



I'm high on confidence.

I have a dream.

I don't do drugs.



- ▶ Try talking in confidence to an adult that you trust before talking to your friend. There are many people that can help you figure out the best approach – like a trusted family member, teacher, coach, school counsellor or student assistance professional, family doctor, school nurse or faith leader.
- ▶ If you are not comfortable talking with your friend face-to-face, try writing a note or an e-mail. Finally, remember that talking with your friend is only the first step. It may take several conversations before she understands how serious you are about the drinking or drug use. Don't give up if she doesn't stop after your first conversation. Your friend may need additional help to face his or her drinking or drug problem, like talking to a counselor or getting treatment. Tell her that you'll help her get the help she needs, and then follow through. You may use the help lines in this brochure to find trained help.

But it is important to know that your friend's drug or alcohol use is NOT your fault. In fact your friend's use may also be putting you at risk. Remember that it's ultimately up to your friend to make that change.

(Reference www.freevibe.com)

What can you do to stop using drugs?

The only way out of drug addiction is to recognize that there is a problem and that you can get help from others. Talk to your parents, doctor, nurse, teacher, counsellor, or any adult you trust. Although it won't be easy, you can stop using drugs. Don't be ashamed to speak about the issue. Everyone needs help at some point in life. Asking for help could be the best decision you ever made. You may use the help lines in this brochure to find trained help.

1. Make a bold statement

I know that alcohol is pretty bad stuff! It's not for me.
You shouldn't have _____
that's bad for you!

2. You know drugs are bad news! I'm outta here! Say No Thanks! and Identify the Trouble

No thanks! That's a pill and you don't know what it will do to you.
No thanks! Drugs are against the law.
No thanks! My parents don't allow me to do that.
No thanks! Drinking and driving is against the law!

3. Say No thanks! And Identify the Consequences

No thanks! If I take that I could get very sick, maybe die!

KNOWING HOW TO SAY "NO THANKS"

No thanks! If I do that, I would get grounded for weeks!
No thanks! If I get caught I could go to jail!
No thanks! I could lose my driver's license!

4. Suggest Alternatives

"Instead, let's go _____ ..."

- ... to my house and watch a movie.
- ... to my house and study together.
- ... to the market.
- ... and play cricket.

5. Assert Yourself

Well, I'm gonna _____. You can come, if you want.

Well, I think that's a bad idea, so I'm going home.

No Way! I've got things to do at (school/ home/ friends house),
and that's where I'm going!

Find appropriate responses that you can use confidently. Allow for time to practice each skill individually and then role play what has been learned. There are lots of creative ways to work with refusal skills. Have fun with them.

And realize something else: by taking this time to practice refusal skills, you are actually learning to be assertive, which is one of the strong characteristics we see in people who become leaders.

(Reference www.cdconsults.com)

Be prepared... and stay in control

Drug addiction rips families apart and leads to heartache and despair. But it's not just about addiction. Using drugs, even just occasionally, can lead to slower development and lost potential. For example, finding it more difficult to concentrate or recall things and generally not doing as well as you could.

Will you say "No thanks" when you need to?

If offered drugs, a decision has to be made. It cannot be postponed. So, plan ahead of time what you will do. Prepare to refuse and practice these skills with your parents or friends. Try to access as much information as possible, so you can make an informed choice. You may once again like to use the help lines in this brochure, or go to the website given there.



Helplines

Society for Promotion of Youth and Masses,
SPYM Centre, 111/9,
Opp. Sector B-4, Vasant Kunj, New Delhi-110070
Ph.(011) 2689 3872 Fax: (011) 2689 6229
spym@vsnl.com

Bapu Nature Cure Hospital & Yogashram (BNCHY)
Gandhi Samarak Nidhi, Patparganj, Delhi-110 091
Ph.(011) 2275 3360, 2279 5205
Fax:(011) 2279 5254

Sahara House
E-453, Greater Kailash II, New Delhi 110048
Ph.(011) 29219147
saharahouse@vsnl.com, www.saharahouse.org

Sharan
W- 127, Greater Kailash II, New Delhi- 110048
Ph (011) 41642311, 41642322
Fax (011)41638569
sharanindia@vsnl.com, www.sharan.net

Sanjivini,
A-6, Qutab Institutional Area,
Satsang Vihar Marg, New Delhi-110067,
Ph.(011) 26862222, 26864488
Defence Colony Centre
H Block (North) Under Defence Colony Flyover
Jangpura Side, New Delhi-110024
Ph.(011) 24311918, 24318883

Navjyoti Delhi Police Foundation,
Drug Demand Reduction Training Institute
Khasra No.99, Village Mohammadpur
Majri karala, Delhi-110081
Ph.(011) 25953095, 25953056
navjyoti@vsnl.com;nav_ddrti@rediffmail.com
www.navjyoti.org;www.drughelpline.org

Chelsea Akanksha Care & Support Home
B 17/4, West Jyoti Nagar, Shahadra, Delhi-110093
Ph.(011) 22130451
wagchelsea@vsnl.net, wagchelsea@yahoo.com

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