

Seeing people use drugs on social media makes it seem less harmful.

Social media can normalise drug use, especially when influencers or peers glamorise it. Young people may feel that if others are openly using drugs online without consequences, it can't be that harmful. Facilitators should highlight that what is posted online may not reflect the full reality and the risks remain the same even if they are downplayed.

People who post about violence online are often under the influence of drugs.

While some may post violent content while under the influence, it's important to clarify that not all online aggression is drug related. Facilitators can emphasise that while drugs may influence behaviour, social factors like anonymity or seeking attention also play significant roles in online violence.

Peer pressure through social media can be a significant factor in trying drugs.

Social media can amplify peer pressure through viral challenges, trends, or influencers promoting drug culture. Young people might feel pressured to conform to what they see online. Facilitators can discuss how online pressure is different but just as impactful as in-person peer pressure.

Taking drugs helps people feel more confident about what they share online.

Some might use drugs to feel more relaxed or confident, leading them to post more freely. Facilitators should stress that while drugs may alter behaviour, they can also impair judgment, leading to regrettable posts or decisions that may have long-term consequences.

The risks of drug use are exaggerated by social media and influencers.

Some influencers might downplay the risks of drug use, while others may sensationalise it for attention. Facilitators can discuss the balance between exaggerated media portrayals and the real, often underrepresented risks associated with drug use, encouraging critical thinking about online content.

The fear of being exposed or shamed online is a major reason people avoid using or selling drugs.

Social media has made it easier for people to be exposed or shamed for their behaviour, which may deter some from engaging in illegal activities like drug use or dealing. Facilitators should explore how online exposure can lead to both social and legal consequences.

Prescription drugs that are bought online are safer to use than illegal drugs.

Online marketplaces make it easy to buy prescription drugs, but these can be counterfeit or unsafe. Facilitators should emphasise that even prescription drugs carry risks, especially if obtained from unreliable sources or without a prescription.

Social media is more effective than school education in shaping young people's views on drugs.

Young people often turn to social media for information and trends, which may have a greater impact than traditional drug education. Facilitators should discuss the pros and cons of getting information from social media versus reliable educational sources, encouraging young people to question where they get their facts.

Reducing drug content on social media would lead to a decrease in violent behaviour.

Exposure to drug-related content can glamorise risky behaviour, which may contribute to more violent or reckless actions. Facilitators can explore whether limiting exposure to drug content online could reduce negative influences, or whether violence stems from broader social issues.

Young people online differently about drugs than adults do.

Young people are often exposed to more casual or glamorised portrayals of drug use online, while adults might have more cautious views based on experience or traditional education. Facilitators should encourage an open discussion on how perspectives differ and what influences those views—whether it's online culture, education, or personal experience.