



Government of Jammu & Kashmir
DIRECTORATE OF SCHOOL EDUCATION, JAMMU

Circular No: 1087 of 2019

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Sub: Anti Drug abuse campaign in Govt. High and Hr.Secondary Schools.

Drug abuse is a multidimensional problem which not only erodes the health status but also personal, familial marital and social life of an individual. Its presence in our state in almost all socioeconomic strata is alarming as the drugs which have been introduced are some of very potent substances of addiction.

In view of the alarming rise in number of cases of drug addiction in our state and government making its elimination a top priority, all the stake holders have to make all out efforts for elimination of this deadly menace.

In this regard all the CEOs of Jammu Division are directed to instruct HOIs of High and Higher secondary schools to organize Anti Drug Campaigns for students as well as for their parents (PTMs) through counselling cells, Houses constituted at schools to orient them about various issues as mentioned in the **Annexure A (What to Do) and Annexure B:(PPT)** annexed to this circular at least two days a week besides carrying out routine counselling activities as per calendar.

Faculty members from HSS, HS and DIETs especially those trained on drug de-addiction issues through Jammu Kashmir State Aids control society (JKSACS), SIEJ, Samagra Shiksha interventions on adolescent education, and through police department should immediately select and train volunteers in their schools as well cluster schools to be named as **De-addiction champions** on the pattern of peer counselors so that they can identify, report and offer preliminary counselling to their peers confidentially.

Ten selected HSS one from each district where funds have been transferred for carrying out anti drug activities can be directed to take a lead by involving cluster schools as well as community members. DIET counselling teams must be mobilized to monitor anti drug initiatives in schools and weekly reports about the activities carried out must be sent on whatsapp groups by DIET counselling teams.

Details about the activities must also be posted on online monitoring portal of DSEJ. For further queries Mr.Romesh Kumar I/C counselling cell DSEJ can be contacted at 9419210200.


Anuradha Gupta (KAS)
Director School Education
Jammu

1. Commissioner /Secretary to Govt. School Education Department civil secretariat, Jammu for information.
2. DDCs (All) Jammu Division for information with a request to facilitate the campaign.
3. IG Jammu Zone for information with a request to facilitate the campaign.
4. Director Health services for information with a request to facilitate the campaign.
5. Principal SIE for information.
6. Chief Education Officer (All) Jammu for information and necessary action.
7. Principal DIET s (All) Jammu Division for information and necessary action.
8. State Incharge JKKN to organize online interactions of I/C counselling cell DSEJ Sh.Romesh Kumar to train peer counsellors in schools.
9. I/C website for uploading on website.

Annexure A

Anti Drugs Campaign in Govt. Schools

(What needs to be done?)

- Map vulnerable schools, areas in your locality and send a list to this office through DIETs.
- Screening of short films showing harmful effects, withdrawal symptoms of drug addiction. (**Links available on U-Tube**)
- Conduct awareness programme for students, teachers and parents (PTMs) on **“How to spot a Drug Addict”, “What to look for”**.
- Conduct class talks on **“Symptoms of drug addiction”**.
- Involve School House to carry out anti drug abuse activities.
- Develop a close liaison with Police Department, Revenue intelligence, Doctors, rehabilitation centres, for timely intervention and immediate reporting.
- Get Tele-helplines (Police, **Telecounsellig helpline: 6006800068**, National Drug deaddiction helpline: **1800-11-0031** etc.) displayed on school walls.
- Select a group of volunteers in each class (9th to 12th) to be trained as **Peer Counsellors/Deaddiction champions/Buddies**. Preliminary training can be provided to these students regarding various aspects of drug Addiction.
- Proactively involve Police, members of urban local bodies, Panchayat members, Doctors in campaigns.
- Health camps can be conducted in schools through department of Health.
- Details about the activities must be posted on online monitoring portal of DSEJ.
- DIET counselling teams to monitor anti drugs campaigns in schools and send weekly reports on every Saturday.
- Conducting more experiential activities like (Role plays, Case studies, and Group discussions.
- Organizing lectures by a past addict who has come over drug addiction.



Against Drug Abuse

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Drugs

› Drugs are chemical substances that affect both your mind and your body. The prolonged use of drug may lead to physical and/or psychological dependence. An overdose of any drug may lead to death

Substance Abuse

› **Drug Abuse:** Drug abuse is the non permissive consumption of certain substance that may lead to physical and psychological dependence.

- Tolerance
- Dependence
- Addiction

5 C's of Addiction

- › 1. Chronic
- › 2. Loss of Control
- › 3. Compulsion
- › 4. Use despite negative consequences
- › 5. Cravings

Commonly abused drugs

- › Nicotine: Tobacco.
- › Medicinal Opioids: Heroin, Morphine, codeine
- › Cannabis: Charas, Ganja, Marijuana
- › Benzodiazepines: Psychoactive drugs, Alprazolam,
- › Prescription medicines: Opioids, CNS depressants, Stimulants.
- › Cocaine.
- › Alcohol
- › Pan Masala.
- › Cool Lips.
- › Inhalants/glues/solvents

Causes

- › Stress
- › Peer Pressure
- › Availability
- › Experimentation/Curiosity
- › Advertisement/Media/Cinema/
- › Role model
- › Family structure & Parental influence
- › Child maltreatment and Abuse.
- › Genetic and Environmental Influences
- › Marital Conflict.

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Causes

- › **Escapism:** family issues, stress, low self-esteem, depression or other mood disorders
- › Curiosity, need for adventure and excitement, and experimentation
- › **Recreation:** pleasure-seeking
- › Media, movies and Internet
- › Trying to Fit in
- › Unaware about dangers.
- › Rejection
- › Failed relations
- ›OR ANY COMBINATION THEREOF

Pleasure principle

- › Abused drug causes a surge in levels of dopamine in your brain, which trigger feelings of pleasure.
- › Changes in your brain interfere with your Ability to think clearly, Exercise good judgment, Control your behaviour, Feel normal without drugs

Impact of Drug Abuse

- › Death/suicide/self harm.
- › Stroke
- › Heart attack
- › Skin infections.
- › HIV/AIDS
- › Cancer
- › Hepatitis
- › Crime
- › Delinquency
- › Antisocial activities.

Impact

- › Disruption in thinking ,decision making,perception,mood.
- › Impact on society.
- › Impact on economy.
- › Impact on public safety
- › Impact on women ,children.

Physical signs of drug abuse

- › Deterioration of appearance and neglected grooming.
- › Unusual smells on the breath, clothing and/or body.
- › Bloodshot eyes and/or pupils looking larger or smaller than normal.
- › Changes in sleeping patterns and/or appetite.
- › Sudden weight-loss or weight gain.
- › Slurred speech.
- › Impaired coordination.
- › Lack of concentration.
- › Vomiting, tremors, sweating (common signs of withdrawal symptoms).

Behavioural signs of drug abuse

- › Sudden and unexplained financial problems – may be resorting to stealing.
- › Secretive behaviour.
- › Frequently getting into trouble (accidents, illegal activities, fights etc.).
- › A drop in attendance at school or work.
- › Change in friends, hobbies or favourite places to socialise.

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Psychological signs of drug abuse

- › Mood swings and constant irritability.
- › Lack of motivation or energy – appears 'spaced out'.
- › Seems anxious or fearful for no reason.
- › Paranoid thinking.
- › Poor memory.
- › Unexplained changes to personality or attitude.
- › Periods of unusual hyperactivity or agitation.

Signs of dependance

- › Increasing tolerance, or the need to consume more of the substance to reach the desired altered state.
- › Requiring the substance throughout the day.
- › Seeking the company of other users and cutting off social ties with non-users.
- › Dismissing or resenting expressions of concern from loved ones.
- › Avoiding other activities and failing to meet obligations.
- › Experiencing withdrawal symptoms in the absence of the substance.
- › Hiding use from family and friends.
- › Binging—using heavily—for many hours or several days.
- › Feeling unable to quit.

WARNING SIGNS OF DRUG OR ALCOHOL ABUSE

- › Failure to meet social, work, and academic obligations.
- › Physical injury or illness.
- › Alcohol- or drug-related legal problems, such as arrest for driving while intoxicated.
- › Relationship problems with intimate partners, friends, and family.
- › Impulsivity, such as spending money excessively.
- › Diminished interest in other activities.
- › Short-term memory loss or blackouts.

The symptoms of opioid overdose include:

- › Breathing that is very slow or shallow, or breathing that has stopped
- › Skin that appears grayish or ashen
- › Fingernails and lips turning blue
- › Loss of consciousness
- › Choking sounds
- › Vomiting
- › Slow or erratic pulse
- › Limp body
- › Lack of responsiveness to stimuli

Prevention

- ✓ Stress Management initiatives.
- ✓ Avoid undue peer pressure
- ✓ Education and counselling
- ✓ Seeking help from parents and peers
- ✓ Looking for danger signs
- ✓ Seeking professional and medical help
- ✓ School can play important role in this
- ✓ Employment

Role of Schools

1. Classroom guidance: "Dangers of Substance Use"
2. Faculty Presentation: "How to Spot..."
3. Deaddiction champions.
4. Parent Workshops: "What to Know..."/"What to Look for..."
5. Individual Counseling
6. Referral to Outside Agencies: GMC, Child Guidance
7. "Red Ribbon Week" activities for entire school
8. Motivational Speakers: "survivors," treatment center counselor
9. Anti-Drug Campaign (School wide)
10. Make sure Health teachers provide lessons on the dangers of substance use and abuse

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Treatment For Drug Addiction

- › Hospitalization
- › Detoxification.
- › OST
- › MET
- › Behavioural Therapies
- › Occupational Therapy
- › Change in Addict's Social Environment

Helplines

- › National helpline for Deaddiction.

1800-11-0031

Aao Baat Karein Helpline:

6006800068

Police Helpline :9086100100

THANKS

Questions ??