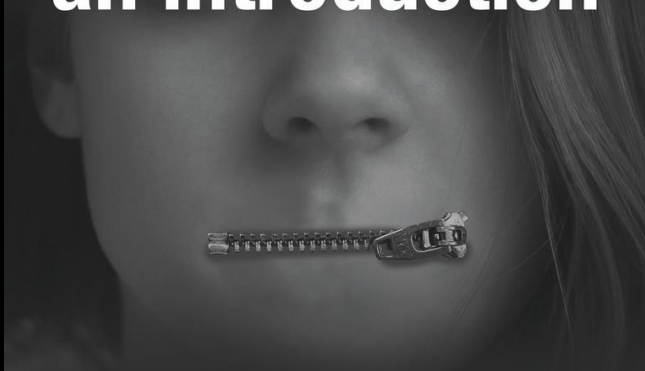




Breaking the Silence: an introduction



BREAKING THE SILENCE

Peer-led research into how young people
are affected by a drug related death

RESEARCH PLAN

Aim: To better understand and respond to young people affected by drug-related deaths with a focus on the voices of young people themselves.

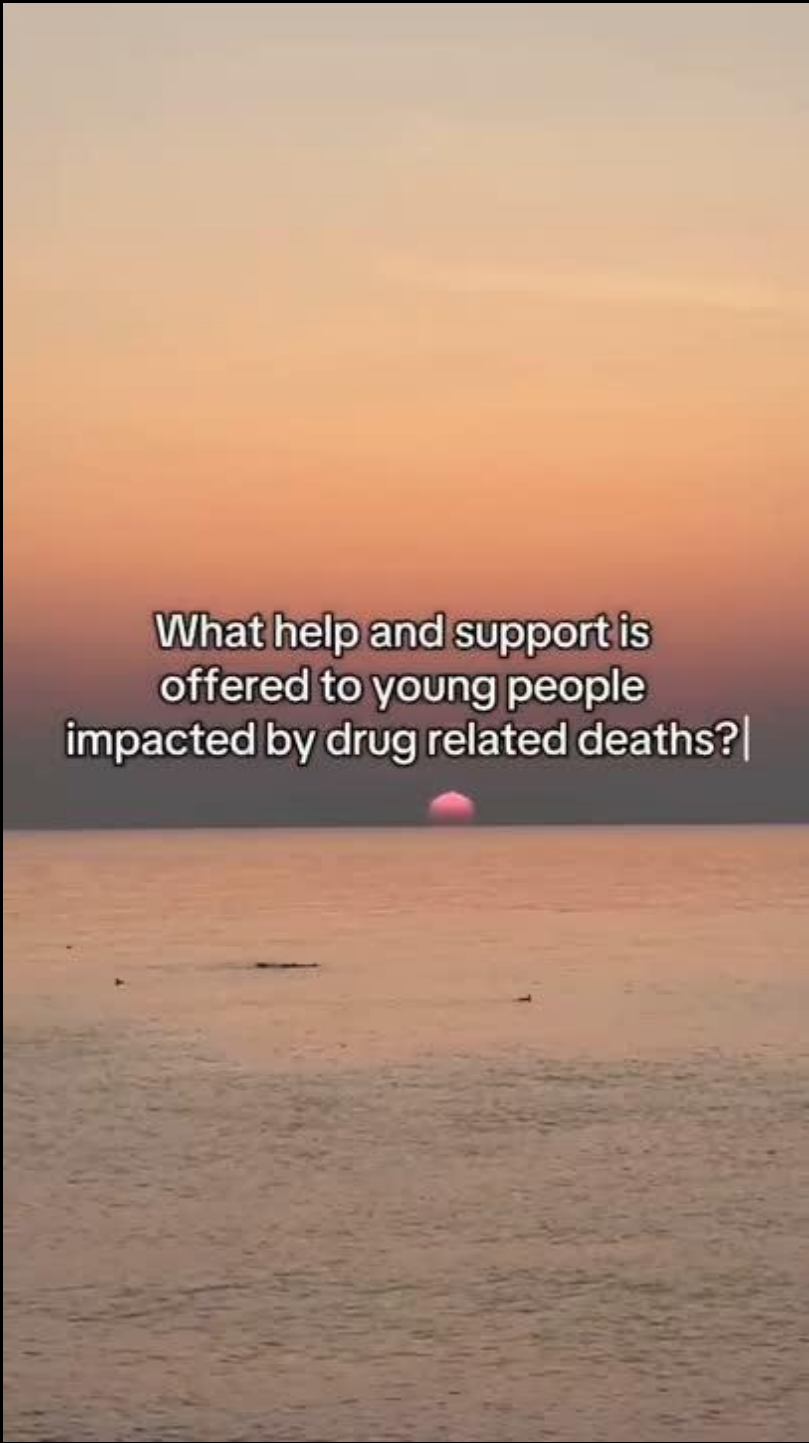


- Qualitative research: Interviews with 19 young people (aged 12–25) affected by a drug-related death of a family member or friend.
- Interviews were conducted by two Clued Up researchers: a peer researcher (young person) and a staff member, with guidance from University of Stirling.
- Research was conducted across Fife, with most participants from Levenmouth and Kirkcaldy—areas with high rates of drug deaths.

In what ways and to what extent are young people affected by a drug related death in the family or among friends?



**What kind of help and support
is offered to a young person
affected by a drug related
death from their perspective?**

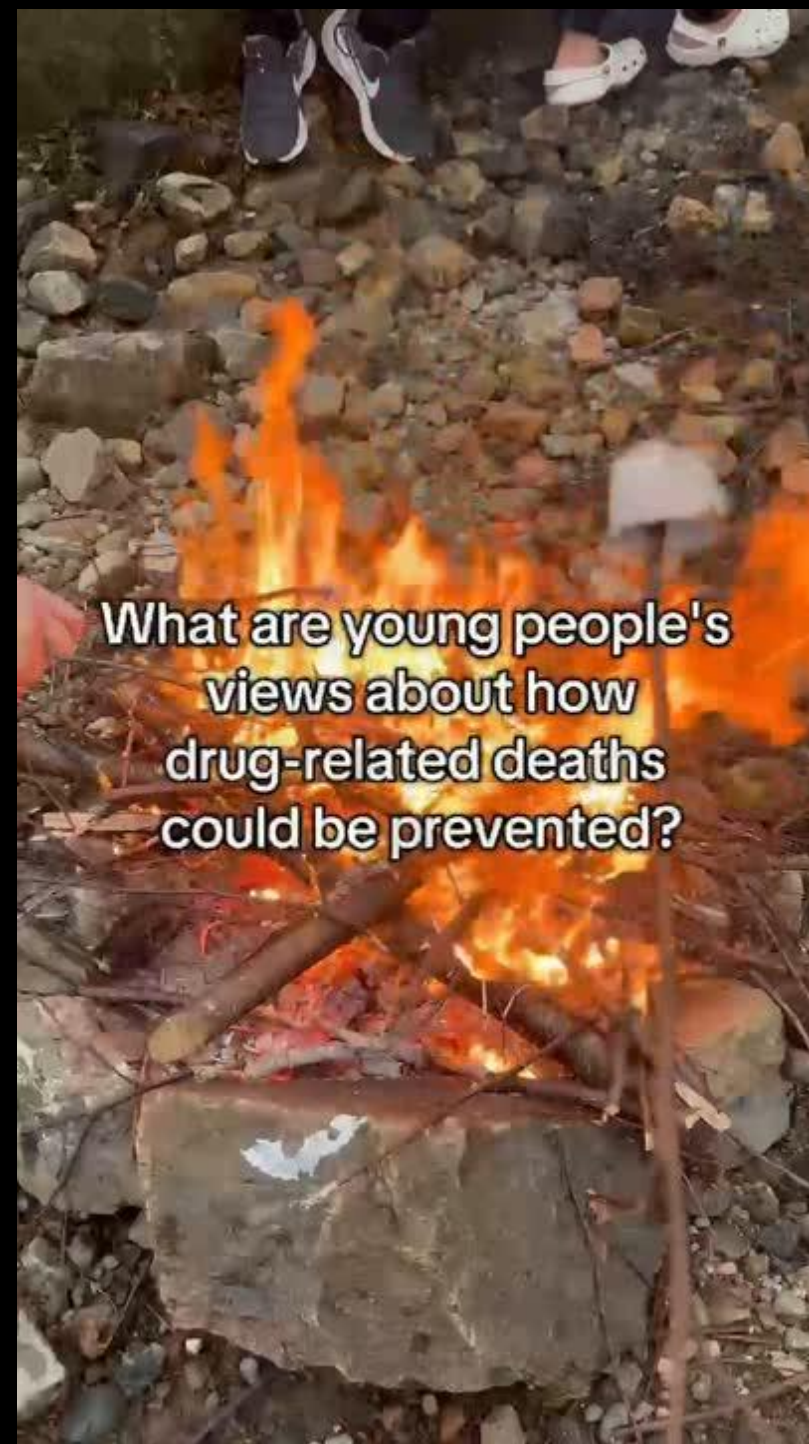
A vertical rectangular image showing a sunset or sunrise over a body of water. The sky is a gradient of orange and yellow, and the water is a darker, textured brown. A small, bright red buoy is visible on the horizon line. The text is overlaid on the upper part of the image.

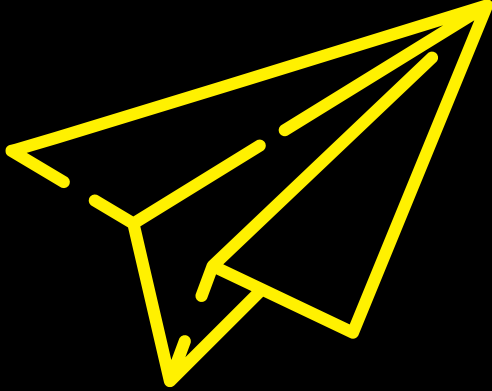
What help and support is
offered to young people
impacted by drug related deaths?|

What kind of services do young people want or need to help or support them?



**What are young peoples
views about how drug related
deaths could be prevented?**





Stage **two**







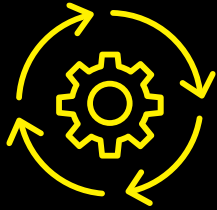
Drug Testing Service



Recommendations



Education



Systems and Services



Participation



Prevention

Education

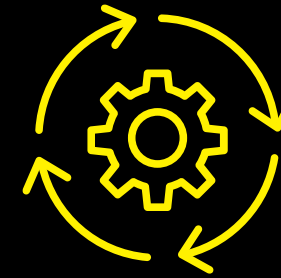


Young people want real, relevant, and ongoing learning about drugs, harm reduction, and grief support.

Key Recommendations

- **Co-design interactive workshops**
- **Make staff training mandatory**
- **Expand peer-led programmes**
- **Include naloxone training**
- **Improve signposting**
- **Strengthen community links**

Systems & Services



Young people want services that are connected, trauma-informed, and built on relationships rather than time limits.

Key Recommendations

- **Join up youth and adult services**
- **Personalised transition plans**
- **Co-locate services**
- **Train all staff**
- **Offer consistent workers**
- **Involve policy makers directly**
- **Advocate for multi-year funding**
- **Create anonymous youth feedback channels**
- **Adopt family-focused approaches**

Participation

Young people should not just be consulted — they should lead, design, and shape services and policy.

Key Recommendations

- **Establish a Youth Advisory Panel**
- **Funders spending time in grass route services**
- **Young representatives on funding and grant panels.**
- **Structured volunteering and befriending programmes**
- **Support peer-led harm-reduction campaigns**
- **Offer a peer befriender**



Prevention



Young people want early, meaningful support that reduces risk and builds understanding around drugs and loss.

Key Recommendations

- **Make naloxone widely available**
- **Train young people and staff**
- **Run awareness campaigns**
- **Deliver early intervention programmes**
- **Provide family education**
- **Ensure flexible, responsive services**
- **Support families and peers**



Easy Read report



Full Report



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Clued Up Project



Telling it Like It Is Podcast



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