

It's all about Drug Abuse

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SADA

A Voice Against Drug Abuse

(Youth Special Edition)

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Al Quran

يَأْتِيهَا الَّذِينَ ءَامَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلٍ

الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تَفْلِحُونَ ﴿٩٠﴾

O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah], and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful.

Verse No 90 Surat Al-Mā'idah



Life is Beautiful without Drugs

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Hadith

It was narrated that Ibn 'Umar said: "Intoxicants are unlawful in small or large amounts." (Sahih) . Sunan an-Nasa'i

... It was narrated that Anas said: "I was pouring (wine) for Abu Talhah, Ubayy bin Ka'b and Abu Dujanah among a group of Ansar when a man came in and said: 'Something new has happened; the prohibition of Khamr has been revealed.' So we poured it away." He said: "The only intoxicant in those days was Fadikh, a mixture of unripe dates and dried dates." And Anas said: "Khamr was forbidden, and most of their Khamr in those days was Fadikh."

(Sahih) Sunan an-Nasa'i

... It was narrated that Ibn 'Abbas said: "Khamr was forbidden in and of itself in small or large amounts, as was every kind of intoxicating drink."

Sunan an-Nasa'i

Golden Words

Michael

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Who do you see lying there,
As you hold his wrist in your hand?
I see what you see, but I know who I know
My brother, your patient, the man.

Someone who babbles, dribbles and smells,
A pretty unpleasant sight,
Someone who stares and laughs for no reason,
Someone who “isn’t quite right”.

But I know the child who played in the sun
With the hopes and dreams of us all
The teen who loved music and QPR,
With a talent for playing football.

No, he doesn’t play now, his ankles were crushed
When he jumped to escape from the pain
Of the demons who haunted and taunted him
No, he’ll never play football again.

But somewhere there still is the person
Who’s loving gentle and kind,
Who lives in fear of a hostile world
That he sees with his tortured mind.

Just wanted you to see beyond
The shell now in your care,
So you could know a bit of the man
My brother, lying there

Recognize Your Foe

My father was a business man. I started going to oil shop with my father at early age. Our business was flourishing. By the end of each month, a group used to come to collect bhata (extortion) from my father. I got angry but my father always stopped me from expressing my anger in front of them. Gradually, I made friendly relations with them. I became an active member of that group and started taking bhata from them. Later on, I became an alcoholic.

I used to take bhata from a drug dealer of my locality. Once, he gave me drug instead of money and I sold it. One day, I wanted to take alcohol but I could not find and drug dealer gave me heroin. Now, I am a chronic heroin addict, a useless person of the world.



From Sobriety to Success

I had been dearest of my family because of only son. I had two elder sisters who got married. My parents passed away during my teen age; therefore, I had to live with my relatives. They did not care me as they were for their own children. I used to feel it a lot and started staying out of home. One day, I left my city and started working in a hotel of New City. I could not sleep well and missed my family, parents, very much.

My colleagues offered me cannabis to get rid of my past problems. I used and became a cannabis users. After that, I used injections. I used to feel guilty over using drugs and the time came when I decided to get treatment of my problem. I got myself admitted in a treatment and rehabilitation centre and sustained my recovery till 2 years. My lonely feelings overwhelmed me again and I got relapsed. But immediately I realized my mistake and went to the treatment center again to be recovered for drugs. Now I am living a sober life for last three years.

Up and Downs in Life

Despite being a poor family, we were satisfied and happy with our family environment. After marriage, my life was ruined. My husband was an alcoholic and used to beat me if I stopped him from taking alcohol. He wasted his money on alcohol. I was blessed with three children. My elder brother used to financially help me.

I was having expectations from my eldest son. Once he went to out of city to attend a marriage ceremony where he was offered alcohol. He too became alcoholic and crystal user. He destroyed his business and got involved in crime. One day, police came to my door to arrest my son for being involved in crimes. He was detained in prison for six months.

My elder brother got him admitted in treatment and rehabilitation centre. I am very thankful to my Allah who cured my son. Now, he is a recovering addict and doing a job.

Helpline

Q: My husband is a cannabis user. He is doing a good job and provides everything to me. But I am very concerned about his addiction. I requested him many times to quit drugs but he does not consider it addiction. He says that despite using cannabis, he is doing his job very well. He is not willing to see the dark side of drug addiction. Kindly help me in this regard

Kulsoom - Multan

A: Dear Kulsoom, all kinds of drugs are harmful for health. Cannabis works as a slow poison. Like others, your husband does not take it as a drug addiction. You could not convince him because you are his wife. Usually, drug abusers do not pay attention to what their family is saying. Any suggestion from family is taken as routine lectures; therefore, they are not easily convinced. You should help from others (relatives, friends or any professional) who could tell him the harmful effects of cannabis use. You approach health professional of your city and discuss your problem in detail. He or she may better help you. Also talk to a reliable person of your acquaintance. If you are educated, you could get information from magazine, website about cannabis addiction and discuss with your husband. Motivating and treating drug addict family member entails continuous struggle.

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Empowering Youth to Combat Drug Abuse Problems

By Haider Ali

Youth are the asset of a nation. Healthy, well educated and trained youth is surety for future progress of the country. About 60 % of Pakistan's population (104 million) comprises of people under the age 30. Our youth is facing numerous problems such as; poverty, unemployment, improper educational system etc. For these reasons, our young people are being derailed from the way of progress and being hunted by drug abuse problems.

Owing to the use of variety of drugs, youth are experiencing academic difficulties, health-related problems (including mental health), and poor peer relationships. Additionally, their family, community, and the entire society are at great risk of health and social problems. Lack of the spaces for healthy activities is one of those reasons which are making grounds for using drugs among youth.

Youngsters do not have any specific space where they could spend their leisure time and develop their skills. Establishing healthy spaces for youth to build skills are the demand of this crucial time. YES (Youth Empowering Spaces) is a great example of such types of spaces for our youth. Such types of institution will be helpful to polish the skills of our youth to compete the society which further will prevent them from drug abuse problems. Our government should establish more institutions for our youth where life skills training and awareness of drug abuse problems should be given besides building their creative and occupational abilities.

Environmental/Social Risk Factors For Drug Abuse Problems Among Youth

By Safia Rafiq

Risk factor is defined as a factor which increases the chances of having ailment/diseases. For example; Chewing tobacco may lead to mouth cancer. Active smoker may be responsible for developing health diseases among passive smokers.

There are different risk factors for drug abuse problems among youth such as biological, psychological and social. Social risk factors include unemployment, disturbed family environment, unavailability of educational opportunities, availability of drugs in locality, law and order situation.

Environmental/social risk factors are increasing the chances of using drugs among youth. A youngster who is disturbed because of his family environment will spend time out side of his home, sitting with friends who can offer him drugs. Handling peer pressure will be difficult for him, as a result, he will be ready to use drug.

A youngster deprived of educational opportunities and economic resources may be at great risk of using drugs. His disappointment from social problems will produce images of drugs in his mind as the suitable source of getting rid of his problems. Easy availability of drugs/substance in his locality will further serve to increase his craving for drugs.

Therefore, preventive steps should be taken by government in order to eliminate social and environmental problems that increase the chances of abusing drugs among our youth. To save our country, it is essential to save our youth.

Need For Achievement and Drug Abuse Problems among Youth

By Riffat Sadiq

Need for achievement is basic of success among youth. Need for achievement is a basic motivating factor for a person to achieve his life goal. Behind each great success, need for achievement works. But sometimes, this need for achievement may destroy one's life.

Ahmed is a general physician. At the time of being medical student, he had to study a lot to get good grades. He and his group friends decided to use medicine to study for more than 6 consecutive hours. They did so and passed out medical life with success. But they all became addicted to the medicine which they used to enhance their stamina.

Ali wanted to continue his study but could not owing to not having enough resources. When he failed to gratify his need for achievement, he was overwhelmed by hopelessness. Eventually, he indulged in drug addiction which further destroyed his life.

Need to achieve a desired goal is a positive thing but appropriate way for the gratification is more important than need. Neither all needs are possible to be gratified nor do all solutions work out successfully.