

SADA

A VOICE AGAINST DRUG ABUSE

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يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا تَقْرَبُوا الصَّلَاةَ وَأَنتُمْ سُكَرَىٰ حَتَّىٰ
تَعْلَمُوا مَا تَقُولُونَ

O you who have believed,
do not approach prayer
while you are intoxicated
until you know what you
are saying

Surah Al Nisa 43

What Is Inside

Page No

- Al Quran **I**
- Hadith Nabvi **2**
- Parents: A powerful source for their children **3**
- Family and drug abuse problems among children **4**
- Effects of Parental Addiction on Children **6**
- Drug addiction can be a learned behavior **7**
- A ray of hope is always there **8**
- From Sobriety to Success **9**
- Helpline **IO**
- Golden Words **I2**



Hadith

Narrated Abdullah ibn Amr ibn al-'As: The Prophet (peace_be_upon_him) forbade wine (khamr), game of chance (maysir), drum (kubah), and wine made from millet (ghubayrah), saying: Every intoxicant is forbidden. Abu Dawud said: Ibn Sallam Abu 'Ubaid said: Ghubairah was an intoxicant liquor made from millet. This wine was made by the Abyssinians ...

Sunan Abi Dawud

Narrated Ibn `Umar: I heard `Umar while he was on the pulpit of the Prophet saying, "Now then O people! The revelation about the prohibition of alcoholic drinks was revealed; and alcoholic drinks are extracted from five things: Grapes, dates, honey, wheat and barley. And the alcoholic drink is that which confuses and stupefies the mind."

Sahih al-Bukhari

Ibn 'Umar reported the Apostel of Allah (may peace be upon him) as saying: Every intoxicant is forbidden. He who drinks wine in this world, and dies when he is addiction to it, will not drink it in the next.

Sunan Abi Dawud

Parents: A Powerful Source For Their Children

By Bill Cameron

Ex President Drug Free Scotland

**Ex- Vice Secretary, Europe Against Drug Abuse &
Founder of “INVOLVED”**

The war against drug abuse has been fought for over thirty years in UK. This “war” is a mindset. Current practice in UK sees addicted young people being maintained on the same drug that they are addicted to with no mention of Abstinence. Drug abuse costs **Scotland** £3.5 billion a year and the stark reality is that we have failed.

A new group, INVOLVED, aims to call co-dependent Scottish parents to become involved in their children’s treatment towards ABSTINENCE. Parents are able to tell the truth about their home situation. Addicted people are inveterate liars and frenzied manipulators and their treatment will be based on the story they tell their counselor.

Parents are a powerful force, an invaluable source of information and they will be a strong power at the election stations. Apart from a few counseling sessions, parents receive no help in coping with the insecurity, violence and instability of drug abuse at home.

Parents are able to help both their child and themselves and there ought to be at least one parent in every anti-drug group.

Perhaps my first sign of awareness is that I now realize that I have spent most of my effort over twenty years by supporting my child’s weakness with my strength, money and love.

I convey the message from my heart to parents from all over the world- **“take courage and move into your rightful place for your children’s sake”**.

Family & Drug Abuse Problem Among Children

By Shireen Ismael

Family is the first institution for the child to learn the lessons of being good human, responsible citizen and healthy member of his society. Parents always try to provide best to their children such as; food, shelter, education and love. There are parents who have ignored their personal needs in order to facilitate their children.

In spite of that a large number of children are under the influence of drugs and others social evils . There are multiple reasons for the involvement of children in drug abuse. One of them is the family environment in which a child mentally, morally and physically grows.

It has been observed that in Pakistan, family environment is one of major cause of developing delinquent behaviors among children. Use of gutka, cigarettes , huka , gurako , Paan , betel nut, naswar, rattan and awa etc by elder present the role model for children. Family members set example for their children by using these dangerous

Many times, it is reported that elders ask their children to purchase these dangerous substance for



them. You can see the children purchasing these substances from the paan shops in your area.

Use of these dangerous substances by family members put the children at great risk of being addicted to paan, gutka, chalia and cigarette in future. Parents or other family members are too busy in variety of duties that they do not find sufficient time for their children to develop the sense of right and wrong.

Most of the children spend a lot of time to be sitting outside the home with other children. They also observe other people using these things.

Fathers smoke while carrying the children. Passive smoking of tobacco is as dangerous for children as for active smoker.

It also has been reported that some mothers give cough syrup, opium and others substance to their infant children so they may sleep for hours without disturbing them.

Mothers often hide the bad activities of their child from fathers and as a result, their children become out of control of parents.

There is additional misfortune in our society is that when someone complains to parents about their children, parents take it their heart and absolutely deny of something wrong in their children. They do not bother to investigate the matter. The time comes, when they can not do more than lamenting.



Effects of Parental Addiction On Children

By Haider Ali

Once a family member becomes drug abusers, specifically parents, the unstoppable destruction gets started in entire family. Parental addiction has profound impact on the physical and mental health of the children. They are not provided proper food and education. They are also deprived of love and security. Additionally, they copy the addictive patterns of their parents.



In Pakistan, female children suffer a lot. No one likes to get married to a daughter of addicted father. She starts avoiding people because of feelings of shame and guilt. People do not like to do friendship with addicted family.

Children of addicted parents are compelled to do labor work, could not continue their studies. Addicted fathers beat their children, abuse them and sometimes, are willing to sell their children for getting money. In later life, these children have difficulty in adjusting in their environment because of numerous problems. Moreover, there are more chances to develop negative behaviors and to be engaged in wrong activities.

Drug Addiction Can

Be Learned Behavior

Drug Addiction Can

Be Learned Behavior

I had been observing my family taking gutka, naswar and huka. I was sent to purchase gutka many times for my elders. I saw them enjoying these substances. I developed strong desire to use these things by own. My elder family members used to buy gutka, chalia and naswar besides buying fruits and vegetables. I became curious about all these substances. At the age of 7, got gutka from my uncle and tried it. Since then, am using it.

My family did not take it serious and till the age of 12, I am addicted to gutka. I lost my interest in studies and could not pass my matriculation exams. After that, I was offered cannabis by one of my friends. First I used cannabis and then I experimented heroin. Heroin addiction destroyed my family relations and I used to fight with them for money to buy drugs. I have ruined my life forever

A Ray of Hope Is Always There

A Ray of Hope

Is Always There

I belonged to a lower class family. There was only one room in my house for 8 family members. My mother, despite being an illiterate woman, tried to make us educated. We used to go to government school. As soon I passed the grade ten, level, my family arranged my marriage to a businessman. I was his second wife. He was an alcoholic. He used to beat me. Later on, he used to apologize for his misbehavior. I informed it to my family.

My mother suggested me to get treatment for my husband. I approached a treatment centre and convinced my husband for getting treatment. He remained in the hospital for three months. By the grace of Allah, my husband got recovered and now we are living a happy life for last 12 years.

From Sobriety to Success

From Sobriety

To Success

I was about to reach to my grave. I had lost every thing, my time, money, relations etc. I used to live under the bridge and sometimes in the graveyard. My both parents died and brothers were settled in America. I used to beg standing at bus terminals. My younger sister tried hard to get me out of this miserable life. Many times, she came to me while I was sitting under the bridge and I used to run away from there.

One day, she came there with a recovering addict who tried to motivate me for getting treatment but I did not agree. After few days, they succeeded to motivate me for treatment. I got admitted in a treatment and rehabilitation centre . Although, I was relapsed trice but for last eight years I am leading a sober life.

Help Line

Q 1: I am 36 years old, working as a school teacher in government sector. I have two sisters and one brother. My both parents have passed away. I am living with my sisters and our brother has left us after getting married. We all are unmarried and no body helped to find suitable match for us. I feel inferior when people and my colleague inquired about my marriage. Sometimes, I feel too tense to go to bed. My occupational life is also being disturbed. I am using tranquilizers but after attending a workshop conducted by Drug Free Nation, I got realized that tranquilizers are harmful for me. I want to quit it but could not do so. Kindly suggest me what should I do?

Samina- Karachi

A: It is a hard truth of life that our all desires and needs are not fulfilled. Sometimes, we have to live in a way that we hate to live. There are number of people who are alone, having financial difficulties, deprived of amenities etc. We have to accept this reality. You and your sisters desire to have your own family but you do not have. You are 36 years old, an educated woman and also doing a job. You can ask your elder sisters to find a match for you. You can also consult a matchmaker or someone else you rely on. If all these efforts are in vain then you try to accept the reality. Consult a psychological counselor to overcome your tension and lonely feelings. Having learned to fight your lonely feelings, you would be more able to adjust in your environment, and then you will not need to be dependent on tranquilizers. Furthermore, engage yourself in recreational activities; manage leisure time to be mentally relaxed. Gradually, you will see the result **DFN**

Q 2: I am 19 years old, and doing bachelor in Computer Science. My father is a heroin addict and ruined all of this property. My mother is a very hardworking woman. She is masters in Economics and doing a good job for us. I have 15 years old brother who is studying in grade ten. We both are struggling for a better future with the help of our mother. We all did our best to convince our father to get back from drug addiction but he never cared of us. He snatches money from my mother for drugs. Whenever, my mother asked for divorce, he put down his head on her feet and requested her not to leave him alone. He continuously weeps to gain sympathy from us. People do not like to visit our home because of him. He is my father and I do not want to leave him but how could I make him realize that drug abuse is destroying our entire family.

Farah-Bhawalpur

A: Dear Farah, first of all , we appreciate you for continuing your struggle for better future. Your mother is indeed doing a great job, and you too are giving her hope by focusing on your studies. Like other girls, you too love your father very much and do not want him to be destroying by drug abuse. It is not possible to convince drug abuser for giving up drugs because drugs impair their cognitive functioning. Sometimes, we have to take drug addicts under treatment without their consent. You with the help of your relatives (male) to get him admitted in treatment centre without informing him. Let him remain in the treatment centre for few months, where his body will be detoxified from drugs. Moreover, he will be attended by psychologists who can make him understand better his problems. Arguments, discussion never work out with drug abusers. Only quality of treatment, professional assistance and family support can get them back to life. If there in no treatment centre for drug addicts in Bhawalpur, then you can approach other cities, like Lahore, Daska, Gujranawala where exclusive treatment is being provided to drug abusers. ***DFN***

The Battle

The Battle

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*The words that have yet been spoken
the things I need to say.
To voice what's within my heart
I just can't find a way.*

*I've fought with my emotions
I've held them deep inside.
I didn't want to face what for so long
you've tried to hide.*

*I've been lost within the dark
for so long I've seen no light.
Holding on to the memory
of a time when things were right.*

*I've looked upon your face
and seen the sadness in your eyes.
The battle of addiction*

*you no longer can disguise.
I've prayed to find the answers
of what I myself must do.*

*And I've prayed for the strength to fight
through the hell that I go through.
I've held on for so long
but I can no longer watch you die.
I cannot fight this for you
but lords knows how I've tried.
It's just so hard to watch the ones you love
slowly slip away.
That's why I just blocked it out
and held on to yesterday.
I don't have all the answers
or the power to save your soul.
Your broken, lost and lonely
and I cannot make you whole.
This fight is yours and yours alone
no matter what I do.
For I cannot save you
the only one who can
is you.*

Retrieved from <http://www.familyfriendpoems.com/poem/husband-and-the-battle-of-addiction>



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