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MINISTRY OF EDUCATION

UNITED ARAB EMIRATES

MINISTRY OF INTERIOR



GUIDE TO

Drugs Prevention at School Environment

First Edition 2021

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SIRAJ
U.A.E.
إ. ع. م.
البرنامج الوطني للوقاية من المخدرات
National Program for Drugs Prevention

الإمارات
EMIRATES
مجلس مكافحة المخدرات
DRUGS CONTROL COUNCIL

Drugs Prevention Guide at School Environment

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Introduction and Preamble

The National Program for Drug Prevention (SIRAJ) seeks to protect students from narcotics and psychotropic substances within the educational environment. It also aims to develop their skills to reject drug abuse and enable the educational environment to effectively manage and address issues related to narcotics risks

This guide is designed to contribute to protecting our students from the danger of drugs based on the latest scientific studies and best international practices; it aims to:

1. Raising awareness among Educational and Administrative cadre about types of narcotics and indicators of abuse.
2. Defining and correcting common misconceptions about narcotics.
3. Enabling Educational and Administrative cadre to conduct early detection and intervention regarding narcotics abuse.
4. Clarifying the characteristics and standards of Preventive Education of the danger of narcotics.
5. Developing educational cadre's skills related to address the issues associated with drug abuse.
6. Outlining the roles and responsibilities of educational cadre and parents in preventing student narcotics abuse.
7. Clarifying the skills required by students to prevent narcotics abuse.
8. Introducing the UAE law on combating narcotics drugs.

National Program for Drugs Prevention “SIRAJ”

Siraj Program is the UAE national drugs prevention program, targeting all segments of society. This program stems from the Supreme National Committee for Drug Prevention, which is affiliated with the Anti-Narcotics Council.

Vision

Towards a society aware of the threats of narcotics and psychotropic substances.

Mission

Empowering state institutions and community members, and establishing their capacities and skills to prevent narcotics and psychotropic substances pursuant to a scientific methodology and institutional integration.

Strategic Obectives

1. Raise Community’s awareness of the dangers of narcotics and psychotropic substances.
2. Develop personal skills and ethical values that enhance happiness and positivity.
3. Strengthening the role of families in contributing to the prevention of narcotics.
4. Participate in preparation specialized competencies in the field of drugs prevention.

Poles of Siraj



Happiness

Considering happiness and positivity as an integral part of our daily life; as positivity and optimism helps in coping with life’s various pressures and enjoying each day away from narcotics. We aim to contribute to instilling the values of happiness and positivity as lifestyle in our Emirati Society by increasing awareness about different sources of happiness and the habits that contribute to it.



Good Companionship

Choosing friends who enrich life with awareness and positive guidance that helps in the development of the person, and staying away from bad habits and behaviors such as drug abuse. We look forward to raise awareness of how to choose good company and enhancing the necessary skills for that.



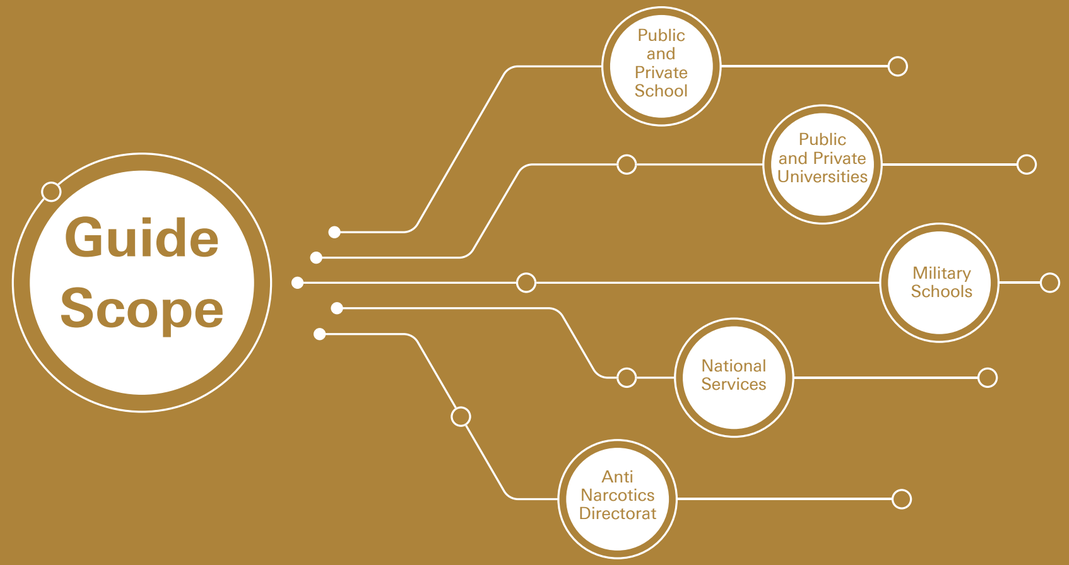
Cohesive Family

The family plays a fundamental and primary role in protecting its children from the dangers of drug abuse by instilling moral principles and values and establishing a strong relationship with children based on love, respect, trust, and dialogue. We look forward to strengthening the role of the family in protecting children from dangerous behaviors and drug abuse.



Healthy Body

Maintaining physical and mental health is an important factor in the development of the individual and society. We look forward to educating individuals and increasing awareness of the health threats of narcotics, and enhancing skills to make optimal choices for better health away from the risks of narcotics.



Target Audience

School Educational and Administrative Cadre	Psychological and Social Specialists	Academic Advisors	Safety Officers	Supervisors in Military Schools

Definitions

Drugs

These are natural or chemical substances that negatively affect the body's functions, and lead to a state of habituation or addiction to it. It is prohibited to trade, cultivate, manufacture or bring it unless for purposes specified by law.

Addiction

This is the case resulting from the continuous use of narcotics, such that the person becomes psychologically or physically or both dependent on it. Further, the individual needs to increase dosage from time to time to always get the same effect, and becomes unable to perform its daily tasks and duties without the narcotics. Addiction is considered a chronic disease that affects the brain. Therefore, the abuser needs treatment and rehabilitation.

Prevention

These are procedures and plans aimed at preventing individuals from engaging in the use of narcotics and psychotropic substances. Prevention includes promoting protective factors and reducing risk factors. One of the main goals of drug prevention is:

- Reducing the number of individuals who commence using narcotics.
- Minimizing the harm caused by narcotics abuse.

Protective Factors

These are factors that contribute to protecting individuals from engaging in narcotics and psychotropic substances.

Risk Factors

These are factors that increase the risk of engaging in narcotics and psychotropic substances abuse.

Chapter (1)

Narcotics

This chapter covers information about Narcotics in general, their classification, and the effects of their abuse, whether they are healthy, cocial, or economical. Then, it sheds light on some types of Narcotics, as well as their methods of abuse and effects. Moreover, it presents and corrects the commonly misconceptions among youth regarding drug use.

Classification of Narcotics

The World Health Organization has classified Narcotics according to the 10th revision of the International Classification of Diseases:



1 ALCOHOL



2 Opioids

- HEROIN: Common name: (Monkey, Besa, Brown Sugar or B.S.).
- OPIUM: Common name: (Triac or Opium) Morphine: Common name: (Mor).
- Codiene and Oxycodone.
- Pethidine (Demerol).
- Methadone and Buprenorphine (Suboxone or Subutex).
- Nalorphine or Nalbuphine and Fentanyl.



3 Stimulants

- Cocaine / Crack (Crack Coke, Charlie Candy, Rock).
- Amphetamines (Speed or Adderall and Captagon).
- Methamphetamines (Crystal Meth or Shabu or Ice).
- MDMA, Ecstacy.
- Khat.

4 Cannabis & Hash

Substances prepared or extracted from the fruits, leaves, stems, and roots of the cannabis plant (Cannabis sativa), including Cannabis, Bango, Marijuana, Cannabis oil, and Synthetic Cannabis (Spice, Voodoo, and K2).

5 Hallucinogens

- Lysergic Acid Diethylamide (LSD) or ACID.
- Mescaline and Peyote.
- Psilocybin and Magic Mushrooms.
- Dimethyltryptamine (DMT).
- Phencyclidine (PCP): known as ANGEL DUST.
- Ketamin: known as K or Ketalar or Kit Kat.

6 Sedatives & Hypnotics

- BENZODIAZEPINES: Valium, Xanax, Rivotril/ Abitril, also known as Rooj.
- Barbiturates: Phenobarbital, Secobarbital. Imobarbital, also known as Blues, Sleepers, and Sickies.
- GHB: Known as LIQUID G or Zyrim.
- Rohypnol: Flunitrazepam, also known as Roofies or DATE RAPE DRUG, and Roche.

7 Volatile Solvents

- Volatile Petroleum Substances.
- Chemical solvents and adhesives (thinners and glues).
- Lighter gas.
- Ethyl chloride topical spray.

8 DESIGNER DRUGS

Not included in the global classification

Flakka, K2 or Voodoo, Poppers Amyl Nitrite and BATH SALTS.

General Effects of Narcotics Abuse

"Narcotics Abuse and Addiction have significant health, social, and economical effects for the individual, family, and society, which are:

Physical health effects such as:

- Heart and Blood Pressure Disorders.
- Digestive Disorders and Loss of Appetite.
- Chronic Headaches, Physical and Nervous Stress.
- General Weakness and Emaciation.
- Hepatitis B, C Infection.
- AIDS infection.
- Liver failure and kidney disease.
- Chronic pneumonia.
- Sudden death.
- Epileptic seizures and mental convulsions.

Psychological Health Effects Such as:

- Sleep disorders.
- Auditory, visual and sensory hallucinations and delusions.
- Schizotypal personality disorders.
- Anxiety, depression and stress.
- Disorders of logical thinking and Sensory Perception.
- Difficulty on Concentrating and paying attention.
- Introversion and Isolation.
- Emotional and Feelings instability.
- Suicidal Tendencies.

Social Effects such as:

- The spread of crimes (crimes of assault, murder and theft).
- Family Disintegration.
- High unemployment rate.
- Isolation from society and lack of responsibility.
- Bad example for children and others.

Economical effects such as:

- Poor Individual Productivity.
- The financial burdens resulting from combating Narcotics and treating addiction and its associated diseases.
- Money Draining due to large expenditures on purchasing Narcotics.

Some types of narcotics, methods of abusing and effects



HEROIN

It is an opioid substance that comes in the form of a white or brown powder, or a black sticky substance.

Methods of Abuse

- Injection
- Snoring/Sniffing
- Smoking

Symptoms of Overdose

- Slowed breathing.
- Bluish lips and nails.
- Convulsions.
- Coma.
- Death.

Effects of Abuse

- Feeling sluggish and drowsy.
- Dry mouth and cramps.
- Respiratory system disorders.
- Skin redness.
- Dry mouth
- Cramps & burningBurning sensation & cramps in the eyes.
- Skin redness.
- Heaviness in the legs and arms.



CANNIABIS

It is a natural plant that contains a chemical substance (tetrahydro cannabinol), as the entire plant is dried to appear as dried herbs, and there are two natural and narcotics substances are extracted from cannabis:

Hashish: It is the dried fluid taken from the sticky substance found on the leaves and stems of the cannabis plant.

Marijuana: It is the dried flowers found on the tops of the Indian cannabis plant.

Effects of Abuse

- Smoking.
- Chewing.
- Fermentation with tea.
- Snorting/Sniffing through vaporizers.

Effects of Abuse

- Inability to concentrate.
- Slowed movements.
- Impaired thinking and perception
- Severe anxiety and depression.
- Increased heart rate.
- Risk of lung cancer.



COCAINE
(Coca, Crack, ice)

(Coca, Crack, ice)

A white crystalline powder made from leaves resembling coca or crack, and it comes in small white pieces similar to pebbles.

Methods of Abuse

- Snorting/Sniffing.
- Intravenous injection.
- Chewing coca leaves.
- Smoking.

Effects of Abuse

- Increased heart rate.
- Aggressive behavior and irritability.
- Hallucinations and blurred vision.
- Loss of appetite and insomnia.
- Nausea
- Hypertension.
- Anxiety.
- Spasms and Heart Attacks.
- Stroke and Death.



METHAMPHETAMINE

(Ice, crystal, meth, speed, glass)

It is a substance manufactured in laboratories and is in the form of glass pieces or shiny crystals and its color tends to be blue and white. It has a strong effect on the nervous system.

Methods of Abuse

- Swallowing
- Smoking
- Injection
- Snorting/Sniffing

Effects of Abuse

- Increased Heart Rate and Body Temperature.
- Anxiety, Depression, and Irritability.
- Heart and Nerve Damage.
- Liver and Kidney Disease.
- Mood Swings and Hallucinations.
- Heart attacks, stroke, and death.

INHALANTS

(lighter gas, dyes, glue)

It is a volatile substances that contain chemical vapors, have an effect on the body similar to that of Narcotics, and contain gases such as Aerosol gas and Butane gas.

Methods of Abuse

- Inhalation

Effects of Abuse

- Brain Damage.
- Headache, nausea and hallucinations.
- Heart failure.
- Respiratory failure.
- Liver Disease.
- Kidney Disease.
- Nervous System Depression.
- Sensitivity around the nose and mouth.
- Tingling of the Extremities.
- Unconsciousness and Death.

NEW PSYCHOACTIVE SUBSTANCE (NPS)

SPICE (K2)

They are manufactured drugs that have the same effect as Cannabis or crystal, including what is called (SPICE). It is a mixture of marijuana treated with chemical narcotic. These substances are considered highly severity because it is impossible to know the chemicals used to process marijuana, and they are sold as dried leaves in plastic bags or mixed with tobacco for smoking.

Methods of Abuse

- Smoking
- Drinking

Effects of Abuse

- Acute Toxicity.
- Hallucinations.
- Anxiety and Depression.
- Hypertension and increased heart rate
- Kidney Disease.
- Heart Attacks.
- Death.

FENETHLLINE OR CAPTAGON

It is a synthetic compound derived from amphetamine and is considered a synthetic narcotic substance and contains chemical substances that have an effect on the nervous system.

Methods of Abuse

- Swallowing

Effects of Abuse

- Talkative and excessive movement without reason.
- Uttering words unconsciously.
- Psychological disorders such as anxiety and tension, feeling persecuted and suspicious of others and tendencies towards aggression.
- Poor memory and unrealistic thinking.
- Hypertension and increased heart rate.
- Poor appetite and vomiting.
- Hand tremors and cold extremities.
- Insomnia and lack of sleep.
- Moving the jaws in opposite or circular ways.
- Redness and dilation of the pupil.
- Dry saliva and lips.
- Auditory hallucinations.

PRESCRIPTION MEDICATIONS

These are medications that can only be used with a prescription. Misusing these medications by taking them without a prescription or using them in a manner contrary to the doctor's instructions may lead to addiction and have serious health effects, including:

OPIOIDS

Oxycodone | Hydrocodone

Effects of Abuse

- Slow breathing.
- Brain damage.
- Death.

DEPRESSANTS

Valium | Xanax

Effects of Abuse

- Blurred vision.
- Nausea.
- Difficulty on concentration and thinking.
- Difficulty remembering daily events
- Taking it with alcohol in large quantities causes death.

STIMULANTS

Adderall | Ritalin

Effects of Abuse

- High body temperature.
- Irregular heartbeat.
- Feeling suspicious & distrustful.



TRAMADOL

It is considered an opioid drug used to relieve pain. Misuse of tramadol may lead to addiction.

Methods of Abuse

- • Swallowing

Effects of Misuse

- Depression, stress and anxiety.
- Anger and aggression.
- Headache and tremors.
- Lack of sleep and insomnia.
- Excessive sweating.
- Depressed Nervous system.
- Respiratory depression.
- Increased suicidal thoughts and tendencies.
- Coma and sudden death.

Misconceptions related to Narcotics Abuse

There are common misconceptions in society related to Narcotics abuse, and it is important to know them and understand the true facts as shown in the table below:

Misconception	True Facts
Narcotics Abuse relieves you of feelings of anxiety and tension and gives you a feeling of happiness.	This belief is a delusion without any factual basis. It is often repeated by Abuser due to psychological delusions that drugs help in overcoming difficulties, while self-esteem and happiness are linked to the ability to take responsibility, actively participate effectively in society and all its activities, and maintain both physical and mental health.
Narcotics Abuse increases the ability to focus and create and improves the ability to study.	Narcotics Abuse has a negative impact on the nervous system and a person's ability to retrieve information and concentrate, as addiction to these substances leads to adverse and severe results in the medium and long term.
Drug Abuse increases physical ability and contributes to working for long terms.	Studies have shown that between 15% and 30% of workplace accidents are caused by Narcotics Abuse. Moreover, many traffic accidents are attributed to drivers under the influence of Narcotics.
Abusing cannabis and its products does not cause addiction.	Addiction goes through several stages and Narcotics abuse, even if it is intermittent, can quickly turn into frequent abuse and then into continuous abuse, eventually leading to addiction. cannabis has several risks, for example: • Cannabis smoke contains a large percentage of chemicals and tar that cause cancer and destroy brain cells. • Cannabis abuse may lead to mental and behavioral disorders. • Cannabis abuse may lead to heart muscle weakness.
Narcotics Abusers can stop using it at any time they want.	Addiction depends on the person's response to the type of Narcotics they use. A person can become addicted after the first experience, which makes it difficult to stop using Narcotics at any time
Narcotics do not cause permanent damage to the body.	Narcotics addiction may cause permanent damage to the body, affecting the brain, heart, lungs, liver, and kidneys.
Using drugs at long intervals does not cause addiction.	Narcotics affect the brain even if they are used intermittently; they cause changes and a person may become addicted. Whereas, abusing Narcotics intermittently can quickly turn into frequent use and then constant use, and no one knows exactly when the occurrence of the () chemical change ((in the brain that leads to addiction.
Taking sedatives is less dangerous than other Narcotics.	Many studies have demonstrated that the misuse of sedative medications can lead to addiction, similar to other Narcotics.



Chapter (2)

Causes and Indicators of Narcotics Abuse

At the beginning, the chapter discusses the most common causes of narcotics abuse, such as individual, family, and societal causes. It also explains the indicators of abuse, such as behavioral, physical, and environmental, which enable individuals to detect narcotics abuser and early intervention.

Reasons Leading to Narcotics and Psychotropic Substances Abuse

There are many reasons that push an individual to abuse drugs, which are classified as follows:

Individual Causes such as:

- Weak religious restraint and ethics.
- Bad company.
- Incorrect belief in the effects of drugs abuse.
- Free time and feeling bored.
- Imitation.
- Curiosity.
- Poor life skills in dealing with stress in a positive way.

Societal Causes such as:

- Lack of awareness of laws and regulations related to Narcotics.
- Poor values rejecting Narcotics Abuse in society.
- The negative role of media in spreading misconceptions about Narcotics Abuse.

Family Causes such as:

- The existence of family issues between parents themselves or between parents and children.
- Weak relationship between parents and children.
- Harshness towards children.
- Excessive pampering.
- Lack of clear and fixed controls and laws in the event of committing mistakes.
- Weakness in family skills such as communication, guidance and dialogue skills with children.

Indicators of Narcotics and Psychotropic Substances Abuse

There are behavioral, physical, and environmental indicators that may suggest a person's use of narcotics and psychotropic substances, such as:

Behavioral indicators such as:

- Sudden change in friends.
- Sudden decline in academic performance.
- Lying and deceitful behavior.
- Sudden mood swings ranging from happiness to depression.
- Overreaction to moderate criticism or simple requests.
- Using excuses instead of taking responsibility for actions.
- Always making excuses for personal mistakes.
- Noticeable lack of self-discipline.
- Severe anxiety, fear, and compulsive behavior.
- Unjustified requests for money or constant complaints about insufficient funds.
- Change in sleeping patterns.
- Hostile or argumentative attitudes.
- Sudden loss of interest in family activities.
- Staying out late for long periods.
- Taking phone calls in private and using coded terms or phrases.

Physical Indicators such as:

- Abnormally pale skin.
- Frequent illness.
- Sudden weight loss.
- Constant fatigue and lack of energy and vitality.
- Loss of appetite and extreme thirst.
- Short-term memory loss and runny nose when not caused by allergies or other illnesses.
- Eye problems such as red eyes, dilated pupils, and erratic eye movements.
- Coordination issues such as seizures, dizziness, and tremors.
- Significant changes in appetite and changes in speech patterns, such as fast speech, slow speech, unbalanced speech, and slurred speech.

Environmental indicators such as:

- Presence of drug paraphernalia (needles, foil, spoons).
- Unusual odors on clothing or breath.
- Unusual packaging.
- Unfamiliar medications to the family.
- Loss of money.
- Loss of valuable items.

Chapter (3)

Protective and Risk Factors for Narcotics and Psychotropic Substances Abuse

This chapter discusses the various factors that may contribute to protecting individuals from drug abuse. These factors varies depending on the age group. We have highlighted these factors in early childhood, late childhood, and adolescence, enabling stakeholders & parents to strengthen protective factors and be aware of risk factors to address them effectively.

There are factors that may reduce the likelihood of substance abuse, known as protective factors, such as a positive parent-child relationship. Conversely, there are factors that may increase the risk of Narcotics & Substance abuse, known as risk factors, such as negative peer pressure. Therefore, one of the most important goals of prevention is to change the balance between protective and risk factors by tipping the scales in favor of protective factors.

Please note that the following factors should be taken into consideration:

- Most individuals exposed to risk factors do not necessarily engage in the use of narcotics and psychotropic substances.
- A risk factor for one individual may not necessarily be a risk factor for another.
- The presence of a risk factor means the absence of a protective factor, and vice versa.
- For children with risk factors, delaying intervention until adolescence makes it more difficult to overcome these factors; as adolescents, their attitudes and behaviors become more stable and harder to change.

These factors vary according to the age stages of the individual as follows:

1. Early childhood (0 - 5 years)
2. Late childhood (6 - 10 years)
3. Adolescence (11 - 18 years)

Some examples of protective and risk factors in early childhood (0-5) related to narcotics abuse

	Risk Factors	Protective Factors
Individual	• Psychological and behavioral disorders, such as hyperactivity. • Shyness, delayed speech, and social withdrawal.	• Presence and use of social skills, such as greeting others, making limited friendships, asking for help, and listening.
Family	• Smoking or alcohol consumption during pregnancy, which may expose the child to behavioral disorders. • Narcotics abuse by one or both parents. • Neglecting the child and not meeting his physical and emotional needs. • Parental separation. • Excessive pampering.	• Supporting the development of children's social and behavioral skills. • Meeting the child's physical and emotional needs. • Listening to the child and engaging in conversation.

Some examples of protective and risk factors in childhood (6-10) related to narcotics abuse:

	Risk Factors	Protective Factors
Individual	• Aggression. • AnxietyDiscipline and depression. • Lack of adherence to school behavioral rules and regulations.	• Discipline and adherence to behavioral rules and regulations. • Ability to form friendships and maintain good relationships. • Presence and use of self-control skills. • Initiate to develop decision-making and problem-solving skills.
Family	• Family issues. • Lack of household rules. • Smoking or narcotics abuse by one or both parents or one of family members. • Child abuse (physical and psychological). • Excessive pampering and lack of monitoring.	• Having household instructions to regulate the child's behavior, such as setting bedtime and TV time. • Listening to children. • Engaging with children in their hobbies. • Supervising leisure time. • Knowing children's friends and interacting with them.
Community	• Easy to get tobacco products. • Prevalence of misconceptions about smoking and drugs abuse.	• Availability of diverse community activities. • Availability of sports clubs.
School	• Lack of school activities. • Lack of clear programs and policies to prevent Narcotics and psychotropic substances abuse. • Lack of early intervention for behavioral issues.	• Enhancing the student's self-confidence through teacher praise and encouragement. • Identifying inappropriate behaviors and intervening to improve and correct them. • Supporting the teaching of behavioral and social skills. • Availability of school activities. • Existence of policies to prevent and address behavioral issues, such as all types of bullying. • Existence of school policies to prevent and combat narcotics and psychotropic substances abuse. • Having codes of conduct and behavioral regulations for students at schools.

Some examples of protective and risk factors in childhood (11-18) related to narcotics abuse:

	Risk Factors	Protective Factors
Individual	• Impulsiveness and recklessness. • Feelings of anxiety and hopelessness. • Smoking or using narcotics and psychotropic substances. • Declining of academic achievement. • Lack of awareness of the harms of narcotics abuse. • Poor skills in resisting negative peer pressure.	• Healthy physical development. • Ability to control emotions. • Self-confidence. • Decision-making and problem-solving skills. • Skills to reject narcotics and psychotropic substances. • Skills in choosing good company.
Family	• Smoking or substance use by one or both parents or other family members. • Lack of parental supervision. • Weak relationships and bonds among children. • Neglect and lack of monitoring of children's behavior. • Excessive pampering of children.	• Presence of household rules that regulate children's behavior. • Listening to children and engaging in conversation with them. • Encouraging and sharing children's hobbies. • Following up on academic achievement. • Knowing the group of friends. • Avoiding harshness in dealing with children. • Monitoring, follow-up, and continually guiding children about risks and how to deal with them.
Community	• Availability of narcoticsvolunteer work, community activities, and psychotropic substances and ease to get it. • Negative influence of media and social media, such as spreading incorrect beliefs about narcotics and psychotropic substances abuse.	• Community culture that rejects abuse. • Availability of volunteer work, community activities, and Clubs.
School	• Lack of School activities. • Lack of clear programs and policies for preventing narcotics and psychotropic substances abuse. • Failure to address risk factors surrounding students, such as decline in academic performance and skipping school.	• Supporting the acquisition and development of social and behavioral skills for students. • Providing opportunities for participation in school and community activities. • Applying standards and Programs to enhance physical and psychological safety. • Reinforcing moral values.



Chapter (4)

Prevention of Narcotics Abuse at School Environment

This chapter addresses the objectives and requirements for preventing the risk of narcotics and psychotropic substances abuse within the school environment. It highlights the roles of key stakeholders such as teachers, social workers psychologists, and parents, in safeguarding students from the dangers of narcotics and psychotropic substances abuse. It also clarifies the role and responsibilities of students in protecting themselves from the risk of narcotics and psychotropic substances abuse. Additionally, it discusses the characteristics and standards required in preventive education aimed at protecting students from the risk of drugs abuse. At the end, it points to some operational indicators that strengthen the role of the school in preventing narcotics and psychotropic substances abuse.

Objectives and Requirements for Preventing Narcotics and Psychotropic Substances Abuse in the School Environment

Prevention in the school environment aims to:

1. Prevent the use of narcotics and psychotropic substances within the educational environment.
2. Reduce the demand for narcotics and psychotropic substances.
3. Instill positive values and behaviors that reject narcotics abuse.
4. Provide knowledge and develop skills to protect students from the risk of narcotics and psychotropic substances abuse.
5. Provide early intervention for students with risk factors, contributing to their protection from narcotics and psychotropic substances abuse.
6. Provide the necessary support for students they are using narcotics and psychotropic substances, with an emphasis on ensuring their reintegration into school and society.



Prevention Requirements at the School Environment

Schools play a pivotal and complementary role to the role of parents and stakeholders in preventing narcotics and psychotropic substances. To fulfill this role, the following elements are essential in the school environment:

- Presence of Preventive Guide of the dangers of narcotics abuse.
- Clear policies and procedures for narcotics and psychotropic substances.
- Activating the preventive roles and responsibilities of stakeholders at schools.
- Empowering and training educational and administrative staff on early intervention mechanisms.
- Providing school health services, such as cases assessment and behavioral therapy.
- Designing and implementing scientifically-based preventive programs.



The Role of Schools in preventive Students from Narcotics and Psychotropic Substances Abuse

1. Conducting awareness activities in coordination with relevant authorities on the following topics:
   - The harms of narcotics, psychotropic substances, and smoking.
   - Reasons for falling into narcotics and psychotropic substances abuse.
   - Laws and procedures under UAE law for combating narcotics and psychotropic substances.
   - The importance of physical exercise and healthy nutrition.
2. Developing students› life skills, such as:
   - Decision-making and problem-solving skills.
   - Social skills (choosing good friends).
   - Skills for utilizing leisure time.
   - Skills for coping with life pressures.
3. Monitoring and following up on attempts to promote narcotics, psychotropic substances, or cigarettes within or around the school.
4. Observing and identifying negative behaviors among students and indicators that may suggest drugs abuse, and providing early intervention for them.
5. Offering support to students at risk of drugs abuse by addressing surrounding risk factors and providing education services.
6. Coordinating with relevant authorities and organizations to provide training opportunities for teaching and administrative staff in the areas of:
   - Student guidance.
   - Combating smoking and narcotics and psychotropic substances abuse.
7. Building effective relationships with parents to address issues surrounding students.
8. Instilling moral values in students.
9. Supporting students in community participation and volunteer work.

The Role and Responsibilities of the School Principal in Preventing Narcotics and Psychotropic Substances Abuse

Providing a safe and supportive environment for students.

2. Clarifying and reviewing the roles and responsibilities assigned to teachers, psychological and social specialists related to the prevention of narcotics and psychotropic substances abuse.
3. Ensuring that teachers and specialists fulfill their responsibilities and roles related to the prevention of narcotics and psychotropic substances abuse, such as attending and evaluating awareness activities that are implemented.
4. Clarifying the duties and responsibilities of parents towards their children to protect them from the risks of narcotics and psychotropic substances abuse.
5. Coordinating with relevant authorities, such as health, security, and social authorities to provide necessary services for students, such as awareness, assessment, treatment, and training for the administrative and educational staff.
6. Monitoring the enforcement of school policies and regulations related to the prevention of narcotics and psychotropic substances abuse.

The Role and Responsibilities of the Psychological and Social Specialist in Preventing Narcotics and Psychotropic Substances Abuse

The psychological and social specialists work as a single team to prevent students from narcotics abuse. Their roles and responsibilities include the following:

1. Enhancing prevention of the risk of abusing narcotics and psychotropic substances use by:
   - Identifying and assessing students who have risk factors that may increase the likelihood of drugs abuse using age-appropriate assessment methodologies. Some surrounding risk factors for students include poor academic performance, absenteeism and truancy, negative peer influence, smoking, non-compliance with school rules and regulations, and family disintegration.
   - Developing a clear and well-studied plan to support students with behavioral problems or risk factors, aimed at modifying their behaviors by involving teachers and parents if necessary. The plan should include counseling sessions for students to address their surrounding circumstances and enhance their coping skills, as well as refer students to external programs if needed.
   - Raising awareness among teachers, students, and parents about narcotics and psychotropic substances and their health risks and indicators of abuse using various methods such as workshops. • Assisting in educating parents on the necessary skills to prevent their children from narcotics and psychotropic substances abuse through workshops or individual meetings.
   - Contributing to equipping students with the skills necessary to refuse narcotics and psychotropic substances.
2. providing the necessary support in cases of student' narcotics and psychotropic substances abuse based on the established code of conduct through:
   - Assisting in referring the student to necessary services such as health, psychological, and social support services.
   - Following up on the student who is abusing substances during and after the treatment phase to support his recovery and identify all his needs, especially academic needs.
   - Developing a clear and systematic plan to enhance the reintegration of the student into the school educational environment, ensuring their success and reducing the likelihood of relapse in partnership with treatment and rehabilitation centers in collaboration with the social specialist.
   - Consulting with relevant external agencies to provide optimal services for the student, such as treatment and rehabilitation centers, social centers, and health centers.
   - Providing necessary support to parents and involving them in some school therapy sessions in collaboration with the social specialist.

The Role and Responsibilities of Teachers in Preventing Narcotics and Psychotropic Substance Abuse

- Awareness of the various indicators of narcotics abuse, such as behavioral and physical indicators.
- Acting as a positive role model in words and actions, fostering a sense of national belonging in the souls of students.
- Creating a positive environment for students that makes them feel safe and comfortable, helping them to express their feelings, concerns, and ask questions about various topics comfortably.
- Listening to students without interrupting them and making them feel the importance of talking to them and being fully prepared to provide guidance at the appropriate time.
- Avoiding fear tactics with students when they express their opinions or beliefs about narcotics abuse.
- Educating students about the subject of narcotics abuse through messages integrated into the curricula.
- Helping students to acquire social and life skills, such as the skill of confronting peer pressure and the skill of making the right decision, which contribute to preventing narcotics abuse.
- Discovering students who have risk factors, such as low academic achievement and frequent absenteeism, and seeking assistance from a social and psychological specialist to follow up on the case.





The Role and Responsibility of Student in protecting himself from the Risk of Drugs Abuse

1. **Adhering to school rules and regulations.**

2. Consulting parents, teachers, or social or psychological specialists in cases of:
   - Being offered narcotics by a colleague.
   - Suspecting the presence of narcotics at school.
   - Exposed to issues such as bullying, exploitation, or abuse at school or home.

3. **Avoiding bad companies and choosing friends based on the following criteria:**
   - A good reputation of a friend.
   - Share common interests and activities.
   - Positive qualities in friends, such as cooperation, respect, and a love of diligence.

4. **Learning skills and techniques to resist drugs abuse and facing peer pressure, including:**

1. Be Funny

Sometimes, humor can be a powerful tool for diverting attention and changing the mood. For example, you could say (jokingly), "I don't have money to spend on narcotics and psychotropic substances." The response might be that they're given out for free, to which you can reply: "Drug dealers aren't charity workers—they won't keep giving them to users for free."

2. Be Ready to Say "No" and use the following justifications:

- No, narcotics and psychotropic substances are illegal.
- No, I want to end up in prison.
- No, I don't want to disappoint my family and community.
- No, my life is better without drugs.
- No, I don't want to ruin my health.



3. Disregard the suggestion and change the topic

Pretend you didn't hear, and act like the topic does not have an importance to discuss.

4. Avoid Situations

Avoid people those you know they are abuse Narcotics or have negative behaviors. Choose your friends wisely and be with good people.

5. Leave the Place

If you find the situation is critical, leave the place by saying something like: I have to go, I have an appointment, or I have to go because my father is coming. 6. Suggest an Alternative Activity

6. Suggest an Alternative Activity

One of the reasons why youngest people abuse narcotics is the lack of options so as to spend their free time. Therefore, suggesting activities such as going to clubs or engaging in volunteer work would help divert their attention away from narcotics abuse.

7. The Power of Numbers

Always be with a number of good friends who have goals in life to achieve; because we stronger than I).



The Role & Responsibility of the Parent to protect their children from narcotics abuse

1. **Protecting children from the risk of narcotics abuse may be achieved through:**
   - Promoting children's moral values.
   - Establishing a strong parents-children relationship based on trust and respect
   - Appearing as role model for children
   - Helping children to acquire the skills of rejecting drugs and other substances.
   - Encouraging children to engage in sports and school activities.
   - Encouraging children to volunteer.
   - Following up on children's academic achievement.
   - Regular communication with the school
   - Participating in school events.
   - Avoiding violence and abuse of children.
   - It's crucial for parents to know who their kids' friends are. As kids get older, they face more and more pressure from their peers, which can affect believes & behaviors. This peer pressure is main reason that lead to narcotics abuse. So, parents need to help their kids make good friends by follow underneath methods:
   - Talking to your child about the importance of avoiding randomness in choosing a friend; because children, due to their young age and lack of life experiences, they do not set clear criteria for choosing friends. Instead, they rush to make friends for the sake of social interaction and attention.
   - Intervening promptly if you discover that your child has made a mistake in choosing a friend. Instead of punishing, parents shall engage in open dialogue and discussion, emphasizing the importance of choosing good friends and offering guidance. Parents shall clarify the outstanding traits that a good friend shall possess, such as adherence to moral values and a good reputation.
   - Let your children know about the importance of being cautious when making friends online and highlight the potential dangers associated with it. Teach them the basics of electronic security and safety.
   - Offering advice and guidance on choosing friends wisely by using examples and stories, which are key elements of effective parenting.

2. **Detection of narcotics and psychotropic substance abuse and early intervention through:**
   - Learning the various indicators of narcotics and substance abuse, such as physical or behavioral indicators, to enable early intervention if you suspect your child is abusing narcotics.
   - Help your child if they are abusing narcotics or psychotropic substances and consult specialists to provide the necessary and appropriate early intervention.
   - Refraining from stigmatizing him and avoiding attaching this label to his character.

3. **Supporting various therapeutic and rehabilitative interventions through:**
   - Parents shall be honest with their children about their knowledge of their narcotics abuse and the need to confront the problem.
   - Confirming the family's rejection of continued narcotics abuse and the need to quit.
   - Avoiding insulting the abuser, which leads to his denial and refusal to help.
   - Expressing a strong desire to help and stand by the child to overcome the problem.
   - Ensuring continuation of treatment by communicating with addiction treatment Centers.
   - Ensuring the children's proper reintegration into school and society.



Characteristics and standards of preventive education against the dangers of Narcotics and psychotropic substances

Educating students about narcotics and psychotropic substances at an early age helps them develop their knowledge and increase their awareness of the dangers of these substances. It also helps students to follow a healthy and sound lifestyle that promotes behaviors that reject narcotics and psychotropic substances

Cognitive awareness of students is represented as follows:

- Raising students' awareness of the dangers of narcotics and psychotropic substances and their health, psychological, social and economic effects.
- Correcting misconceptions and wrong beliefs prevalent in society about narcotics abuse and smoking.
- Students' awareness of laws and procedures related to the abuse of narcotics and psychotropic substances.

The students' personal and social skills are as follows:

- Decision-making and problem-solving skills
- Risk assessment, avoidance and management skills.
- Communication and emotional expression skills
- The skill of dealing with social influences
- Goal setting skills.
- Adaption and life stress management skills.
- Critical thinking skills.
- Choosing good friends skills.



Studies have demonstrated that:

"Dismissing of students involved in drug issues can be detrimental. A more effective approach is to provide alternative solutions, such as in-school exclusion combined with educational support and behavioral interventions. This strategy may help students stay engaged in their studies while addressing the underlying causes of their narcotics abuse."



Characteristics of preventive education in different educational phases

Preventive education at all levels requires as follows:

- Focusing on improving personal and social skills
- Education through a series of structured sessions, totaling at least ten hours per year.
- Using interactive methods.
- Avoiding intimidating methods.
- Focusing on applying skills.
- Using innovative methods to correct misconceptions related to the abuse of narcotics and psychotropic substances, such as using simulation.

Examples of preventive education outcomes for each age group

Phase	Cognitive Awareness	Personal and Social Skills
Early Childhood	• Understanding simple safety rules such as traffic safety rules, safe use of bath-rooms, and preventing sexual harassment by knowing and identifying the body parts that shall not be touched and how to confront and stop physical harass-ment. • Knowing the rules for listening to the teacher in the classroom and the rules for the morning assembly. • Knowing the medications that available at home and understand-ing that they may be harmful to health if not used correctly, without a prescription, and under parental supervision.	• The ability to express emotions such as happiness, anxiety and sadness. • The ability to express and share opinions with others in an age-appropriate manner. • The ability to ask for help as required, and identify trusted indi-viduals to seek help from.
Phase 1	• Knowing the importance of rules and laws in general and the pro-cedures re-lated to the necessity of their execution and the conse-quences of violating them. • Knowing the importance of a healthy lifestyle, including the bene-fits of exer-cise and healthy food. • Knowing the reliable sources of help and information at school as well in the community. • Knowing how to deal with peer pressure in the right way. • Knowing the harms of smoking and its dangers to health. • Knowing the basics of safe use of social media.	• The ability to express opinions and discuss some topics appro-priate to the stu-dent's age such as the importance of maintain-ing health. • The ability to identify various risks and respond to them respon-sibly, such as confronting bullying in all its forms. • The ability to ask for help such as calling the child protection hotline in cases of abuse.
Phase 2	• Knowing the negative behaviors prevalent in society. • Knowing the health risks of smoking and the abuse of narcotics and psycho-tropic substances. • Promoting knowledge of the safe use of social media. • Knowing the incorrect beliefs and concepts about smoking and abuse.	• The ability to choose a good friend. • The ability to make safe and healthy choices such as not smok-ing and adhering to a healthy diet. • The ability to deal with peer pressure, refuse to abuse narcotics and psycho-tropic substances, and learn to be firm in critical and dangerous situations. • The ability to use the digital world in a safe way. • The ability to think critically and analyze correct information.
Phase 3	• Knowing the laws related to the abuse of narcotics and psychotro-pic sub-stances and the consequences of their abuse. • Knowing how to confront incorrect beliefs regarding narcotics and psycho-tropic substances. • Knowing the effects of drugs and their health, psychological and social risks.	• The ability to search correctly and from reliable sources to ac-cess scientifically proven information. • The ability to provide support, assistance, and guidance to friends regarding some dangerous behaviors such as smoking, bullying, violence, and narcotics abuse. • The ability to set personal goals and find ways to achieve them. • The ability to solve problems and make decisions. • The ability to adapt and overcome personal or academic prob-lems and deal with difficult situations.

Strategic and operational indicators towards schools free of narcotics and psychotropic substances

Global best practices have shown that the presence of certain indicators at the school environment significantly contributes to preventing students from using narcotics and psychoactive substances and enhancing student safety at schools, for example:

Some strategic indicators

1. . The Percentage of new narcotics abusers among students.
2. The number of policies, procedures and preventive programs for narcotics and psychotropic substances.

Some operational indicators

1. The number of schools executing preventive procedures.
2. The number of schools executing procedures for integration and rehabilitation of narcotics abusers.
3. The number of students who have been aware of the dangers of narcotics and psychotropic substance abuse and its effects.
4. The number of specialized programs to provide students with behavioral and social skills.
5. The number of qualified specialists in the field of prevention and dealing with abusers.



Chapter (5)

Some provisions stated in Federal Law No. (14) of 1995 regarding combating narcotics and psychotropic substances and its amendments

"The UAE legislator has adopted a strict approach towards narcotics dealers and promoters, imposing severe penalties including the death penalty to deter them from engaging in their criminal activities. The above project was not lenient with the abuse of narcotics and psychotropic substances, as abusing is a crime that requires punishment, but it kept hope available for those who apply for treatment, and exempted them from criminal prosecution. This comes to protect society from the scourge of narcotics and to prevent their harm to young people."

Punishment for abusing Narcotics and psychotropic substances

- The UAE law stipulates some provisions and penalties to deter people from using narcotics and psychotropic substances or at-tempted thereof, as penalties range from imprisonment for six months to two years and financial fines.
- The law penalizes anyone who misuses medically prescribed narcotics, which are dispensed according to the advice of a spe-cialist physician and an approved medical prescription. Those who abuse these drugs without a prescription or exceed the pre-scribed dosage are subject to legal penalties.
- The law punishes anyone who uses substances or plants other than those classified as narcotics or psychotropic sub-stances in the schedules attached to this law, which are ca-pable of caus-ing anesthesia or any other harmful effect on the mind, with im-prisonment for a term not exceeding one year.

Punishment for soliciting and inciting to abuse Narcotics

To prevent harm from those who solicit, incite or assist the abuse of narcotics and psychotropic substances, the UAE law stipulates imprisonment of no less than five years and a fine of no less than twenty thousand dirhams for anyone who solicit or incites a person to commit the crime of abuse or assist its commission in any way. It is also considered an aggravating circumstance if this crime is com-mitted against a female, a minor, a person with a mental illness, or a person who is visibly intoxicated or drugged.

If the Offender commits these acts (solicitation, incitement or as-sis-tance) to abuse narcotics or psychotropic substances with the intent to cause harm, he shall be punished with imprisonment for a period of not less than seven years. If the harm is serious, the pen-alty shall be not less than ten years and not more than fifteen years, and the penalty shall be death if the crime results in the death of the Victim.

Punishment for Slipping Narcotic or Psychotropic Substances

The law shall punish by imprisonment for a term of not less than 5 years anyone who slips any narcotic or psychotropic substance into the drink or food of others, or causes him to consume it without his knowledge of its true nature. The punishment shall be imprison-ment for a term of not less than 7 years if the narcotic substance is slipped into food or drink with the intent to commit a crime against the victim or to make him addicted. The punishment shall be life imprisonment if the Offender commits a crime against the victim or if the victim be-comes addicted to narcotics or psycho-tropic substances as a result of the act.

Punishment for preparing or arranging places for abuse

The law punishes anyone who manages, prepares or arranges a place for the abuse of narcotic substances with a prison sentence ranging from 7 to 15 years and financial fines. The penalty shall be life imprisonment in the event of recidivism, and anyone who is present in these places while knowing about them shall be punished with imprisonment for a Term of not less than 6 months and not more than 1 year.

Punishment for Encouraging Abuse

The law does not overlook anyone who simplifies the idea of drug abuse and encourages its trial by promoting goods or publications containing images, drawings, writings, or ideas that incite or ins-ti-gate the commission of any crime related to narcotic drugs.

The law stipulates a fine of not less than AED 50.000AD 50000 for this and the materials shall be confiscated

The death penalty for drug dealers and promoters

The UAE law has taken a firm stance against drug dealers and pro-moters, as it stipulates severe penalties that may include the death penalty if it is proven that drugs are possessed for the purpose of dealing or promotion.

Cases in which Criminal Lawsuit cannot be brought

Emirati law encourages individuals who were involved in Narcotics abuse to seek treatment for addiction, which results in the non-fil-ing of criminal Proceedings. This encouragement extends to the spouse and second-degree relatives of the Addict. The father, moth-er, spouse, brother, son, and others have the authority to pro-tect the Addict and assist him in seeking treatment. The Addict may be incapacitated and unable to make the decision to seek treatment by himself, requiring his spouse or relatives to take his hand to-wards a healthy and Narcotics -free life.

Article)43(stipulates that criminal proceedings shall not be brought against abusers if he applies for treatment on his own voluntary, through his spouse, or through a relative up to the second degree. The application for treatment shall be submitted to the addiction treatment unit, the Public Prosecution, or the police. The user must hand over any narcotic substances or psychotropic substances in his possession, and he must also adhere to the treatment plan.

Chapter (6)

Treatment and Rehabilitation Services in the UAE

Given the importance the state places on treating Narcotics abusers, it has established specialized treatment centers across the country. These centers aim to provide necessary interventions such as treatment and rehabilitation to ensure the recovery of the abuser and its successful reintegration into society as a productive and successful individual, while guaranteeing privacy and confidentiality.

> Please, let your abuser sibling know that all centers in the United Arab Emirates provide treatment services with full confidentiality

Center	Emirate	Phone No.
Khalifa Hospital - Behavioral Sciences Pavilion	Abu Dhabi	02-8196900
National Rehabilitation Center	Abu Dhabi	8002252
Erada Center for Treatment and Rehabilitation	Dubai	04-2399992
Alamal Hospital	Dubai	04-5192100
Private Rehabilitation Center	Sharjah	06-5119000

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البرنامج الوطني للوقاية من المخدرات
National Program for Drugs Prevention

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