

Children Special



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يَتَأْتِيهَا الَّذِينَ ءَامَنُوا لَا تَأْكُلُوا أَمْوَالَكُمْ بَيْنَكُمْ
بِالْبَاطِلِ إِلَّا أَنْ تَكُونَ تِجَارَةً عَنْ تَرَاضٍ مِّنْكُمْ وَلَا تَقْتُلُوا
أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا ﴿٢٩﴾

o you who have believed, do not consume one another's wealth unjustly but only [in lawful] business by mutual consent. And do not kill yourselves [or one another]. Indeed, Allah is to you ever Merciful.

Verse No 29 Surat 'Al 'Nisa



Hadith

Narrated Abu Huraira: Allah's Apostle was present with a bowl of milk and a bowl of wine on the night he was taking a journey (Al-Mi'raj). ...

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

It was narrated that Ibn 'Umar said: "I heard 'Umar may Allah be pleased with him, delivering a Khutbah on the Minbar of Al-Madinah and he said: 'O people, on the day that the prohibition of Khamr was revealed, it was revealed from five things: From grapes, dates, honey, wheat and barley. Khamr is that which overcomes the mind.'"

Poem

Please Stop, Mom.

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I smell the whiskey on your breath.
And you beg for me to put your temper to the test.
You slap me around, and call me names.
Mom, I'm sick of playing these games.
One day it's going to end up getting worse.
It hurts me. How you yell and curse.
Stop it, before it's too late.
Mom, this is not your fate.
You used to care.
You used to be there.
Now you've gone away.
Mom, please stop today.
Bruises and hits.
Temperamental fits.
All is causing me pain.
Mom, stop yelling. I'm not to blame.

Golden Words

You're drinking away what's left of you.
It's hurting me, and you're hurting me, too.
I've cried. I've begged. What more can I do?
Mom, I've tried to help. And I've tried too still love you.
It's hard, when I'm only neglected.
When all I ever wanted was to be accepted.
I know I'm not perfect, but look at you now.
Mom, you've got to stop this somehow.
You've beaten me down once more.
My heart's broken, and I'm lying on the floor.
How much more of this can I take?
Mom, please. Give me a break.
You brought me into this life.
And you cause me all this strife.
But are you going to take me out of this world, too?
Mom, stop before that comes true.

Source: Please Stop Drinking, Mom, Addiction Poem about f
<http://www.familyfriendpoems.com/poem/please-stop-drinking-mom#ixzz29CS7oLw0>

Consequences of Parental Addiction For Children

By Riffat Sadiq

Parental addiction has long lasting effects on their children. Drug addiction results in divorce, unemployment and violence towards family. Children daily observe their parents taking drugs, quarreling and fighting. Picture of ineffective parents bring behavioral and emotional problems for innocent minds. These children develop low self esteem and feelings of helplessness. They also have variety of problems in school such as; learning disabilities, poor academic performance. Many of them have dropped out from schools because of not being able to bear educational expenses. Sometimes, children of drug abusers are terminated from schools because of their poor performance and lack of interest in studies.

They also suffer from psychological problems such as; depression, anxiety, phobia, sleep problems and post-traumatic stress disorder. They exhibit social withdrawal and do not prefer to make friends. They also have fear of rejection from the society for being the children of drug abusers. Sometimes, these problems make them indulge in drug abuse and other criminal activities. They have to work as labor to support their families in very young age. They have to go on the way full of stones for whole life.



Children as Passive Smokers

By Shireen Ismael

According to the survey conducted by National Institute on Alcohol Abuse and Alcoholism (1996), every year, approximately four million women become pregnant. Among them, about 20.4 % are cigarette smokers, 18.8% are alcoholics and 13% abuse other drugs during the period of pregnancy.

A study shows that daily use of more than a half pack of cigarette by pregnant women increase the chances of giving the birth to a child having conduct disorder (later in life) as compare to non-smoker mothers (Wakschlag, Lahey, Loeber, Green, Gordon, & Leventhal, 1997). Smoking during pregnancy impair the brain functioning of fetus which are observed in terms of educational and behavior problems in later life.

Children become passive smokers when their caregivers smoke cigarette. Passive smoking is a risk factor for developing health problems among children, for instance; asthma, lungs problems, cancer and cardiovascular problems. There are also at the risk of becoming drug abusers in future.

Passive addiction also leads to behavioral and academic problems among children. Therefore, there is need to explore the psychosocial, behavioral and academic effects of smoking on children in order to raise the issue of active smoking that is badly affecting our future generation.

References

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Drug abuse Problems Among Children

By Safia Umer

Drug abuse is not confined to adults, our children are also using different kinds of drugs. Like adults, children are also using samad bond, petrol, cannabis, alochol and heroin. They are openly seen as using cirgarrette. The use of betel nut is common among them.

They develop drug abuse problem genetically and enviornmentally. Children of addicted parents are more likely to abuse drugs. Children also abuse drugs by observing other drug abusers. Family, residential area, school are the places where children observe others abusing drugs. They try to copy them.

Child also abuses drugs due to peer pressure. In a group, if one child is a drug abuser, he can incline other children to take drugs. Children are usually explorer and instantly experiment the new things. They are more curious about their surroundings. If they see a child taking drugs, they will like to try it their own self.

Children also hesitate to discuss every thing with their parents. If a child has fear of being scolded by parents, he will not tell them what his friends are doing. In such situation, child may use drugs on the request of his friends, or due to his curiosity about testing the drugs. Therefore, parents should discuss necessary things with their children in order to build a trustworthy parent-childr relation.

Proper education at school regarding drug addiction can save the children from abusing drugs. Parents, teachers and community members should be informed

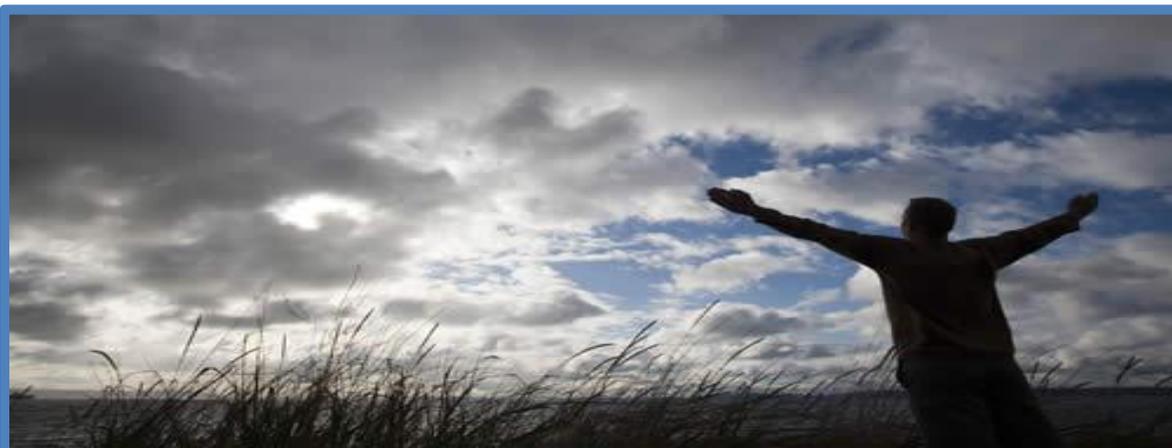
about the drug abuse problems (causing factors and effects). They can build a healthy enviornment that is needed to build skills among children to be healthy citizens in future.

From Sobriety to Success

I am 15 years old and a recovering addict. I used samad bond for the first time at the age of 13. One of my school fellow, also my neighbour, was an addict of samad bond. We both used samad bond together. One day, my mother saw me using samad bond and complained to my father. My father took immediate action to recover me from the addiction.

One of his friend was working in a treatment centre for drug abusers. He talked to his friend and got me admitted in the hospital. I was carefully treated in the centre and got recovered from the addiction. My both parents got helped from professional working in the hospital regarding my care so that I could refrain from the drugs.

My mother carefully supervised me and fulfilled my needs. My both parents worked hard to protect me from drugs. I am very thankful to my parents for their love and support. They never beat me but discussed negative angle of drug addiction. They still provide me relevant information and methods of handling peer pressure. I am studying in class 9th and working hard to be more education as my parents desire.



Where Should I Be Placed?

My father was a heroin addict. My mother got divorced when I was 5 years old. She got second marriage but my step father did not accept him. I have two step brothers. My mother left me at my grandparents 'home. I felt rejected by my both parents. My real father also died of overdose, whereas my step father did not allow my mother to care me.

I deprived of both parents. My mother did not want to annoy her husband and left me forever. I was growing as a stone on the way that is kicked by people. I used to play with other children in the street. One of them was addicted to samad bond. He offered me and I too used that. After that I daily used samad bond. At the age of 9 years, I became an addict. I also started smoking. My grand parents taunted me by calling the son of an addict. They harsh attitude forced me to run away from home. I did so and started living in another city. I found work to do support myself. My employer was a cannabis and alcohol users. I also used both drugs and gradually became a heroin addiction.

Now, at the age of 16 years, I have become an addict. I can not go back to my family, specifically my mother. My maternal uncle and grandparents will not accept me. Here I am alone and living on street like an addict. No one is mine; perhaps I do not deserve to be placed in this whole world. If I were, my mother would not leave me forever.

When Parents Become Horrible

I saw my father abusing my mother in my early childhood. He used to beat my mother and to call her with bad names. I along with my siblings used to sit quietly in the corner of home with great fear. I saw my mother weeping and grandmother cursing my father. He did not support us financially and wasted money in useless activities.

At that time I did not know about drug addiction but heard people and my relatives calling my father as "Nashae". I did not know what nasha was but I felt its horror side. My father was like a character of a horror movie who frightened others in order to kill them. My father also used to frighten my mothers, me and my siblings.

No one knows what I felt by perceiving my father as a horrible person. He was different from my cousin's father. She got money from her father, used to talk to him easily. But I was fearful of my father and did not want to go closer to him. My mother worked in a factory to fulfill our needs. We all siblings are school going. Our mother requested us to focus on our studies. I understand what she wants from us. One day, I will be able to tell parents that their drug addiction forms the horrible image of parents and diminishes the desire to be loved among children. These children get mature prior to the time.

Helpline +

Q-1: When I was 9 years old, my mother died of mouth cancer. She was addicted to gutka. It was very painful for a child to spend her childhood without mother. We were three, one brother and two sisters. My father got married to my maternal aunt for us. She took care of us like our mother. But she also used gutka and chalia. Now, I am 17 years old but still remembered the time of my mother dying with mouth cancer. I tried to convince my step mother (Khala) not to use gutka because my mother (her sister) died of that. She always says that every body has to die one day and no one will die before the right time of his/her death. My mother and her sister died because she had to die. She is not ready to accept the hazardous of gutka. She is very loving for all of us and I do not want to lose my mother again. Please help me

Rizwana-Karachi

A: Sweet Rizwana, you are lucky to have a good step mother plus lovely aunt. You experienced a trauma in your childhood that was indeed a great loss for all of you. You fear that your mother will die like your real mother. No doubt, use of gutka is a cause of mouth cancer and number of cases has been reported yet. Your mother would have seen people using gutka who did not report any problem. Therefore, she thinks that not all gutka users can suffer from mouth cancer and other diseases. You talk to your father and other reliable person of your family regarding that. You should have solid information highlighting pernicious effects of gutka, paan and chalia and then discuss with your mother in front of other family members. You tell her variety of adverse effects of gutka use instead of merely focusing on mouth cancer and mother's death. But remember one thing that it would not be easy for your mother to quit gutka in few days. It can take her months to quit it forever. If she eats gutka three times a day, then request her to use gutka two times a day, after one four days one time a day. The time comes when she will quit it. You can also consult a professional working in the field of drug addiction in Karachi city.

DFN

Names and places of senders have been changed to ensure the confidentiality. Keep sending queries without hesitation to Drug Free Nation (DFN) at dfn.pak@gmail.com