

A Guide Book` for Teachers

5 TIPS TO PREVENT DRUG ABUSE IN STUDENTS



Riffat Sadiq PhD , Safia Umer

A PUBLICATION OF DRUG FREE NATION
WWW.DRUGFREENATION.ORG

Contributors

Mr. Bill Cameron ,
President Drug Free Scotland

Prof. Dr. Gheyas-u-Din Siddiqui,
Chairman, Department of Social Work,
University of Sargodha

Haider Ali,
President, Drug Free Nation

Copyright © Drug Free Nation 2013

Preface

The teacher is the person, after parents, who play a vital role in the character building of his students. Besides teaching a curriculum, he is also responsible for creating the awareness for his students of both the positive and negative aspects of social change. The teacher has also a responsibility to impart knowledge concerning social disease.

Drug abuse is a social disease which has grown in educational institutes and destroyed many brilliant minds that could serve the nation in an unsurpassed way.

Unfortunately, the use of drugs is rapidly increasing among students. Teachers are in a prime position to make the necessary moves to educate our future citizens about social disease. This short booklet presents five tips that teachers can present to their students to enable and empower them to cope with drugs in their lives.

Riffat Sadiq PhD
Safia Umer

1. Get Information About Drug Abuse Problems

Teachers must be aware, in the first instance, of the relevant environmental conditions and problems that affect both teacher and students and drug misuse is one such problem that has to be rigorously researched in order to provide sensible and truthful evaluations of the social problem, both locally and nationally.

Otherwise students will be forced to accept media reports and other anecdotal evidence that may be false.



How To Get Information About Drug Abuse Problems?

- Read newspaper, books, magazine, search website related to drug abuse problems
- Talk to your colleagues about drug abuse problems
- Talk to health professionals of your residential area to get information.
- The internet has many valuable sites concerned with drug abuse in all its forms.



Teachers are advised to be aware of any of the following signs that might emerge in their classes.

This might be difficult since several of these can be explained as "normal" changes in adolescence.

- Unexplainable mood swings.
 - Negative , argumentative, paranoid or confused , destructive, anxious
 - Over reaction to criticism or rebellious.
 - Cheating or stealing and no longer able to share.
 - Unusually unhappy or depressed.
 - Overly tired or hyperactive
 - Drastic weight loss or gain
 - Sloppiness in appearance
 - Changing friends
-
- Any of the above symptoms ought to be discussed fully with the student and his/her parents. These symptoms are not normal whatever the cause. Educational psychologist may be approached to deal with this situation in school if the service exists. In situations where the student is evidently using drugs then great care is required. Never play the blame game.

2. All Drugs Abuse is Unacceptable.



2. All Drugs Abuse is Unacceptable.

It matters not whatever personal opinion states.

There is no such thing as a recreational drug:

Any substances that causes the user to become addicted is inappropriate: betel nuts, alcohol, cannabis, tobacco, wine – and the more widely known and used drugs such as heroin, ecstasy, cocaine and not forgetting prescription drugs.

It is a fact that most of these drugs have found their way into our schools, colleges and universities, BUT it is not a fact that ALL children will experiment with such substances.

In schools, ALL members of that society are able to misuse drugs: students, teachers, professional medical staff, administration staff, janitorial staff etc... **BEWARE.**

Drugs are illegal because they are dangerous – not dangerous because they are illegal.

How to appreciate the dangers of any substance:

- Search diligently for the effects of drugs.
- Gather as much information as you can and discuss it with your students and parents.

You may notice the following in your student body:

- Sudden drop in grade
- Truancy
- Loss of interest in learning
- Sleeping in class
- Poor work performance
- Incomplete homework
- Defiance of authority
- Poor attitude towards sports and other extracurricular activities.
- Evident memory loss
- Poor span of attention

3. Be A Role Model For Students



Be A Role Model For Students:

Before talking to students about addiction, you should present yourself as a role model for them.

Smoking cigarettes in front of your students will present the very opposite information you teach.

Students learn from your words, personality, behavior and your attitude towards them



How To Be A Role Model For Students?

Have adequate and sensible information for students.

Do not indulge in any form of addictive behavior.

Your students may know much more than you – from their own personal street connections.

Bring a rehabilitated drug user to speak with students and parents or invite a parent whose kids have been on drugs to speak to students and parents – that's reality and great experience –not simple anecdote.



4. Teach Healthy Activities To Students



Teach Healthy Activities To Students

Students need healthy activities including extracurricular activities or art and craft class activities. You can also arrange activities which can be source of learning about drug abuse problems besides expressing their talents and potentials.



How To Teach Healthy Activities To Students?

- Arrange a speech competition, paintings dramas, related to drug abuse problems or other issues.
- You can arrange student “anti-drug” week in the educational setting, inviting former addicts and parents to speak.
- Include life skills training with other entertaining activities; anger management, self expression, physical and mental workshops:
- Be aware that some of the kids attending these workshops may well be using drugs and attempting to become free through these activities?
- Encourage them to take part in different games



5. Remind Students Of Their Spiritual Self



Remind Students Of Their Spiritual Self

Students of all ages are, by nature and creation, very aware of their non-physical being and they must appreciate this link – spiritually.

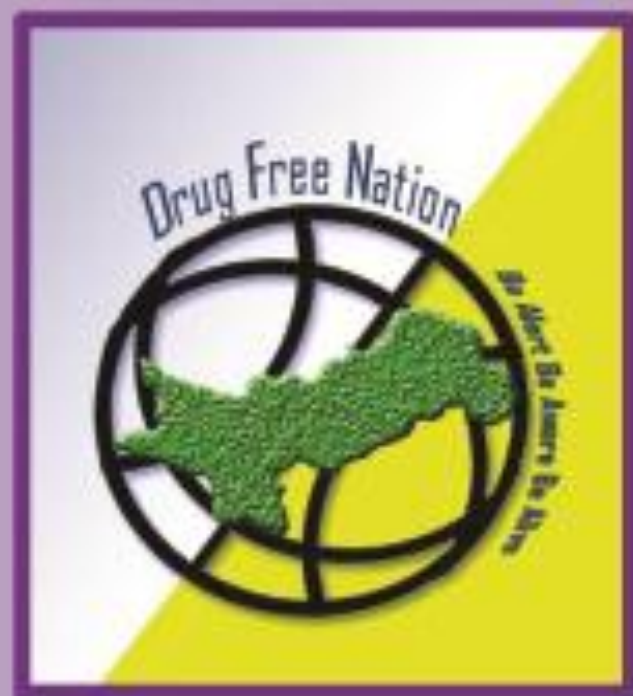
They can be taught to reach inside to their own source to gain strength and support.

Your school or college will no doubt have a pastoral assistant to deal with such sensitive issues. This oneness of spirit will gather them in a physical way.

Prayer /Meditation ought to be “taught” since it is during episodes like these, when thoughts are minimised that every cell in the body can replenish and work through its own energy.

A simple belief in Allah is not sufficient. They must be convinced that this enormous power that some call God, others Allah and others All that is, belongs to them individually and collectively.

It is the mind alone (thought) that control the body.And not the other way around. Go well. Allah hafiz.



A Publication of Drug Free Nation
www.drugfreenation.org