

## Highland Initiatives

The [Highland Substance Awareness: Prevention and Education Framework](#) is a resource linking educational activities to health and wellbeing outcomes within Curriculum for Excellence, ensuring age appropriate input. Resources to support the framework can be accessed via the [Highland Substance Awareness Toolkit](#).

The [Highland Substance Awareness Toolkit](#) (H-SAT) is an online resource for young people, parents / carers, & professionals, providing information about tobacco, alcohol & drugs. [Lesson plans](#) are available. The [Prevention and Intervention Model](#), highlights interventions & support at various levels of substance use. Details of the [Substance Aware School Award](#) are also available on the H-SAT.



## Raising Awareness

Festival and festive awareness campaigns encouraging young people to avoid or reduce harm from alcohol / drug use.

## Surveys

[SALSUS](#) (Scottish Schools Adolescent Lifestyle and Substance Use Survey) is a government survey that is conducted nationally every 2 years and every 4 years in Highland, providing trend data that shows decreasing use over time both in Highland and nationally.

[Highland Lifestyle Survey](#) provides local data relating to self-reported responses of P7, S2 and S4 pupils to questions relating to health and wellbeing, including substance use, on a biennial basis.



## Positive / Diversionary Activities

[Northern Stars](#) engages young people in a high-quality performing arts experience and encourages every participant to be the best they can be, in a positive & supportive environment. It is supported by HADP in recognition of the contribution participation have on encouraging positive lifestyle choices.

## Training

*Discussing Drugs and Alcohol with Young People* is a free training course based on the principles of motivational interviewing & brief interventions. The training provides structure to opportunistic, non-confrontational conversations to support young people to make healthy lifestyle choices around drugs & alcohol. Further information is available in the *Learning & Development for Health Improvement* [prospectus](#).

## Scottish Government

[‘What works’ in drug prevention and education?](#)

## Social Media



[Drugs and Alcohol, telling it like it is](#)



@nhsh\_wellbeing

## Social Marketing

[Meet the MacPhersons](#) encourages parents to be aware of the impact of their behaviour and decision-making in relation to underage drinking



## We support:

