

# Noticed?

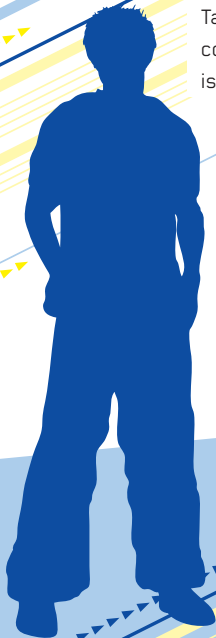




## ... so what can YOU do now?

Being noticed drinking alcohol or taking drugs is not without consequences. Criminal proceedings can be instigated by the police, and disciplinary action is likely to be taken by your school or the workplace.

Taking part in a FreD course will lessen these consequences or ensure that no further action is taken at all.



# So get active!

# Get involved!



## THIS IS what the course is about

- ▼▼▼ Effects and risks of various drugs
- ▼▼▼ Legal aspects
- ▼▼▼ Self-assessment: how risky is your drug use?
- ▼▼▼ Ways of limiting your drug use or quitting altogether

## HOW does the course work?

- ▼▼▼ Before the course an introductory interview takes place. Call us to arrange a time and date!
- ▼▼▼ You will be part of a group of 5 to 12 participants.
- ▼▼▼ The course runs over 8 hours in total, split into two to four sessions.
- ▼▼▼ After completing the course you will receive a certificate of attendance.
- ▼▼▼ Nothing you say will be passed on to anyone else. Course leaders have a duty to maintain confidentiality.





FreD goes net is a European project for 14 - 21 year olds who have been noticed on account of their drug use. FreD was successfully implemented in Germany. The European project seeks to transfer this approach to Europe and develop it further - FreD goes net! Our aim is to encourage young drug users to critically reflect on their drug use and protect themselves from getting addicted. FreD goes net is co-ordinated by the LWL-Coordination Office for Drug-Related Issues (Münster, Germany).

## Local FreD goes net contact

funded by:



**LWL**

national partners: