



## STAND AGAINST DRUGS

Stand Against Drugs is a project that seeks to develop essential concepts, attitudes and skill of universal drug abuse prevention programmes through youth work to make great strides in developing both the knowledge and the tools that can stem the tide of drug abuse and curb its devastating effects on young people.

The project explores the complex challenges of drug abuse on social, educational, cultural and personal development among young people by viewing these issues through the lens of youth work and youth participation.

Youth may be on the verge of dropping out from school or already have dropped out; their family lives often are chaotic; sometimes their parents themselves abuse drugs; they may actually be living on the streets or in shelters, etc.

Thus, how can these youth be prevented from abusing drugs? What are their special needs and what kind of drug abuse prevention programmes can help them? Hence, the project is seeking to create quality youth-friendly programmes.



## ASIAN & EUROPEAN YOUTH TOGETHER AGAINST DRUG ADDICTION

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## ALCOHOL, DRUGS, AND YOUTH

There is no single age group of people more affected by alcohol and drugs than youth. In some ways it feels like it is an issue everywhere: for you, your family or your friends. Plain and simple, try as you might, you cannot escape the issues of alcohol and drugs.

Alcohol and drugs affect each and every one of us, directly or indirectly: in our homes, our families, our school, our dorm, our community, town, society or city.

For some, one time or infrequent use of alcohol or drugs can result in tragedy: alcohol overdose, an accident when under the influence of alcohol or drugs, or an arrest associated with alcohol or drugs that may cost you your reputation and/or your freedom.

For others, even though they may not use alcohol or drugs, they could become a victim of an alcohol or drug-related crime. Yet for others, what may have started as occasional use can turn into an addiction that presents extraordinary health consequences.





As a young person you are faced with many challenges. However, very few have the potential to affect your life in a more significant way than the decisions you make about alcohol and drugs. The decisions you make about alcohol and drugs will influence your health, your grades, your relationships, your job or career, maybe even your freedom.

### So, what can you do to protect yourself and reduce the risk of alcohol and drug problems?

#### 1. DON'T BE AFRAID TO SAY NO

Our fear of negative reaction from our friends keeps us from doing what we know is right. Real simple, it may seem like “everyone is doing it,” but they are not. Don't let someone else make decisions for you. If someone is pressuring you to do something that's not right, you have the right to say no, and not give a reason why.

#### 2. CONNECT WITH FRIENDS & AVOID NEGATIVE PRESSURE

Pay attention to who you are hanging out with. If you are hanging out with a group in which the majority are drinking alcohol or using drugs to get high, you may want to think about making new friends. You may be headed toward an alcohol or drug problem if you continue to hang around those who routinely drink alcohol, smoke marijuana, or use illegal drugs.

#### 3. MAKE CONNECTIONS WITH PARENTS OR ADULTS

Life's challenges and your decisions about alcohol and drugs is very important. The opportunity to benefit from someone else's life experiences can help put things in a new perspective and can be invaluable.



#### 4. ENJOY LIFE AND DO WHAT YOU LOVE WITHOUT ALCOHOL & DRUGS

Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, “I'm bored” is just an excuse. Get out and get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on life.

#### 5. FOLLOW THE FAMILY RULES ABOUT ALCOHOL AND DRUGS

As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important. Don't let alcohol and drugs come between you and your parents. Talking with mom and dad about alcohol and drugs can be very helpful.

#### 6. GET EDUCATED ABOUT ALCOHOL AND DRUGS

You cannot rely on the myths and misconceptions that are out there among your friends and on the internet. Your ability to make the right decisions includes getting educated. Visit Learn About Alcohol and Learn About Drugs. And, as you learn, share what you are learning with your friends and your family.

#### 7. BE A ROLE MODEL AND SET A POSITIVE EXAMPLE

Don't forget, what you do is more important than what you say! You are setting the foundation and direction for your life; where are you headed?



#### 8. PLAN AHEAD

As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use. Make sure that there is someone you can call, day or night, no matter what, if you need them. And, do the same for your friends.

#### 9. SPEAK OUT OR SPEAK UP AND TAKE CONTROL OR ACTION

Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends, your community and encourage others to do the same.

#### 10. GET HELP!

If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait. You don't have to be alone.



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