

I Wish I'd Known

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

from the Daniel Spargo-Mabbs Foundation



DSM foundation

The drug education charity

I Wish I'd Known – a workshop for parents and carers on young people, drugs and decisions from the DSM Foundation

We would like to invite you to a parents/carers drug and alcohol awareness workshop by webinar led by drug educators from the drug education charity the Daniel Spargo-Mabbs Foundation.

There will be three dates available as follows:

Tuesday 12th March from 7 - 8.30pm

Wednesday 20th March from 7 – 8.30pm

Monday 25th March from 7 – 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 during the workshop itself. Everything is anonymous.

The workshop will involve finding out about:

- 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.

The DSM 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 (www.dsmfoundation.org.uk). 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.

Please click the link below to register for one of these events. You only need to attend one session.

Tuesday 12th March from 7 - 8.30pm:

https://us06web.zoom.us/webinar/register/WN_DsAMbmYVSHKtxVh4jA0dFg

Wednesday 20th March from 7 – 8.30pm

https://us06web.zoom.us/webinar/register/WN_yCwTZW0HRiG9MnYd3TQvzw

Monday 25th March from 7 – 8.30pm

https://us06web.zoom.us/webinar/register/WN_px0Z0fDLRgCmmm1VVVsquw

After registering, you will receive a confirmation email from the Foundation containing information about joining the webinar.