

Drug use – making changes

| <p>Things that can help people make changes and healthy choices</p> | <p>Things that can prevent people making changes and healthy choices</p> |
|---|--|
| <p>Personal factors e.g. what personal qualities, skills, information etc?</p> | <p>Personal factors e.g. what personal qualities, skills, attitudes etc?</p> |
| <p>Social factors e.g. what support might they need?</p> | <p>Social factors e.g. what factors in peoples lives might prevent positive change?</p> |
| <p>Behavioural factors e.g. what might they need to do?</p> | <p>Behavioural factors e.g. what behaviours might prevent positive change?</p> |

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| <p>Things that can help people make changes and healthy choices</p> | <p>Things that can prevent people making changes and healthy choices</p> |
|--|---|
| <p>Personal factors e.g. what personal qualities, skills, information etc? Assertiveness. Motivation. High self esteem. Ability to make good decisions and appropriate choices for themselves. Awareness of the benefits of change. Recognition of positive changes. Ability to confidently ask for appropriate support or advice. Accurate knowledge about drugs and drug use. Harm minimisation skills. Being able to talk about your feelings and problems. Being able to cope with stress pressure from others.</p> | <p>Personal factors e.g. what personal qualities, skills, attitudes etc? Unassertiveness. Low motivation. Low self esteem & depression. Inability to make good decisions and appropriate choices for themselves. Not aware of the benefits of change. Focus on any negative aspects of change. Seeing mistakes as failure and giving up. Inability to ask for appropriate support or advice. Low knowledge or misinformation about drugs and drug use. Not being able to talk about feelings and problems. Difficulties coping with stress pressure from others.</p> |
| <p>Social factors e.g. what support might they need? Positive supportive relationships. Possibly support from any of the following: Family and friends, doctor, FRANK website or helpline, local drug agency, housing support, counselling. Access to reliable information. A stable life, relatively free from other worries, if possible.</p> | <p>Social factors e.g. what factors in peoples lives might prevent positive change? Any life stresses or worries. Lack of good relationships. Lack of support from family or friends. No supportive contacts. Lack of access to good information and services. Unwelcome pressure from others to change.</p> |
| <p>Behavioural factors e.g. what might they need to do? Recognise when drug use is becoming a problem. Find something to do when bored, stressed or thinking about using drugs. Contact people for support, when appropriate. Maybe change some previous routines, activities and contacts.</p> | <p>Behavioural factors e.g. what behaviours might prevent positive change? Not recognising triggers associated with previous behaviour. Denial that drug use is a problem. Inability to develop new routines, new interests and contacts. Risk taking behaviour. Associating with people and going to places that might make change difficult.</p> |

Something that has changed the way I think about this topic.



Something that I want to take away and share with someone.



Something I already knew or wasn't helpful.



Something that has changed the way I feel about this topic.



What have you enjoyed?



What skills have you developed?



What would you like to know more about?



Any other comments:

