOOD...

Miss Rhodes and the winning FAME mentors were delighted to join the winning Year Six pupil teams for their celebratory lunch this week. Mr Stone had very kindly invited us across to the fabulous new Dining Room, and the teams and their Sixth Formers enjoyed a special feast of quiches, sandwiches, crisps, sausage rolls and more, all followed my waffles!!

The Sixth Formers did not want to leave Prep and had to almost be prised away from their new friends!! Thank you again to Mr Stone and the Prep pupils and teachers, and we know that some lovely new bonds have been formed that will make transition to the Senior School even more seamless in the Autumn Term.

Miss C E Rhodes



## MOCK ELECTION: AND THE WINNER IS...



After four weeks of campaigning the Yarm School voted this Monday. The campaign involved an intense session of questioning at the Prep School, four hustings on specific policy areas over successive Fridays, and lots of impromptu debating and discussion around the school. The occasion allowed lots of mixing across year groups, with pupils having to gain insight into the mechanics of an election and campaigning. The voting

over the long Monday lunchtime saw high numbers of well engaged pupils driven by the last electioneering efforts of the candidates. The process provides a valuable piece of political theatre for the pupils, but also provides them with an early exposure to and experience of engaging in such a vital civic process as voting. We saw a high turnout in the senior school, and despite an overall winner, most of the



parties could claim overall victory in at least one of the year groups.

But an election is also a contest and there must be a winner. Our congratulations to Oskar Studholme in the Lower Sixth for leading the Conservative Party to victory. And well done to all candidates, their teams and supporters, and all pupils for such an enthusiastic and well supported campaign.

Mr S Edwards

## THE WINNER TAKES IT ALL: FAME WALL DISPLAY COMPETITION

The final FAME challenge for the school year saw three teams compete - in part for chocolate, but more importantly for accolade and self-pride!!

Tasked with producing a pupil- and staff-stopping board along the EconBus / FAME corridor, to raise awareness of Economics and Business and further enhance the EconBus profile, the competitive streak of the Lower Sixth students soon became very, very, (think even another VERY) apparent.

The teams - "The Timesing Team"

"The Dream Team" and "The Art Squad" - all produced amazing displays but only one team could win... Miss Rhodes had already decided that she could not judge (she has to teach these students for another year after all!!) and she continues to protect the names of her two selected judges for fear of any repercussions.... So (drum roll) we are delighted to announce that the winning team is..."The Art Squad": Liv, Olly & Jitha! Well done!



Miss CE Rhodes



## BUSINESS MEETS DT (DRAGONS DEN OR BLUE PETER) - THE SEQUEL

The second day of the Business DT ILP was just as exciting as the first! Despite having been away on Outward Bound and having already done one ILP day the Second Years impressed us with their enthusiasm, especially when it came to pitching!!

Miss Rhodes and Mrs Jackson would like to thank the fabulous Sixth Form helpers from Friday (Harvey, James, Alex, Indeya, Lexie, Megan and Sienna) and our judges Mrs Saddington, Miss Algate, Ms Smith, Natalie and Alex for giving so generously of their time.

We also want to commend the pupil who was named as Outstanding Student namely Katie Cheesman - Well Done! But also well done to all the pupils and of course our colleagues Mrs Wright, Mrs Lodge and Mrs Gray who are amazing and have worked so hard!

Miss C E Rhodes and Mrs A Jackson

On Friday the second year gathered in the PAA to learn about their task for the ILP. They were to design a brand new board game based on either healthy eating, travel or sustainability. As a sixth form facilitator, I listened to a group's ideas and guided them into developing the initial ideas into a board game concept. After some brainstorming in the PAA, the second years (along with the sixth form

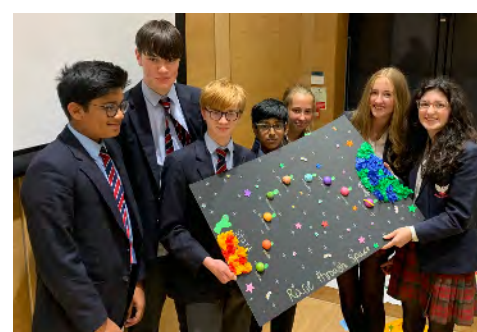
mentors) moved to the textiles room to start working on turning their ideas into a reality. We then had to oversee all the groups and determine which students were in the running for the coveted outstanding pupil prize. After a break for lunch, we then helped the second years prepare their pitch which would be presented in front of a team of dragons as well as the rest of the year group. After some last minute practice on the hardcourt the students were ready to present and face the difficult questions asked by the judges. I found the day very enjoyable and helped me to improve my own entrepreneurial skills. I was blown away by the creativity of the second years and hope they will put their new pitching and entrepreneurial skills to good use.

James Muir, Lower Sixth

I was fortunate to be asked to help oversee the incredible Second Year pupils who gave immense efforts and energy into a great day on Friday. This was the second half of the year to attempt the Independent Learning Project (ILP) and they were tasked to envision, design and pitch a concept for an original board game. Seven teams of roughly 5-8 students developed seven very different, unique and exciting concepts ranging from becoming a train company executive to traversing through

space, or teaching children about healthy eating - no team played it safe, which was amazing to see. Our job as Sixth Form Helpers was to in effect channel our inner (friendly) teacher. We did our best to aid as little as necessary, wanting the day to be very much about the Second Year being as independent as possible. We all ended up having almost as much fun as the Second Years themselves, and a strong feeling of pride washed over as each and every one of the pupils stepped up to the front to pitch to the judges having watched them practice all afternoon. Well done to all the Second Years!

Harvey Qin, Lower Sixth



## YSA CASINO ROYALE SUMMER BALL

The Yarm School Association was thrilled to host their annual summer ball at the PAA last month. A heartfelt thank you to all the parents who joined us and made it a memorable evening. We welcomed back the Bourbon Street Band, setting the perfect tone for our Casino Royale-themed event. Guests enjoyed the fun-filled casino table games and a

delicious 3-course meal, as well as a wonderful raffle with prizes supplied by our 1st and 2nd year tutor groups.

Our charity auctions were a resounding success, raising £3,068.99 for Cardiac Risk in the Young (CRY), with an additional £1,000 in match funding from Vitality Dental Care. These funds will help subsidise a cardiac screening day, aiding in the

early identification of young people at risk of sudden cardiac death.

Don't miss out on next year's summer event on 14th June 2025, when we return to our extremely popular GlastYarmBury festival. Mark your calendars and save the date for another unforgettable evening!

Mrs Claire Abbas, YSA Chair



More Summer Ball photos on our website: [www.yarmschool.org/galleries](http://www.yarmschool.org/galleries).



## ROMEO & JULIET: NATASHA'S EPQ

Nine talented Sixth Formers performed a vibrant adaptation of Shakespeare's Romeo and Juliet to a sell-out audience in the Studio Theatre. They brought to life all the conflicts and emotions of the original play in a 90-minute version that cleverly switched characters to show the universal nature of the themes of love and death. Oscar Shaw portrayed Romeo 1, giving a clear depiction of a young teenage boy

infatuated by Juliet 1, who was acted beautifully by Lauren Macdonald. In Part 2, Luke Pemberton's Romeo 2 was intense, and this was reflected brilliantly by Laura Burns as Juliet 2. Spyke Marshall-Burnell, Sophia Kilkerrri and Izzie Speight all demonstrated great versatility, tackling challenging monologues as they performed all the other roles within the play. Special mention also goes to Nila Baskar for providing

voiceovers in key scenes. Esther Lane played the Nurse throughout the play, and her sensitive performance lifted the emotions of the audience as the play progressed. Overall, the cast worked with dedication and determination to put together a fantastic performance. As their director, I couldn't be prouder of all of their work. Thanks again to all of the people that supported my EPQ.

Natasha Cunningham, Lower Sixth





# DOVECOTE FESTIVAL





## WORK IN THE COMMUNITY- ALL SEWN UP?

Pupils in the Community Action group finished a busy term by picking up their needles and thread. Students have started an ongoing project making heart-shaped pillows to be donated to charities that support those who have recently undergone breast surgery.

Despite some pupils finding it tricky to get started, all cushions are successfully underway and we hope to donate the finished products early in September!

Ms H Blakemore



## COMMUNITY ACTION GROUP BOOK COLLECTION FOR KENYA SCHOOLS

If you are having a clear out over the summer, please put any children's books to the one side until we return to school. In September, the Community Action Group is organising a book collection for 'Just Be a Child', a charity that sends second hand books to schools in Kenya in order to establish community libraries.

### Career Cluster Evening:

# LANGUAGES CAREERS

Tues 17th September, 6pm - 8pm

Join us in the Friarage Theatre to explore the opportunities provided by studying or working with languages.

Discover the different pathways to your ideal career.

Suitable for 4th Year, 5th Year and Sixth Form students and parents.

Register to attend at:

<https://bit.ly/LanguagesCareerCluster>



## UNIFORM SHOP SUMMER OPENING HOURS

The Uniform Shop will be open over the Summer Holiday period on Tuesdays and Wednesdays 10am-3pm. They will also be open for pre-booked appointments at alternative times - these can be arranged by emailing

[uniformshop@yarmschool.org](mailto:uniformshop@yarmschool.org).



## ATHLETICS

Unfortunately, exam week has always clashed with the Stockton Schools Champs but we, as always, have competed in the local league. The weather has cancelled a number of matches which has led to a single fixture to reach the league finals- the girls narrowly missed out on reaching the finals with tight losses to Teesside High whilst both boys teams (Under 13 and Under 15) progressed through to the league final which was held last Friday. The Under 13 boys had a much depleted team due to the 2nd Year Journey and 2 key athletes absent from school. Nevertheless we still fielded a team and it was to the boys credit that they still finished as

runners up to Conyers by only 2 points meaning a full strength squad would have definitely won the event. Special mention must go to Rorke Anderson (Shot), Ollie Gray (Discus), Luke Palmer (Discus) and Abdul Alao (1500m) who all won their respective events.

The Under 15 boys have a really strong squad and were captained by Henry Bottomley and Deacon Hughes with high finishes in most events a win in the relay and individual wins in from Paddy Key (Shot), Mustafa El-Sherif (Discus & Javelin) and Will Gwynne-Jones / Ollie Mowbray (Long Jump tied) boys achieved a comfortable points win beating both Conyers and

Egglescliffe.

This is even more impressive when one considers the fewer boys that Yarm have to select from - well done to all concerned!

Mr G Ferguson



## FOOTBALL NEWS

Congratulations to Paddy Key who has been selected to represent the Cleveland County Under 16 Football Squad next season- this is a huge achievement. He is currently trialling with Carlisle United and we wish him the best of luck!





## BACK TO BACHARACH - THE VERY BEST OF BURT BACHARACH

Fall in love again with the timeless music of Burt Bacharach in this dazzling tribute to one of the 20th century's best-loved songwriters.

Magic Moments Orchestra, as Back To Bacharach takes you on a moving musical journey through some of the greatest masterpieces in the Bacharach songbook.



**Sunday 22nd September, 7.30pm**

[Book Online Here](#)

## ONE NIGHT IN DUBLIN

For nearly 15 years Middi and his legendary 'Wild Murphys' have been playing Irish music to the masses and now they're bringing Murphys Pub to Yarm. Come and join in the craic as this award winning seven piece Irish band covers songs by the Pogues, The Dubliners, The Saw Doctors, Daniel O' Donnell, Flogging Molly, Dropkick Murphys, Van Morrison and many more, in their own unique and upbeat style.



**Saturday 12th October, 7.30pm**

[Book Online Here](#)

## ROH LIVE: ALICE'S ADVENTURES IN WONDERLAND

At a garden party on a sunny afternoon, Alice is surprised to see her parents' friend Lewis Carroll transform into a white rabbit. When she follows him down a rabbit hole, events become curiouser and curiouser...

As Alice journeys through Wonderland, she encounters countless strange creatures. She's swept off her feet by the charming Knave of Hearts, who's on the run for stealing the tarts. Confusion piles upon confusion. Then Alice wakes with a start. Was it all a daydream?

Live stream production in the Friarage Theatre.



**Wednesday 16th October, 7.15pm and Sunday 20th October, 2pm**

[Book Online Here](#)



# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



**NOS** National Online Safety®  
#WakeUpWednesday



## Newsletter, 03.07.2024

This week marks **Alcohol Awareness Week 2024**. It's fair to assume that all children will encounter alcohol and other substances as they grow older, whether they choose to use them themselves or are simply around others who do. Interestingly and perhaps shockingly, it is parents, not peers who are more likely to give children their first drink!

We have produced two brilliant guides that give an overview of issues surrounding alcohol and its potential risks. Our [Quick Guide to Alcohol](#) contains information about alcohol's impact on the brain and body, UK law, and some of the risks that alcohol use poses. For those of you with tweens and teens attending parties, our guide to [Alcohol in Social Situations](#) is an important read.

For more insight into teenage drinking, listen to this [podcast](#) with Dr Melissa Oldham from UCL, including how to have positive conversations with teens about alcohol and asking whether giving them alcohol at home is a good idea. You can find a lawyer's perspective on teen party planning in this [webinar](#) with criminal defence lawyer Harriett Mather, herself a mother who knows teen parties all too well!

Along with alcohol, we also need to prepare our children for encountering **drugs** and making the right decisions. Again, you can find Tooled Up *Quick Guides* that give a helpful summary on different substances, how to recognise them, what to expect and what effects they have. [Cannabis](#) is the illegal drug that most people would recognise, and one that is undoubtedly embedded into youth culture. We also have guides covering [psychedelics](#) and [cocaine](#).

Of course, it isn't only illegal drugs that pose a risk to children. Parents often ask us about the effects of [energy drinks](#) and [vaping](#) as two more examples of potentially harmful substances that commonly feature in young people's lives.

It is never too early to be informed about any of these issues and never too early to talk (in age-appropriate ways) about choices, the company we keep, or the pressures that may come from peers in social situations. Remember open and transparent dialogue with your children is a protective asset for their mental health and overall resilience. Lastly, did you know that good quality [sleep](#) can reduce the risk of impulsivity, which can drive poor decision-making? As always, there is plenty that we can do at home to empower, equip and future-proof our children. See our site for more Tooled Up Tips!

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).







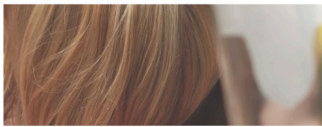
Quick Guide to Alcohol



Alcohol in Social Contexts



Teenage Drinking



Teen Parties: A Lawyer's Perspective



Quick Guide to Cannabis



Quick Guide to Psychedelics



Quick Guide to Cocaine



Guide to Energy Drinks



Quick Guide to Vaping



Teenagers and Sleep

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).

