

UNIT 12

Youth's Participation in Drug Prevention Programmes

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Students Learning Outcomes:

On the completion of this unit, the students will be able to:

- scan to answer short questions.
- develop focus for own writing by identifying audience and purpose.
- use pre-writing strategies (Brain storming, mind mapping, outlining, etc.)
- proof read and edit a piece of writing.
- deliver group/class presentation.
- use roots, suffixes and prefixes.

Pre-reading:

- What is drug addiction?
- What can we do to prevent the drug addiction?

These days, drug abuse is becoming an increasing trend. It has become quite common among youth, as drugs have become quite accessible. Today, there is a clear need for effective drug prevention programmes directed towards youth.

In fact, youth must play an active role in drug prevention programmes. However, it is important to note that youth are not professionals or experts on drugs. They lack experience and knowledge in the academic sense of course, they are experts on what they have perceived or even experienced themselves when it comes to discussing the effects of drugs, but they do not know the science behind drugs and drug abuse. Actually, young people have a general knowledge about drugs, but they may not know the specifics. For example, a young person may not know how drugs actually penetrate the human body and which senses they affect first, but an expert in the field of drug abuse could provide the answer. Experts, consultants and professionals can provide support without being in command of a project,

more specifically, we can say that adults can be a resource for young people when they need any substantiation.

Occasionally, it is difficult for adults to play a supportive role when participating with young people. It is challenging because they often fall into the authoritative or imposing roles without even noticing what they are doing, when working with young people, though, adults must respect and recognize the value of young people's ideas and opinions. Adults should take them seriously because young people will equally respect and take seriously what adults would say. Adults should also encourage young people to draw upon their skills, knowledge and resources. Encouragement can be in the form of a compliment, or a reward.



Adults should provide their expertise and information when they are needed. Young people must also realize their own benefits for participating with adults. Adults do have much to share that is relevant to young people's needs. Adults are able to offer suggestions, resources and most importantly, vision. However, adults must learn to work with youth rather than telling them what to do. Young people ought to take advantage of the knowledge

and expertise of the adults and adults should be always willing to share with youth without being bossy or dominating.

Adults should not press youth into doing or believing in something because youth will realize what the adults are intending to do and thus, reject it; regardless of its relevance or merit. Imposing behavior often results in irritation and it discourages young people from participating.

Youth participation entails a process through which youth are able to influence and share control over planning, decisions and resources that affect them. At an organizational level, this entails in being included in decision making, policies and practices in which young people have legitimate roles, such as manager or advisor. On a personal level, participation involves young people's right to be included in and informed about decisions and issues affecting their lives.

Youth participation means recognizing and fostering youth's influence and ability through their expertise and involvement. Only in this way will youth's participation be truly effective for youth themselves, their adult counterparts and community as a whole.

The Importance of Youth's Participation:

Young people have a right to participate in programmes as enshrined in the UN convention on the rights of child, adopted in 1990. The convention has since been ratified by almost every member state of the UN. One of the principles of the convention states; children must be allowed as active participants in all matters affecting their lives and be free to express their opinions. They have the right to have their views heard and taken seriously.

Drug Prevention

Drug prevention programmes can target all young people or they can target specific groups with specific needs, such as young people who have already tried drugs or who are considered "at-risk". Programmes can be held in school or in the community and they can be run by youth, adults or a

combination of both. There is no specific protocol for drug prevention programmes, but in order for them to be effective, programmes should consider the following:

- Enhancing protective factors and reducing risk factors.
- Including skills to resist drugs, strengthen personal commitments against drug use and increase social competencies.
- Incorporating interactive methods rather than just the traditional educational techniques alone.
- Generating norms that are strengthened against drug use in all kinds of situations.
- Targeting all youth and giving special attention towards identifying those who are most at risk.
- Being sensitive with respect to ages, cultures and developmental stages.

The benefits of youth participation in drug prevention programmes

Youth participation in drug prevention programmes has great advantages, not only for youth themselves but also for adults and for the community. Since youth are the primary beneficiaries, they gain the most from participation. It is their decisions in managing and implementing policies that improve the programme's objectives. Whatever decisions they make or procedures they apply, they will be the ones affected the most.

Delivery of Services

Since young persons are the best experts on young people, they can deliver the best services to them. That's why their involvement in delivery of services will be more relevant to the needs of young people. Young persons understand each other in a way that is difficult for most adults to comprehend. Their behaviours, their style of doing things and even their language differs from adults. It often happens that adults feel upset over the conduct of youth. The programmes chalked out by young persons are always

compatible to the needs of young people.

Young people not only benefit from being active participants in any programme but also improve their knowledge about the causes and methods of prevention of drug abuse.

Expressions

Participation of youth in programmes provides them an opportunity to share their ideas and experiences on the drug abuse. It has been observed that their ideas as to the dangers of drugs and methods of prevention often differ from what the adults believe, for in some cases, young persons have practical experience of drug abuse. They have either been directly affected by drugs or indirectly affected as any of their family members have been the victim of drug abuse. They can thus provide better explanation of the effects and hazards of drugs in comparison with those adults who have never touched any drugs.

Skills

By participating in programmes on drug abuse, young people gain developmental skills and knowledge that will ensure a better future. They gain experience and confidence after accomplishing a task successfully. The leadership roles, assigned to them, lead them to become responsible citizens. Respectable roles in prevention programmes provide them opportunities to groom their personality and shoulder responsibilities on their own. Participation gives them the opportunity to channelize their energies for the good of their nation.

Communication

The participation of youth allows other youth to feel at ease while speaking on issues in the presence of adults. They are likely to feel shy and hesitate to express their ideas or share their experiences. Some young persons are in the habit of just ratifying the views what the adults put forward, and saying what they think adults want to hear instead of what

they really have in their minds. This can be really damaging to a programme as it is not the true representation of the youth. Moreover, young people communicate in different terms from adults with active youth participation. Programmes can focus on important matters that are suited towards the young people's needs.

Since young people can offer better programmes and expertise in the area of anti-drug campaigns, they can suggest and provide alternatives that will appeal to the interests of young people.

In short, youth participation is all about the development of partnerships between young people and adults across all areas of life so that young people may take a valued position and play role in our society and the community as a whole can benefit their contribution, ideas and energies.

Reading and Thinking Skills

1. Answer the following questions.

- i) Why has drug abuse become quite common among youth?
- ii) What kind of awareness regarding the drug abuse should be given to the youth?
- iii) Why is youth's participation in drug control programmes important?
- iv) What are drug prevention programmes?
- v) How do the ideas of youth differ from that of adults?
- vi) What kind of skills can youth develop by participating in drug prevention programmes?

2. Mark the sentences as true or false.

- i) In recent years, drug abuse has become an increasing trend. ☐
- ii) Youth must not be allowed to participate in drug prevention programmes. ☐

- iii) Adults should take and honour the ideas and opinions of young people on the prevention of drug abuse. ☐
- iv) The ideas and opinion of youth about prevention of drug abuse differ from that of adults. ☐
- v) The leadership roles assigned to the youth do not lead them to become responsible citizens. ☐
- vi) The youth's participation allows their fellows to feel at ease while speaking on issues in the presence of adults. ☐
- vii) The programmes, chalked out by young people, are never compatible to the needs of youth. ☐
- viii) Youth do not know the science behind drugs and drug abuse. ☐
- ix) Children have the right to have their views heard and taken seriously. ☐
- x) Young person's do not know the needs of youth. ☐

3. Choose the correct answer.

- i) Youth must play an active role in:
 - (a) drug promotion
 - (b) drug usage
 - (c) drug progress
 - (d) drug prevention
- ii) Young people have a right to:
 - (a) take part in drug usage
 - (b) participate in drug prevention programmes
 - (c) take part in debates
 - (d) participate in adult literacy
- iii) Participation of youth in programmes provides them an opportunity to:
 - (a) share their food
 - (b) share their ideas
 - (c) share their values
 - (d) share their belongings
- iv) A young person may not know which:
 - (a) senses drugs affect first
 - (b) persons drugs affect first
 - (c) creatures drugs affect first
 - (d) things drugs affect first

- v) Youth must be given chances to:
 - (a) express their views on drug prevention
 - (b) their views
 - (c) tell which programmes are necessary
 - (d) know ways protecting drug abuse

Writing Skills

Activity

Work in groups of five to ten. Select a topic of your choice. Write an essay of three to five paragraphs. Exchange your written essays with your groupmates. Every student should proof read and edit the essay with red ink.

Follow these steps:

- i) Brainstorm your ideas.
- ii) Make a mind map.
- iii) Outline your ideas in a logical sequence.
- iv) Each student should write the essay with the help of outline.
- v) Each student should proof read another's essay.
- vi) Edit it and re-draft it.

Oral Communication

Group/Class Presentations

Activity

Work in groups of five to ten. Prepare a class presentation on "Importance of Sports", and present it in the class.

VOCABULARY

Roots, Suffixes and Prefixes

Root or Base Word:

The original word to which a suffix or prefix is added is called a root or base.

Suffix:- A suffix is a letter or a group of letters added at the end of a word. A suffix changes the meaning of the word.

For example:

Suffix		
Base word	Suffix	New word
thank	ful	thankful
care	ful	careful

Prefix:- A prefix is a letter or a group of letters added at the beginning of a word. It changes the meaning of the word.

Prefix		
Prefix	Base word	New word
im	possible	impossible
un	able	unable

Activity

Use the following prefixes and suffixes to make new words.

Prefix	Word	New word	Word	Suffix	New word
mis				less	
pre				ship	
post				ness	
tele				ment	
post					