

## **SENSITIZATION PROGRAMME FOR SCHOOL STUDENTS AT 10 DIFFERENT SCHOOLS**

The sensitization programme on” causes and impact of drug abuse among students” organized by Dr. Jilly John, Assistant Professor and Project Coordinator Central University of Kerala. As the district is widespread and difficult to reach at a common place, the programme for stakeholders took place at different venues of the district where the particular group of beneficiaries came together and attended the programme. The 10 schools in the district were ready to conduct the programme in their school. Participants of sensitization programme for schools were parents and students. The programme was a one day programme for students and PTA members and one session only for Parents and teachers of the same school. From June 2017 to March 2018, within 6 months, 10 schools were covered. From 10schools around 1250 students, 600 PTA members were sensitized within this programme.

This programme conducted in 10 different schools namely

1.Chinmaya HSS, Kanhangad, 2 Govt.HSS, Alampady, 3.Govt. HSS, Periya, 4.Govt.HSS Madikai, 5.Govt.HSS,Chamundikunnu, 6.Govt.VHS,Kunjathoor, 7Govt.HSS,Ravaneswar, 8.Govt.HSS, Pilikode, 9.Govt.FHSS,Marakappa,Kanhangad,10.G.H.S.S.Bethurpara.







## MYTHS & FACTS

### MYTHS

There is no harm in trying a drug just once, because one can stop after that.

Drug increase creativity and make the user more imaginative.

Drugs sharpen thinking and lead to greater concentration.

Will power alone can help a drug addict stop taking drugs. You can get addicted to drug only if you use it for a long time.

Inhalants are harmless and the safest drug to use.

Teenagers are too young to get addicted.

Most of the addicts get their first drug from a peddler or a pusher.

### FACTS

Almost all drug addicts start by trying just once. Once the drug is taken, the desire for further intake increases with time which becomes a part of his or her habit.

Drug addicts loses clarity and may become incoherent over a period of time.

Drug induce dullness and adversely affect normal functioning of body and mind.

Besides strong will power, love and support of family and friends, medical and psychiatric treatment may be needed to come out of drug addiction.

Drug affects the brain directly. This can make a person stop breathing, have a heart attack or go into a coma. It can happen even when the drug is used for the first time.

Using inhalants such as thinners, glue, cleaning fluids etc. can cause permanent damage to vital organs like the liver, brain and nerves.

Addiction can happen at any age. Even unborn child can get addicted because of drug use by his/her mother.

Most of the addicts get their first drug from a friend or an event at home.

- ❖ Say "No thanks"
- ❖ Suggest other things to do instead
- ❖ Say "No" repeatedly
- ❖ Mention dangerous side effects
- ❖ Change the subject
- ❖ Return the challenge (for instance : "What's wrong? Scared to do it by yourself?")
- ❖ Reverse peer pressure (for instance : "Drugs are boring, I can't believe you need to do that stuff")
- ❖ Base an excuse on an activity (for instance: "I can't drink, I'm training for football")
- ❖ Talk about your reasons for opting to say 'No' with friends/peers and classmates.
- ❖ Hang around with non-users
- ❖ Ignore
- ❖ If the situation seems too overwhelming, just walk away.

**"Its easier to prevent bad habits than to break them"**

...Benjamin Franklin

*Before you take Drug...*

# THINK..

**T** = Is it **TRUTHFUL?**

**H** = Is it **HELPFUL?**

**I** = Is it **ILLICIT?**

**N** = IS IT **NECESSARY?**

**K** = IT IS **KILLABLE?**

**"Say No to Drugs"**

National Toll Free Helpline for  
Prevention of Alcoholism & Drug Abuse

**1800-11-0031**



## SENSITIZATION ON CAUSES AND IMPACT OF DRUG ABUSE AMONG STUDENTS



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## What is substance abuse?

Substance abuse, also known as drug abuse, is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance-related disorder. Commonly used drugs are, alcohol, cannabis, ganja and their products (hashish, charas & ganja oil); opium and their products (heroin, brown sugar, smack etc.).

## What are the reasons for substance abuse?

- Peer pressure of friends or relatives
- To satisfy curiosity, relieve boredom, experience pleasurable feelings.
- Easy availability and ignorance about the health hazards.
- To start taking drugs just for fun, entertainment or to be sociable.

## Hazards of substance abuse

### Physical problems

1. Brain:  
Poor concentration, defective memory, brain damage, cerebellar degeneration, injury to peripheral nerves
2. Oesophagus:  
Oesophagitis, cancer
3. Heart:  
Hypertension, atherosclerosis, cardiomyopathy, myocardial infarction
4. Lungs:  
Chronic chest diseases, carcinoma, pneumonia, tuberculosis
5. Liver:  
Fatty liver, liver cirrhosis
6. Stomach:  
Vomiting, gastritis, peptic ulcers
7. Kidney:  
Dysfunction
8. Pancreas:  
Pancreatitis, carcinoma, diabetes
9. Bladder:  
Cancer
10. Sex Organs:

Males:

Loss of libido, impotence

Females:

Breast cancer, ovary impairment,  
Menstrual problems, infertility.

## Psychological Problems

As alcohol and other drugs affect the brain and the central nervous system, it leads to several psychological and emotional problems.

- slurred speech
- blurred vision
- impaired memory
- wrong judgment
- Anger
- Depression
- Fear
- slow reflex action

## Social Problems

Alcohol and substance use often leads to serious social problems which include

- financial debts, broken relationships
- marital problems and family break-down
- road accidents and other accidents
- Problems in the work place, conflicts
- Increased immoral activities
- divorces, suicides and homicides
- serious epidemic like HIV/AIDS

## What are the Solutions?

### 1. Controlling and Restricting Availability

- Control and restrict the easy availability of alcohol and other substances through effective policies, legislation and enforcement.
- Ban on advertisement and promotional activities in the electronic and print media, cinema and sponsorship events.
- Restricting sales and use near educational institutions, places of worship, project areas and public places.

- Increasing the legal drinking and smoking age limit to 21 years.

### 2. Demand Reduction Programmes

- Awareness campaigns for different communities and target groups highlighting the hazards of alcohol and substance use.
- Seminars, workshops, exhibitions, film shows, rallies shall be arranged.

The topic shall be included in the educational curriculum.

Voluntary Agencies and Faith Organizations should be encouraged to play a vital role in imparting preventive education.

### 3. Counseling, Treatment & Rehabilitation

Counseling and treatment facility should be provided to those who have already become victims to alcohol and other substances.

Rehabilitation programmes should be implemented in specific target groups.

Free counseling and treatment facilities should be provided in all Primary Healthcare Centres and Government hospitals.

### Role of family

Realize that alcohol / drug abuse is a dependence disease

Do not argue, quarrel, justify his/her use of substance

Do not suspect

Pay extra attention to his needs

Do not discuss his/her previous drinking/drug use problems with others

Psychological Support by teachers and parents

- Do collaborate
- Don't be afraid to ask for help
- Don't take it personally
- Do build rapport and trust on the good days
- Don't be backed into a corner
- Do have a plan for when things go badly
- Don't be panic if behavior plan do not work rightly
- Don't let them get away with misbehaviour
- Do stay calm