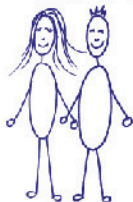
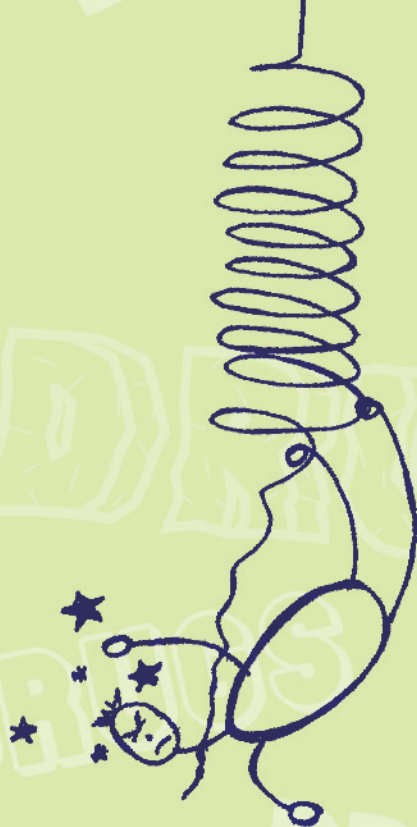


Coping with peer pressure?

- Think about where you stand on issues like sex, drugs and alcohol. Prepare by thinking through how you want to respond and behave in situations where these things come up.
- If you're offered drugs you don't want, say no firmly but clearly and without making a big deal about it. If they try to persuade you, humour can be an effective way to deal with the situation.
- Having the strength to say "no" can be hard. However, it also feels good to stick with what you believe in. Explaining to people in a calm way why you don't want to be part of something may earn you respect from others.
- Finding out about the different drugs, from the effects to the risks involved, can help you resist pressure. As your understanding grows, so will your confidence.
- It's natural to want to fit in with friends. After all, nobody likes to stand out from the crowd for the wrong reasons. We need to feel that you belong. Still, although they may not show it immediately, your friends will respect you more if you're clear about what you want and what you don't want to do.
- It might not seem like it, but you're not the only one worrying about what other people think of you. Try to focus on your own opinion of yourself—in the end, that's all that matters.



DRUGS



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Quick Fact Sheet On **DRUGS**
UNODC-Lebanon

Some Common Questions About Drugs

What is a drug?

A drug is any substance which when taken into the body alters the body's function either physically and/or psychologically. Psychoactive drugs affect the central nervous system and alter a person's mood, thinking, and behavior.

There are three categories of drugs classified by the psychoactive effects they induce:

. **Depressants:** These drugs make people more relaxed and less conscious of their surroundings. These include alcohol, anaesthetics, heroin, morphine, and methadone.

. **Stimulants:** Drugs that increase and over stimulate the activity of the brain. Stimulants include amphetamines, cocaine, nicotine, and synthetic appetite suppressants.

. **Hallucinogens:** Hallucinogens induce delusions, hallucinations, and paranoia. These include mescaline, ketamine, and LSD.

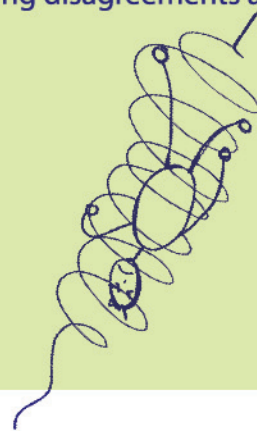


Why do people take drugs?

There are many reasons why people take drugs. Some take them to escape problems and others because they are bored, curious, or want to feel a false sense of happiness. Youths can also be pressured into taking drugs to "fit in" with a particular crowd or to rebel or for attention. Some youth also turn to drugs as a coping mechanism and as a way to deal with stress. While some of the physical effects of drugs might sound nice, they do not last long. Many people get depressed and lonely afterwards and start feeling sick.

What impact do drugs have on daily life?

Drugs impact all aspects of life in a destructive way. Drugs make it harder for people to think clearly and make good decisions, and severely impair a person's ability to do well in school. Drugs cause people to do foolish and dangerous things that can hurt themselves and other people. Drugs also make it hard to get along with friends and families, often causing disagreements and ruining relationships.



Lebanon

What is the law in Lebanon for drug use?

In Lebanon, drug use is against the law (Law No.673/ 1998).

The law is structured to give special attention to the treatment of people who use drugs. However, due to the limited availability of drug dependence and rehabilitation services, the law is not enforced and people charged with drug offenses are sent to prison.

Where can drug user go to get help

In Lebanon drug users can be referred to rehabilitation centers such as governmental detox centers located in Hariri and Daher El Bechek

Hospitals and to specialized NGOs that offer drug dependence treatment and rehabilitation. These services often involve individual or group counseling to learn how to build new coping mechanisms to replace drug use, and other programmes to help drug dependent persons create satisfying lifestyles and healthy relationships.



What is the OST program?

Opiate Substitution Treatment (OST) is a form of treatment and care for heroin and other opiate-dependent people using prescribed opioids. These controlled drugs (such as Buprenorphin and Methadone) alleviate withdrawal symptoms and block a user's desire for illegal opiates. The substitution treatment is aimed at helping people stay healthy and away from illicit drugs until they can achieve a drug free life. OST also reduces a user's chance of a drug relapse and helps to stabilize and improve their overall personal, social, and family functioning and helps prevent HIV transmission as people don't inject or share injecting equipment with other users. In December 2011, the OST program was launched for the first time in Lebanon becoming the second country in the Middle East and North Africa region to offer this treatment modality after Morocco. For further information on how to be enlisted under this programme, please contact the Ministry of Public Health.