

# DRUG ABUSE: A BIGGEST DISASTER

Volume: 2

ADDITIONS

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[www.drugfreenation.org](http://www.drugfreenation.org)

## Forewords

Regarding all kinds of diseases, prevention seems to be better than cure. Significance of prevention in all aspects of life is evident by researches, observation and cases studies. Even after treatment, patient is instructed by health professionals to take preventive measures for some times in order to minimize the risk of relapse. Drug abuse is an illness that demands prevention throughout the life. Prevention gives absolute results regarding drug abuse as compare to other types of diseases. Considering this, Drug Free Nation is striving to aware the society of causes and consequences of drug abuse problems by providing information in the easiest way. Articles available in this book are short and in easy language for the convenience of our readers. Our aim is to provide all necessary information to a common man so that he or she could stay away from drugs. The present volume 2 comprised of articles selected from SADA magazine (Society Against Drug Abuse) of 2012. We again tried to make it easy for you to get access to the information regarding drug abuse prevention. We hope that you will find it informative and easy enough to do something for your own, family and community as well.

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# Content

1. Drug Addiction: Open The Door Of Crimes By Haider Ali	1
2. Preventing Drug Addiction Among Teen Age Children By Riffat Sadiq	2
3. Effectiveness of Family Therapy By Munnaza Mehmood	3
4. Myths About Drug Abuse By Haider Ali	4
5. Drug Abuse among Professional Students By Safia Rafiq	5
6. Positive Self -image Prevents Drug Abuse By Riffat Sadiq	6
7. Duties of Parents By Dr. Qurat-ul-Ain	7
8. Stress and Drug Abuse Problems By Mehreen Rizwan	8
9. Role of Religious Scholars/Preachers in Drug Abuse Prevention By Haider Ali	9
10. Revenge and Drug Abuse Problems By Riffat Sadiq	10
11. Children Learn From You By Erum Sultan	11
12. Life Skills for Students to Combat Drug Abuse Problems By Safia Rafiq	12
13. Five Steps Model of Drug Abuse Prevention By Haider Ali	13
14. Anger Management By Shereen Ismaee	15
15. Steps Toward Recovery By Zahid Iqbal	16
16. Parents: A Powerful Source For Their Children By Bill Cameron	18
17. Family & Drug Abuse Problems Among Children By Shireen Ismael	19
18. Effects of Parental Addiction on Children By Haider Ali	21

19. Empowering Youth to Combat Drug Abuse Problems By Haider Ali	22
20. Environmental/Social Risk factors for drug abuse problems among youth By Safia Rafiq	23
21. Need for Achievement and Drug Abuse Problems among Youth By Riffat Sadiq	24
22. 5- "Do" for Youth to Combat with Drug Abuse By Riffat Sadiq	25
23. Role of Police in Drug Abuse Prevention By Haider Ali	27
24. Is there any home for me? By Saima Khursheed	28
25. Save Women and Children of Drug Abusers By Safia Umer	29
26. Women: Most affected family member of drug abusers By Riffat Sadiq	30
27. Consequences of Parental Addiction For Children By Riffat Sadiq	32
28. Children as Passive Smokers By Shireen Ismael	33
29. Drug abuse Problems Among Children By Safia Umer	34
30. Steroid Use Can Make You Addict By Haider Ali	35
31. 7 Tips for Effective Parenting By Riffat Sadiq	36
32. Joint Effort brought Results By Muhammad Zakir	37
33. Knowledge is Power By Iqra Abdul Qadir	38
34. Faith is Power By Riffat Sadiq	39
35. Students are Power By Safia Umer	40

## Drug Addiction: Open The Door Of Crimes

By Haider Ali

Once, my teacher had said, "Addiction to drugs is a mother of crimes. When I started working in the field of addiction, I realized that drug addiction is indeed a mother of all crimes and sins. In Pakistan, numbers of crimes are increasing with the rapid increase in drug abusers.

Drug abuser usually gets involved in theft, robbery to get money not only for drugs but also for different groups. Sometimes, they kill their family members to get money. It was reported that a drug addict killed his two daughters and wounded his wife and another daughter for not giving him money for drugs. A drug addict killed another drug addict to over heroin token.

It was also reported in newspaper that money gained from drug trafficking is being utilized in terrorist activities to destabilize the country. Drug addicts seem to be involved in terrorist activities.

Drugs are also being commonly used by drivers of public transport. Sometimes, their intoxication became the cause of road accidents.

We all must request to government, non-governmental agencies and media to pay attention to this issue. Because, addiction of drug is not only a disease but it opens the door of other crimes which are destabilizing our whole society.



## Preventing Drug Addiction Among Teen Age Children

By Riffat Sadiq

Our teens are at great risk of drug addiction as shown by empirical studies. This age is a puberty age therefore, certain physical and emotional changes occur in the personality. Parents should be alert all the time to not only keep an eye on them but also provide emotional support and should understand their feelings. If they do so, they children will be less likely to be influenced by others. Moreover, they will be prevented from drug addiction. There are some strategies or tips for parents to save their children

### 1. Build Healthy Communication:

Parent should build healthy and clear communication with their teen age children in order to have understanding what they feel and think. Healthy, positive and clear communication reduces confusion in parent-child relationship and boosts the confidence in children. Healthy communication also includes the friendly discussion regarding social issues and addiction is one of them.

### 2. Provide Appropriate Information

Parents are responsible to provide age-appropriate information pertaining to social problems. Information related to all kinds of drugs, its causes and consequences should be discussed with children in order to prevent them from drugs.

### 3. Keep An Eye On Their Activities And Friends

Responsible parents have knowledge about the children's activities and their friends too. Parents must be aware of the time their children spend with their friends, teach them to deal peer pressure and say no when they are offered to be involved any illicit activity.

### 4. Set Rules

Parents should set rules and implement these rules in family. Rules must be age-appropriate and for whole family. Rules should not be imposed but gradually taught with understanding. If they follow rules, then parents should appreciate them.

### 5. Be A Role Model

Parents are role model for their children. If parents, themselves, use drugs, they will not be able to save their children from this disease. Parents should avoid all kinds of drugs and become a good example for their children

## Effectiveness of Family Therapy

By Munnaza Mehmood

It is fact that if one family member is addicted, the whole family environment is badly affected. Drug abuse problems make other family members mentally, physically and socially ill. For this reason, family members become themselves co-dependents and suffer from numbers of psychological problems. They provide money to their patient to escape from the problematic situation.

Therefore, health professionals, besides treating addicts, recommend family therapy so that family can play its role in the treatment of family member. Family therapy focuses on entire family, treat psychological problems and assist in facing social problems. Unhealthy coping mechanism in family members of drug addicts affects the treatment process. When patient, after detoxification, goes back home and faces same dysfunctional patterns, he can not stay away from drugs too long. In order to have addict in long term recovery, a healthy change is needed in family patterns. Hence, Family therapists focus on entire family.

Psychological problems which are oblivious in family members are fear and rejection. Usually, drug addict's family receives rejection and criticism from society which results in psychological problems like depression, aggression and hopelessness. They could not perform their social roles and become dysfunctional. Therefore, it is necessary to treat their psychological problems so that they become functional member of society besides working hard for the recovery of their addict family member.



## Myths About Drug Abuse

By Haider Ali

People adhered to different myths regarding drug abuse problems. Some myths are culture or tradition related, some are deemed as demand of the situation and some of them are adhered according to own interest. More or less, all kinds of drugs have been associated with different kinds of myth. These myths are as follows:

- Taking alcohol is permitted in my religion. There is no harm to use it in appropriate way
- By taking this medicine I will be more energetic to study beyond my optimal level. I am medical student and need it a lot.
- By taking cannabis, I can drive on long route. My duty is tough. I am a driver and can't afford to get tired and go for bed. Without taking cannabis, I will not be able to perform my duty well.
- I have sleep problems and remain anxious because of stressful living environment. This medicine gives me relief and I go to bed easily.
- I am a player. It is my compulsion to take cannabis and medicine. I feel more energetic and play well.
- I am just abusing cannabis. It has negative effects on health but heroin is more dangerous. Only cannabis can not put me to death. I do job and leading a normal life. Heroin addicts need to be worried not cannabis users.
- Everybody eats betel nut. It is not addiction. It is just a habit not as dangerous as you are saying. I am using it for last 3 years but still I am healthy.
- Hukka (a traditional way of using tobacco) is healthy because it reduces gastric problem.
- Just taking cigarette is not dangerous. People from upper class, even professionals and highly qualified people use it. They are fit in their lives and profession

So, try to be alert. All kinds of addiction from betel nut to heroin are dangerous for health. Numerous pernicious effects are associated with that. Gradually and slowly, these drugs affect your health

Researches have shown that dysfunctional family in one cause of indulging in drug addiction. Additionally, family dysfunctional patterns are hindrance in the treatment and recovery of patient. And family therapy facilitates the treatment and rehabilitation process of drug addicts and also improves the mental health of whole family.

## Drug Abuse Among Professional Students

By Safia Rafiq

All kinds of drugs illicit or licit are being used in all over the world. Pakistan also has been entangled and ration of drug abusers has gone up to the 6 million. Children, adolescents and adult including men and women have addicted to various kinds of drugs. Students also have been addicted to different drugs. Unfortunately, students of professional institutes are also abusing drugs. Although, no a single research has been conducted to find fact and figures of drug abuse among professional students but real cases reported to drug treatment and rehabilitation centers highlighted this problem.

The most common use drugs among professional students (future doctors/engineers) is prescribed drug abuse and analgesic. They have to study a lot to compete their fellows. Though, professional education is daunting task and they need to get high to study late night. In order to overcome fatigue and study more and more, they take medicines that enhance their stamina to work hard. They also use painkillers to be relaxed. But they do not realize that the use of such kind of medical will make them addict one day.

Students should keep in mind that they have to compete others within the resources (talent, energy, skills) they have been gifted by nature It is also the responsibilities of parents and teachers of professionals institutes to make aware the students of effects of inappropriate use of tranquilizers, painkillers and medicines. Media should also play their role in the prevention of drug abuse among students.



## Positive Self -image Prevents Drug Abuse

By Riffat Sadiq

Self-image is defined as the person's perception of self or self-portrait. A person who perceives him self good enough to be the part of his environment indicates his positive self-image. This positive self- image helps to grow successfully, develop skills and reduces the risk of psycho-social diseases; e.g drug abuse. Self-image is the combination of four components which are as follows'

Physical Self-Image refers to how a person perceives his body and appearance. Allah has created people of different faces, structures and complexion. People themselves are not responsible for their appearance. If a person feels satisfied with his appearance and complexion, he will be having positive physical self image. Then he will be no need to show him stronger in front of his friends who are in favor of using drugs to fit in.

Emotional Self-Image refers to whether a person is aware of his emotional needs, understands his personality, skills and talents, attitudes etc. If a person thinks him self competent enough to do a job, to face a situation and trust himself, then he will be having positive emotional self-image. Having positive emotional image, a person can deal effectively with peer pressure, face life stressor and will be able to find the solution of a problem instead of taking drugs.

Social Self-Image refers to how a person perceives his position in the environment, people and interpersonal relations. If a person thinks to be able enough to interact with people, make proper relationships and having balance perception of society, he will be having positive social self-image. This positive social self-image will prevent inferiority feelings, hopelessness, feeling of rejection and loneliness. Sense of being able to be part of social environment reduces the risk of drug abuse.

Spiritual Self-Image refers to whether a person has a sense of right and wrong, his responsibilities, rights and perceives Almighty to be there to support him in time of adversity. If a person knows appropriated way of gratifying his needs, rely on decisions, asks for help from Almighty in time of need, he will be having positive spiritual self-image. By improving spiritual self image, one can fulfill his responsibilities, strives for his rights, forgives self and others and seeks helps from Allah when there is no one to help him. By doing so, he will be able to fight drug abuse problems.

## Duties of Parents

By Dr. Qurat-ul-Ain

Parents are most significant figures for a child. Nothing can be substitute of parents. To be parents mean to pay all naturally assigned duties to raise their children in positive environment so that they become disciplined citizens of society. Following are some of the naturally assign duties to be good parents.

### 1. Avoid unnecessary/harmful activities during pregnancy:

It is evident by scientific researches that a child in a womb of woman is largely affected by physical, emotional condition of his or her mother. Mother's eating, sleeping habits, mental health and social activities influence the development of child before birth. Genetics and biochemical changes play vital role in this regard. If a mother smokes or use any other substance/drug during pregnancy, there are more chances of transferring these germs into child's body. After birth, these germs appear affecting the growth of innocent child which are referred to as genetic problems. Some argues that drug abuse problems are also determined by biological factors.

### 2. Don't smoke sitting with children

Researches highlight the harmful effects of both active smoking and passive smoking. When parents smoke in front of children, parents will be active smokers and their children will be passive smokers. Being passive smokers, children are at great risk of having physical and psychological problems.

### 3. Be a good role model for children

Using drugs sitting with children depicts bad role model for children. There are more chances of using drugs in later life among children of drug abusers. Children copy their parents, behaviors, coping strategies and life style. A positive role model prevents children from developing negative behaviors and illegal acts such as drug abuse

### 4. Raise your children as good human being

Provide education along with strict keep and check on your children. Only education is not enough to make them good human being. It is essential to provide them proper training regarding their behaviors and routine life. They learn from you how to live, behave and adjust in the society.

### 5. Earn bread for children honestly

Try to fulfill all basic needs of your children but in an honest way. If you pay your duty honestly and sincerely, it will be easy for you to teach moral values to your children. They will learn from you to achieve their goals in a proper way and will never try to look for short cut just to gratify their needs

## Stress and Drug Abuse Problems

By Mehreen Rizwan

In fact, stress is one's reaction toward stressors. Two persons in a same situation may react differently. Social factors play the role of stressors in our life, for examples; poverty, marriage, dysfunctional family, unemployment etc. An individual interprets all of these problems in either positive or negative way. Minor level of stress is essential to solve the problems but moderate to severe level of stress impede the person's functioning and his coping skills. As a result, he tilts toward those activities which may provide him immediate relax. In search of immediate relax; he gets involved in the swamp of drug abuse. Drug abuse does not solve his problem and reduce his level of stress but further destructs his mental and physical health.

Therefore, the prime goal of a person being under stressed should be able to respond to stress effectively, and it is possible by finding the ways that help in reducing the level of stress. Stress appears in different physical and psychological symptoms which are as follows;

### Physical Symptoms:

- Indigestion
- Heartburn
- Constipation
- Headache
- Dizziness
- Body aches
- Palpitation

### Psychological Symptoms

- Tension
- Mood swings
- Sadness
- Poor concentration
- Indecision
- Irritability
- Poor sleep

### Strategies To Manage Stress:

- Make a balanced diet plan which provides you enough nourishment and energy to your body
- Do physical exercises (jogging, walking to make your body fit)
- Do mental exercises ( meditation, yoga, prayer) to be mentally relaxed
- Take shower
- Go for prayer according to your religion
- Discuss your problem with a reliable person/professional
- Generate strategies to solve your problem

## Role of Religious Scholars/Preachers in Drug Abuse Prevention

**By Haider Ali**

Drug abuse is a problem of not an individual but for whole society. Collective efforts can give desired results. Prevention of drug abuse is not possible only by opening few drug abuse prevention organizations and providing treatment facilities, indeed it entails a huge campaign at social level. Society members including professionals including religious one will have to take part in this campaign.

Religious scholars/ preacher have prominent position in our society. They are able to change the thoughts and behaviors of people by conveying the message of Allah. People rely on their words and give a lot of respect to them. Many are donating money for the preaching of religion. With the financial and moral support of community, it will be easy for religious scholar to make people aware of drug abuse problems and their consequences.

Religious scholars can play their role in prevention of drug abuse in two ways. First, scholars from all religion including Islam, Christianity, Hinduism and others should collaborate with each other to address this issue, and secondly, they can preach their own religion for public that prohibit all kinds of drug abuse. In this regard, they can utilize their religious centre (mosques, temple, church, etc) as teaching institute for community where people learn to combat drug abuse problems.

Religious scholars/preacher should realize that preaching is more than read versus or religious scripture to people. They are also responsible to address social issues, specifically drug abuse. Their contribution may bring a revolutionary change in the society



## Revenge and Drug Abuse Problems

By Riffat Sadiq

According to Ysseldyk (2005), "Revenge is an intense emotional state requiring relief, based on the perception and motivation that one has been wronged, rather than on rational thought, undifferentiated anger, or retributive justice"

Revenge is usually taken to punish or treat the offender in the same way as he/she treated the offended person. Sometimes, this revenge is toward self as the result of severe guilt and having feelings of rejection/unfair treatment from the significant one and society. Desire to take revenge from either self or others may lead to psychosocial problems.

Revenge is a potent factor for drug abuse problems among both men and women. A woman started taking heroin when her husband got married to other women without informing her. She worked hard to help her husband to grow economically. After being financially established, he got married to another woman without disclosing his first marriage. When she came to know about her husband's second marriage, she could not bear the psychological pain she felt due to her husband's fell in love with another woman. She did not accept her fate and continuously had questions for self (e.g, why did I work hard for him? why did I love him? I do I am at fault). One day, she experimented drugs to punish her self but unfortunately became a heroin addict.

In another example, a 27 years old guy started taking cannabis and alcohol to take revenge from his parents. He reported that his parents did not accept the girl of his choice and his father wanted to treat him as puppet. He reported to be feeling happy to tease his parents.

Having desires to take revenge or treating self and other in the same way after severe offense may clear the road to total destruction. Empirical studies should be carried out to discuss the consequences of revenge motivation, specifically indulgence in drug abuse.



## Children Learn From You

By Erum Sultan

Four days back, when I was telling my children about the effects of using betel nut (Chalia), my 11 year old son responded quickly, "No, betel nut is not dangerous; grandmother is using it for a long time but nothing happened to her".

I tried hard to make to him understand that betel nut destroys our teeth, stomach and concentration considering his mental level. I had difficulty to do so because of comparing his grandmother's health with those who are not using betel nut. Actually, my mother-in-law is very active and social type of person, can deal all sorts of people besides doing household chores appropriately. She also watches television with full interest that made my son wonder that her performance at all level is good enough up till now then how betel nut could be harmful for rest of the family members.

Children are too innocent who merely perceive the things from surface. They are not able to pay a deep look inside the apparent behavior and learn by observing others. In a family, where elder use drugs and any substance such as betel nut, chewing tobacco, they present them as a role model for their youngest family members (children). They put their children at great risk to use these substances/drugs in future because children learn from us. At very early age, they have no other way but to experiment things by observing others. Therefore, it is our responsibility not to teach wrong behaviors to our innocent minds to copy them



## Life Skills for Students to Combat Drug Abuse Problems

By Safia Rafiq

Sometimes, stressors come in our life from four directions that have profound impact on us, impede our growth and social functioning. In the current era, students have multiple tasks to meet their academic objectives. While facing their academic competitors, they come across various problems that may hinder their performance. Sometimes, they have more or less same problems at educational institute and family as well, e.g, lack of assertiveness, communication problems.

These problems are solved only by opting healthy solutions and are referred to as life skills. These life skills help in combating personal and as well as social problems. Absence of these skills results in emotional and academic problems that increase the chances of using drugs among students.

Self-skills training pertaining to self-esteem, communication, decision-making, problem solving, and interpersonal relationships should be conducted for students. A student with good self-esteem and assertiveness may handle peer pressure effectively that is a dominating risk factor for drug abuse among youngsters. Similarly, student with problem solving skills can find the right solution for his or her problem instead of taking drugs. Furthermore, technically and emotionally skilled students will make strong and healthy nation.



## Five Steps Model of Drug Abuse Prevention

**By Haider Ali**

Five Steps Model of Drug Abuse Prevention (FSMDAP) was proposed by the last Prophet Muhammad (p.b.u.h) to combat alcohol abuse problem in the society. Some of the steps of this model have been successful implemented in some non-Muslims as well as Muslim countries such as; China, Thailand and Saudi Arabia. This model comprises of five steps which are as follows;

### **1-Leadership:**

campaign/project. A good leader presents himself as a role model for others by preventing him from evils besides having controlling the social problems and immoral activities of people. Leader also should possess some qualities that make him different among all. Effective leadership also facilitates the implementation of law as well as makes the people follow the law appropriately. Prophet Muhammad (p.b.u.h) proved himself as effective leader who not only implemented the law prohibiting alcohol abuse but also made people realize the consequences of alcohol abuse.

### **2-Imparting information/Creating awareness:**

The prime responsibility of a good leader is to impart knowledge of social problems/evils in order to prevent the people from the hazardous of those evils. Alcohol/ drug abuse is one of those problems that need to be addressed at all levels. Prophet Muhammad (p.b.u.h) created awareness among people by conveying t he message of



Allah who strictly prohibited the use of alcohol and activities that harm the individual and whole society.

### **3-Partially restrictions:**

Partial restriction is essential to eradicate the social evils. It also gives the opportunity to people to rectify their mistakes until the completion of awareness campaign. Moreover, it is difficult for people to bring drastic change in their habits. Prophet Muhammad (p.b.u.h) partially restricted the use of alcohol and other immoral acts by conveying the message of Allah so that people can get full understanding of these issues.

### **4-Completely prohibited:**

After partial restriction, alcohol and drug abuse is completely prohibited in the society. When people learn to rectify their selves under partial restriction and awareness program, then they are expected to fully overcome their immoral acts and behavioral problems. Prophet Muhammad (p.b.u.h) fully banned the use of alcohol in the society.

### **5-Punishment:**

After making people aware of the consequences of drug abuse, law of punishment is implemented as a last strategy for the eradication of drug abuse. When people adhere to their immoral acts, false beliefs and are not ready to be changes, then they deserve to be punished because of their dangerous habits. Prophet Muhammad (p.b.u.h) implemented punishment for those who did not show any change in the bad habits. Today, Saudi Arabia, China and other countries have implemented severe punishment to control drug abuse and trafficking.



## Anger Management

By Shereen Ismaeel

Anger is a natural human emotion and every individual experiences some form of anger. It is not possible to be completely free from anger but we can manage it effectively in daily lives. Anger can lead to various behavioral problems such as; smoking and other drug abuse problems. Suppression of angry feelings and thoughts are not the solution but increase your negativity. There is need to express anger in productive way.

Following are some tips that help you to manage your anger.

### 1-Deep breathing:

Sit calmly on the chair, close your eyes and start inhaling and exhaling. First inhale and then exhale slowly. While exhaling say to you, relax. Do daily this exercise for 5 minutes. You will see improvement in yourself.

### 2-Physical exercise:

Do physical exercise such as; jogging, cycling etc. These exercises will release your physical energy and help you to express your anger.

### 3-Accept yourself:

Try to accept whatever you are. Accept your past, present, drawbacks, mistakes, capabilities, position etc. Do not compare yourself with others.

### 4-Forgive yourself:

Whatever you did in past, try to forgive your self over that, learn from mistakes and go ahead. Every one does mistakes, do not regret too much what you have done

### 5-Forgive others:

If someone has mistreated you, then forgive him/her. Do not ruminate about others; it will increase your pain. As a result, you will not be productive as you desire to be. People are not perfect, so forgive them so that you can achieve your life goal.

## Steps Toward Recovery

By Zahid Iqbal

Program Officer

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It really takes time, courage and strength to face up to drug addiction. When you are bogged down in drug abuse and drug addiction, sobriety can seem like an impossible goal. But recovery is never out of reach, no matter how hopeless your current situation seems. Definitely change is possible with the right treatment, care and support, and by making lifestyle changes that address the root cause of your addiction. Do not give up, even if you have tried and failed before. For many people struggling with addiction, the biggest and toughest step toward recovery is the very first one: deciding to make a change. It's normal to feel conflicted about giving up your drug of choice, even when you realize it's causing problems in your life. Change is never easy. Committing to sobriety involves changing many things and it includes-

- dealing with stress
- who you allow in your life
- utilize your free time
- how you think for yourself

Once you have made the decision to challenge your drug addiction, it is time to explore your treatment choices. There's no magic bullet or single treatment that works for everyone. When considering a program, remember that everyone's needs are different. Drug addiction treatment should be customized to your unique problems and situation. It's important that you find a program that feels right. Treatment should address more than just your drug abuse. Addiction affects your whole life, including relationships, career, health, and psychological well-being.

Treatment success depends on developing a new way of living and addressing the reasons why you turned to drugs in the first place. It may have been because of an inability to manage stress, in which case you will need to find healthy ways to handle stressful situations.

Drug addiction treatment is not a quick and easy process. In general, the longer and more intense the drug use, the longer and more intense the treatment you will need. But regardless of the treatment program's length in weeks or months, long-term follow-up care is crucial to recovery. There are many places to turn for help. Not everybody requires medically supervised detoxification or an extended stint in rehabilitation. The level of care you need depends on your age, drug use history, and other medical or psychiatric conditions. In addition to doctors and psychologists, many clergy members, social workers, and counselors offer addiction treatment services. As you seek help for drug addiction, it is also important to get treatment for any other medical or psychological issues you are experiencing. Your best chance of recovery is through integrated treatment for both the substance abuse problem and the mental health problem. This means getting combined mental health and addiction treatment from the same treatment provider or team.



## Parents: A Powerful Source For Their Children

By Bill Cameron

Ex- Vice Secretary, Europe Against Drug Abuse

Ex President Drug Free Scotland

Founder of "INVOLVED "program Scotland

The war against drug abuse has been fought for over thirty years in UK. This "war" is a mindset. Current practice in UK sees addicted young people being maintained on the same drug that they are addicted to with no mention of Abstinence. Drug abuse costs Scotland £3.5 billion a year and the stark reality is that we have failed.

A new group, INVOLVED, aims to call co-dependent Scottish parents to become involved in their children's treatment towards ABSTINENCE. Parents are able to tell the truth about their home situation. Addicted people are inveterate liars and frenzied manipulators and their treatment will be based on the story they tell their counsellor.

Parents are a powerful force, an invaluable source of information and they will be a strong power at the election stations. Apart from a few counselling sessions, parents receive no help in coping with the insecurity, violence and instability of drug abuse at home.

Parents are able to help both their child and themselves and there ought to be at least one parent in every anti-drug group.

Perhaps my first sign of awareness is that I now realise that I have spent most of my effort over twenty years by supporting my child's weakness with my strength, money and love.

I convey the message from my heart to parents from all over the world- "take courage and move into your rightful place for your children's sake".

## Family & Drug Abuse Problems Among Children

By Shireen Ismael

Family is the first institution for the child to learn the lessons of being good human, responsible citizen and healthy member of his society. Parents always try to provide best to their children such as; food, shelter, education and love. There are parents who have ignored their personal needs in order to facilitate their children.

In spite of that a large number of children are under the influence of drugs and others social evils . There are multiple reasons for the involvement of children in drug abuse. One of them is the family environment in which a child mentally, morally and physically grows.

It has been observed that in Pakistan, family environment is one of major cause of developing delinquent behaviors among children. Use of gutka, cigarettes , huka , gurako , Paan , betel nut, naswar, rattan and awa etc by elder present the role model for children.

Family members set example for their children by using these dangerous Many times, it is reported that elders ask their children to purchase these dangerous substance for them. You can see the children purchasing these substances from the paan shops in your area.

Use of these dangerous substances by family members put the children at great risk of being addicted to paan, gutka, chalia and cigarette in future. Parents or other family members are too busy in variety of duties that they do not find sufficient time for their children to develop the sense of right and wrong.

Most of the children spend a lot of time to be sitting outside the home with other children. They also observe other people using these things.

Fathers smoke while carrying the children. Passive smoking of tobacco is as dangerous for children as for active smoker.

It also has been reported that some mothers give cough syrup, opium and others substance to their infant children so they may sleep for hours without disturbing them.

Mothers often hide the bad activities of their child from fathers and as a result, their children become out of control of parents.

There is additional misfortune in our society is that when someone complains to parents about their children, parents take it their heart and absolutely deny of something wrong in their children. They do not bother to investigate the matter. The time comes, when they can not do more than lamenting.



## Effects of Parental Addiction on Children

By Haider Ali

Once a family member becomes drug abusers, specifically parents, the unstoppable destruction gets started in entire family. Parental addiction has profound impact on the physical and mental health of the children. They are not provided proper food and education. They are also deprived of love and security. Additionally, they copy the addictive patterns of their parents.

In Pakistan, female children suffer a lot. No one likes to get married to a daughter of addicted father. She starts avoiding people because of feelings of shame and guilt. People do not like to do friendship with addicted family.

Children of addicted parents are compelled to do labor work, could not continue their studies. Addicted fathers beat their children, abuse them and sometimes, are willing to sell their children for getting money. In later life, these children have difficulty in adjusting in their environment because of numerous problems. Moreover, there are more chances to develop negative behaviors and to be engaged in wrong activities.



## Empowering Youth to Combat Drug Abuse Problems

By Haider Ali

**Youth are the asset of a nation.**

Healthy, well educated and trained youth is surety for Future progress of the country. About 60 % of Pakistan's population (104 million) comprises of people under the age 30. Our youth is facing numerous problems such as: poverty, unemployment, improper educational system etc. For these reasons, our young people are being derailed from the way of progress and being hunted by drug abuse problems.

Owing to the use of variety of drugs, youth are experiencing academic difficulties, health-related problems (including mental health), and poor peer relationships. Additionally, their family, community, and the entire society are at great risk of health and social problems. Lack of the spaces for healthy activities is one of those reasons which are making grounds for using drugs among youth.

Youngsters do not have any specific space where they could spend their leisure time and develop their skills. Establishing healthy spaces for youth to build skills are the demand of this crucial time. YES (Youth Empowering Spaces) is a great example of such types of spaces for our youth. Such types of institution will be helpful to polish the skills of our youth to compete the society which further will prevent them from drug abuse problems. Our government should establish more institutions for our youth where life skills training and awareness of drug abuse problems should be given besides building their creative and occupational abilities

## Environmental/Social Risk factors for drug abuse problems among youth

By Safia Rafiq

Risk factor is defined as a factor which increases the chances of having ailment/diseases. For example; Chewing tobacco may lead to mouth cancer. Active smoker may be responsible for developing health diseases among passive smokers.

There are different risk factors for drug abuse problems among youth such as biological, psychological and social. Social risk factors include unemployment, disturbed family environment, unavailability of educational opportunities, availability of drugs in locality, law and order situation.

Environmental/social risk factors are increasing the chances of using drugs among youth. A youngster who is disturbed because of his family environment will spend time out side of his home, sitting with friends who can offer him drugs. Handling peer pressure will be difficult for him, as a result, he will be ready to use drug.

A youngster deprived of educational opportunities and economic resources may be at great risk of using drugs. His disappointment from social problems will produce images of drugs in his mind as the suitable source of getting rid of his problems. Easy availability of drugs/substance in his locality will further serve to increase his craving for drugs.

Therefore, preventive steps should be taken by government in order to eliminate social and environmental problems that increase the chances of abusing drugs among our youth. To save our country, it is essential to save our youth.



## Need for Achievement and Drug Abuse Problems among Youth

By Riffat Sadiq

Need for achievement is basic of success among youth. Need for achievement is a basic motivating factor for a person to achieve his life goal. Behind each great success, need for achievement works. But sometimes, this need for achievement may destroy one's life.

Ahmed is a general physician. At the time of being medical student, he had to study a lot to get good grades. He and his group friends decided to use medicine to study for more than 6 consecutive hours. They did so and passed out medical life with success. But they all became addicted to the medicine which they used to enhance their stamina.

Ali wanted to continue his study but could not owing to not having enough resources. When he failed to gratify his need for achievement, he was overwhelmed by hopelessness. Eventually, he indulged in drug addiction which further destroyed his life.

Need to achieve a desired goal is a positive thing but appropriate way for the gratification is more important than need. Neither all needs are possible to be gratified nor do all solutions work out successfully.



## 5- "Do" for Youth to Combat with Drug Abuse

By Riffat Sadiq

1- Do believe in yourself -----You and only you can change your life circumstances. Your self belief, patience and determination are the weapons with you can fight with your hidden problems that may put you in the line of drug abusers.

2- Do identify your capabilities----- Only passion never works out. You must have capabilities for what you aspire to achieve. Try to identify that for what you are actually capable. Nature has blessed you many intellectual resources which need to be utilized appropriately. Inappropriate use of talent brings no result and makes you hopeless. You will develop feeling of incompetency and worthless which are some of the significant factors of drug initiation among youth.

3- Do show consistency----- Once you decide to achieve a target then you must keep doing work with consistency. Think many times before taking decision but after deciding one thing, you will have to put continuous effort to get fruit. Jumping from one field to another devalues your talent and position. In the end, your frustration level and guilt over past mistakes will be enough to convince you to take drugs.

4- Do accept the reality-----You also need to accept the current social and economical problems of your society. Sometimes, one has to work below his level (with low salary package, more duty hours, etc). Initially, you will need to sacrifice for better future. You can not achieve your desired position in few months; it can take you years to make your dream come true. Do accept this reality wholeheartedly and keep striving for good. Otherwise, you will be overwhelmed by frustration and anger

5- Do face the people around you with confidence----- People around you discourage for what you decide for yourself. If you believe that you are on the right path that goes to your destination, then you should be ready to listen what others say about you. Many times, you will hear people passing negative comments regarding your career decision, earning scale etc. But keep in mind that your profession and field can not give money and fame overnight. At initial stage, you will have to invest more and get less. Sometimes, financial crises and lose come in your way but your continuous effort can only make a history. Judging your success from other point of view makes you psychologically disturbed that may incline you to test drugs.



## Role of Police in Drug Abuse Prevention

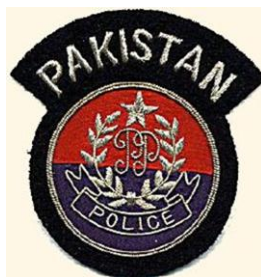
By Haider Ali

Police is there to maintain discipline, and control over the society. Besides, police is responsible to ensure security and proper handling of public matters. It is a fact that only awareness and training program pertaining to drug abuse among masses is not enough. Drug abuse prevention involves both awareness/training of masses and operations against drug trafficking/smuggling.

Police department can play its role in drug abuse prevention by having strict control over the drug peddlers who are selling drugs in streets, public places without any fear. Like Anti Narcotic Force, a department of Pakistan Army, there should be a special cell in police department in order to combat drug abuse problems.

Police should be trained to fight with drug peddlers and as well as fully aware of the dealing with drug abusers. Drug addicts are arrested due to drug related crime. Drug addicts need proper treatment and rehabilitation services. Police should keep in touch with treatment centre and professionals to provide treatment services to drug addicts. After treatment, they should be punished according to the law.

Police can also take action against shopkeepers who are selling gutka, paan, chalia and cigarette. People using these substances sitting at public places must be taken into account. Community policing can help in promoting coordination between community members and police. By developing healthy and trustworthy relationship between police and civil society, it will be easier to combat with the problem of drug addiction. Joint effort is always needed to make the whole nation drug free.



## Is There Any Home For Me?

By Saima Khursheed

I always heard people saying that there is no home for a woman on the earth planet. She is born as a temporary resident of her parents' home, and one day she has to move to another place. After marriage, she dwells in her husband's home and in older age, she has to live where her children live. Now, I admit it wholeheartedly that a woman spends her whole in another's home who rarely understands her feelings.

One of cousin got married at very early age because her parents believed that girls should get marry as soon as possible. Even, they did not let her to complete her education. After 3 years of her marriage, her husband became cannabis user and alcoholic. Then, he shifted to heroin addiction, lost her job and ruined all finance. My cousin was having two sons. Her husband reached to street and no one was there to financially support her. She was not educated enough to have a good job.

Her father had passed away and mother took her to her own home. But her brothers and their wives were not willing to support her. Frequent criticism and taunting was unbearable for her, and she decided to leave her brother's home. She started working in a factory and shifted to a rented home. She struggled for 22 years and made her children educated and successful citizens of the society.

When her elder son got a job in a renowned company, she was very happy. But nature wanted to test her more. After marriage, her elder son moved to England and did not return yet. She is living with another son whose wife does not take care of her at all. A mother who struggled throughout her life for children is treated as if she is burden for them. She is bearing it and says to me that there is no home for me; there is no home for a woman.



## Save Women and Children of Drug Abusers

By Safia Umer

The salient features of the program, "Save Women and Children" includes providing quality of health care services, educational opportunities, security, safe water and sanitation and improving life standards of women and children in all over the world. With the help of United Nations, several countries have been benefited with this program. Developed countries also independently contributed to improve the life of both women and children. In different parts of the world, women and children are suffering from various kinds of problems such as; poverty, insecurity, abuse, physical and mental health problems, poor nutrition and chronic diseases. Beside these issues, drug abuse is another significant problem that harmed whole family environment, including women and children.

Today, millions of drug abusers have destroyed their family along with their own lives. Women of drug abusers are having economical and social problems. They also developed mental health problems. Children of drug abusers also suffer from emotional and behavioral problems. Many children had to quit their education and are compelled to work in a workshop, factory. Many have too become drug abusers and got involved in juvenile delinquency.

Therefore, I request to High Authority and welfare organizations to launch an exclusive program entitled, "Save Women and Children of Drug Abusers". Such type of program will provide educational and economical opportunities, health care facilities, mental health care services and security to the women and children of drug addicts. Moreover, our future generation will be saved from being entangled by drug addiction.



## Women: Most Affected Family Member Of Drug Abusers

By Riffat Sadiq

Woman has been empirically proved as most affected family members of all kinds of drug abusers. She suffers from variety of problems such as; economic burden, psychological problems, social dysfunction and rejection. A woman is socially responsible to take care of her home/children, and to fulfill all of her responsibilities, she should be provided considerable financial, moral and emotional support from male family member.

When earning member of the family indulges in addiction, then a woman has to come out of her home to earn enough to be survived in the community. Dual responsibilities put a huge burden on her. Being a wife, she suffers from different psychological and emotional problems such as; depression, anxiety, somatic complaints, social dysfunction, anger and hostility (Ali & Sadiq, 2011) and becomes co-dependents (Makvand-Hosseini, Bigdeli & Aghabeigi, 2009).

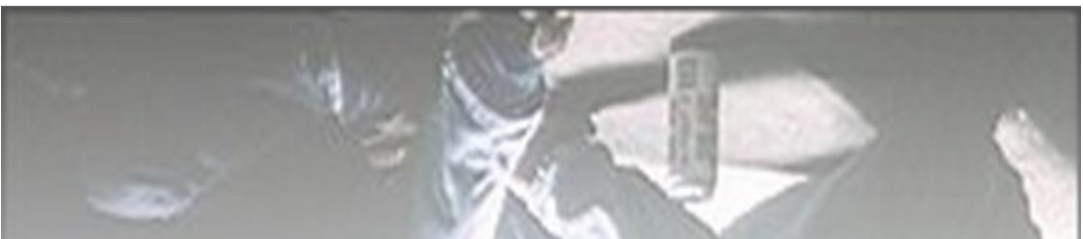
Furthermore, she, being a sister and daughter, receives social rejection. People hesitate to get marry to a girl whose father/brother is a drug abuser. Even, she is deprived of good friends and social life. Drug addiction of male family member becomes a social stigma for female family member. Mother in older age, instead of being taken care of her son, has to work a lot to run household expenses. Besides, she has to face her society and reaches to her death with the pain of child's destruction. Adjustment of children in their lives is a dream of every mother. Unfortunately, this dream of an addict's mother does not come true.

In short, woman in all roles (mother, wife, sister and daughter) suffers a lot economically, psychologically and socially when her male family member starts abusing drugs. Drug abuse prevention program is a need of time to save the women from destruction besides preventing the people from indulging in the swamp of drugs.

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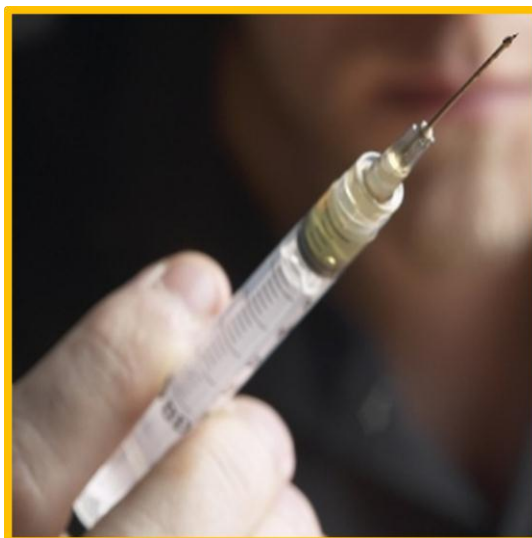


## Consequences of Parental Addiction For Children

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.

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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, alcohol and heroin. They are openly seen as using cigarette. The use of betel nut is common among them.

They develop drug abuse problem genetically and environmentally. 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-child 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 environment that is needed to build skills among children to be healthy citizens in future.

## Steroid Use Can Make You Addict

By Haider Ali

Steroids are essential for body to fight with stress and to enhance body growth. These steroids are naturally produced in the body. Steroids are available in form of roids, juice, hype, weight trainers, gym candy, and pumpers. Steroids are being used as supplement but in fact, frequent use of these drugs can put side effects for users. People use steroids pills, gels, creams and injection in order to enhance their stamina to perform well in the relevant field. Steroids lead to numerous side effects, such as; hypertension, increased total cholesterol levels, acne, hair loss and baldness, gynecomastia, excessive hair growth, liver damage, and excessive growth of oral gums.

Use of anabolic steroids is common among athletes and sportsman. Artificial hormones are produced in the body through as the result of anabolic steroids. The male hormone, androgens, increases the functioning of testosterone. Male traits are developed in the male body due to testosterone. It also determines the level of aggression. Use of anabolic steroids provides same benefits to athletes.

Steroids are also available at food stores and gyms in form of steroidal supplements which contains dehydroepiandrosterone (DHEA) and androstenedione. In some countries, people need to have prescription to buy steroidal supplements. Without prescription, its use is illegal. These steroids are promoting addiction like other prescribed medicines. Therefore, without having the permission from health care professionals, steroid use should not be allowed. Action should be taken against gyms where these steroids are being sold. Awareness-raising program should be conducted for health care professional and other community members for the prevention of prescribed drug abuse and steroid abuse.



## 7 Tips for Effective Parenting

By Riffat Sadiq

**1. Try to present a positive role model for your children.** Any use of drug or substance in front of children will convey them message of using substance and promote addictive behavior among children.

**2. Build trustworthy relation with your child.** Trustworthy relation will reduce the gap and your child will share everything with you. Even what his friends do and say to him. It will also help him or her to handle peer pressure.

**3. Provide quality of time to your family and children.** Quality of time resolves conflict within family environment. A positive family environment is essential to prevent drug abuse among children.

**4. Get information about drug abuse problems and other social issue.** Parents should know about what is going on around, in home, in neighbor and residential area. Keep your self aware of surroundings so that you can properly guide your child.

**5. Equally deal all of you children.** Inequality, injustice or inappropriate criticism make child feel to be rejected and ignored. Such feelings and thoughts may bring them to the environment where drugs are taken as solution of releasing tension.

**6. Try to earn for your family in honest way.** Your honesty will sow a seed that would be reaped later on by your children. Whatever you will sow today, same thing you will have to reap.

**7. Present your religious and social values to children in appropriate way.** Make your values easy to be followed. First you will have to follow your values in order to teach your children.

## Joint Effort brought Results

By Muhammad Zakir

I was so worried to see the open use and sell of drugs in my street. Very near to my home, a man was taking drugs sitting in his home. He was inviting other drug addicts to take drugs together. I saw drugs addicts whom I had never seen before coming in my street. They were also involved in drug peddling.

My children play with other children in street and it is very dangerous not only for my children and others too. I scared of the spreading of drug addiction in my locality. I talked to my neighbors. They also showed similar concern over that issue. I, with my neighbor talked, to other people of my street and successfully convinced them to do something seriously.

We all went to the most respectable and well-off person of our residential area. His son was also affiliated to a political party. We discussed this matter to them so that they could take action against the drug peddlers. On our request, they instantly talked to police to arrest the drug peddlers and seal their home.

The police came to arrest them all, sealed the home and warned all others that if anyone here was seen in involving drug peddling or taking drugs would be arrested and sent to prison. Thanks Allah, our efforts brought positive result and our children and rest of the people have been saved from drug addiction. I want to convey my message to all citizens of Pakistan that if they want to save them and future generation, they will have to do something jointly. Spread of drug addiction could only be controlled by working together.



## Knowledge is Power

By Iqra Abdul Qadir

Once founder of Pakistan, Muhammad Ali Jinnah (Quaid-e-Azam) said, **'Knowledge is a greater force than a sword, go and acquire it'**

Numerous problems are around us and many of them are the result of our ignorance. Drug abuse is one of those problems that have been rapidly grown because of our ignorance or lack of knowledge. Many youngsters today are suffering from multiple problems including social, economical and as well as emotional problems. They find ultimate solution of their problems either in ending their life by own or getting involved in delinquent activities like abusing drugs.

Knowledge is basically of two kinds, knowledge of self and knowledge of others (world). Both kinds of knowledge are essential for youngsters regarding the resolution of their problems. Knowing self (potentials, nature and aptitude) makes the ground for future success. Knowledge of self builds self confidence and makes one assertive to handle peer pressure and other environmental problems.

Knowing others (living or learning environment, people in surrounding) increases the ability to adapt to the changes occur within environment which are most of the time out of any one's control. We have to adapt our self according to that. Staying away from drug abuse demands to have knowledge of your environment, ability to face peer pressure and other factors (financial, family problems) that may incline to take drugs. Knowledge of environment helps in understanding others and situation and make the person of social evils such as; drug abuse.

In short, knowledge is every thing. To live a healthy life, try to have more and more knowledae about your own self and others.

## Faith is Power

By Riffat Sadiq

Your success is the combination of the faith you have in your creator and the faith you have in your own self. Success is different for every one of us. See your success through your own lenses. Here success is not same for all.

Whatever you want to desire to achieve, first you will need to have faith in your Allah. Nothing can be happened in this world without His wish. He is the biggest energy providers in time of adversity. Some situations are not in your control and you will have to accept this reality. He will never leave you alone if you frequently remember Him either you are happy or sad. You should keep in mind that the talent and capabilities you are possessing only have been bestowed by Him.

Secondly, you will need to have faith in your self, talent, potentials and so forth. You will need to identify your potentials in accord to what you aspire to achieve. Having faith does not mean that you will achieve your target. In fact, you need to have faith that the way you choose to go on is appropriate for you or not. If you believe that your decision is absolutely right then you should continue your struggle.

So start from today and open the door of success using the following key

Faith in Allah  
Almighty

+

Faith  
in  
Self

=

Get  
Success

## Students Are Power

By Safia Umer

We all know that students always have been important in raising socio-political issues. Behind the long struggle for Pakistan, students had played a vital role. Motivation, passion to bring a change, need for achievement and devotion for society are some of the attributes of students which, if are used positively, can benefit the society in many ways.

Unfortunately, In Pakistan, students Unions have been misused. Students are being used only for political purpose and not for the development of society. Many important issues are now behind the curtain because of the inappropriate use of students' power. The most important issue is the use of drugs among students.

Students need to be aware of the consequences of drug abuse. Students' Unions and forum are not being used to raise the issue of drug abuse among students that is also harmful for entire educational institute. If one student uses drug then it will be passed to another students. Therefore, our educational environment seems to be in jeopardy.

Campaign of prevention of drug abuse in educational institutes will never be successful without the involvement of students' union and forum. There should be a "Youth Against Drugs" forum in order to channelize the qualities of students towards the prevention of drug abuse. Their motivation, passion, devotion to serve the country must be utilized for the eradication of drug abuse problems from educational institutes and to save the future of Pakistan, our students.

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