

CRAFT¹

How safe are you?

Have you ever ridden in a car driven by someone (including yourself) who was under the influence of alcohol or drugs?

☐ Yes

☐ No

Do you ever use alcohol or drugs to relax, feel better about yourself or fit in?

☐ Yes

☐ No

Do you ever use alcohol or drugs while you are by yourself, or alone?

☐ Yes

☐ No

Do you ever forget things you did while using alcohol or drugs?

☐ Yes

☐ No

Do your family or friends ever tell you that you should cut down on your drinking or drug use?

☐ Yes

☐ No

Have you ever got into trouble while you were using alcohol or drugs?

☐ Yes

☐ No

Practitioner Guidance Notes

CRAFFT

If you have established that the young person you are with is using alcohol or drugs you can explore some of the risks they may be doing further.

This tool will explore the risks a young person may be taking when using alcohol or drugs.

CRAFFT is the most well evaluated tool to establish drug and alcohol risks and is recommended by NICE (National Institute of Clinical Excellence)².

Next steps

If the young person answers yes to 2 or more statements suggest contacting the SDAS Young People team for more in-depth assessment and harm reduction work.

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The CRAFFT tool has been validated by the American Academy of Paediatrics Committee on substance abuse with adolescents aged between 11 and 21 years old

² NICE guidance 24. Alcohol Use Disorders: Preventing the development of hazardous and harmful drinking June 2010
