

# Are you worried that your child is using ketamine?

## BACKGROUND

Ketamine has been in the news a lot recently. Matthew Perry the Friends star was found to have it in his system when he died in 2023. Meanwhile the BBC have run a series of stories on the impact of the drug on young people including a File on 4 investigation entitled *Generation K: Kids on Ketamine*.

And the stories keep coming, from a twenty-fold increase in deaths linked to ketamine to the Government previously considering upgrading the drug from class B to class A.

**WORRIES** Understandably all this makes parents very fearful.

At Adfam

we have seen an increase in the number of parents and carers contacting us for advice and support around ketamine use.

The first message we want to give to parents is that we are always here for you, whatever your concerns, never feel that you can't turn to us for help. What we also want to do, is to try and reassure you, replacing fears with facts and reducing anxiety by giving you access to the information you need.

It is very important to remember that despite all the headlines the numbers of school age children trying ketamine is thankfully very small. The most reliable figures suggest that it is probably under 1%.



CONTEXT We are certainly not downplaying the significance of this figure nor are we ignoring the increase in use seen over the past decade. The dangers posed by Ketamine, especially when mixed with alcohol or other drugs, are very real and the long term impact of ketamine use is devastating.

But as with other drugs and as with alcohol we believe that the best approach is to get reliable information, to approach the topic calmly, and to open up a dialogue with children in an age appropriate way.



## INFORMATION AND SUPPORT

Factual information about ketamine, including risks and harm reduction advice is available on the following websites:

[drugwise.org.uk/ketamine](https://drugwise.org.uk/ketamine)

[talktofrank.com/drug/ketamine](https://talktofrank.com/drug/ketamine)

For guidance around having conversations with your children about drugs, the following resources are available:

[parentsdrug.info](https://parentsdrug.info)

[adfam.org.uk/wp-content/uploads/2025/01/When-a-child-uses-drugs-or-alcohol-2025.pdf](https://adfam.org.uk/wp-content/uploads/2025/01/When-a-child-uses-drugs-or-alcohol-2025.pdf)

Adfam has a series of videos for families affected by substance use with advice and guidance on dealing with the effects here: [adfam.org.uk/video-support/](https://adfam.org.uk/video-support/)

A directory of local drug and alcohol services is available here: [talktofrank.com/get-help/find-support-near-you](https://talktofrank.com/get-help/find-support-near-you)