UNITED PRIVATE SCHOOL, AL YAHAR

GUIDE TO DRUG PREVENTION IN SCHOOL

United Private School is committed to fostering a safe, healthy, and positive learning environment. This guide supports awareness, prevention, and wellbeing among students, parents and educators through the four **SIRAJ** pillars which is the UAE National Program for Drug Prevention to protect students from Narcotic and Psychotropic substances within the School Environment.

Happiness

- Promote positivity, gratitude, and mindfulness.
- Provide safe spaces to share emotions.
- Integrate Social–Emotional Learning (SEL) to build resilience.

Good Companionship

- Encourage supportive and respectful friendships and stay away from bad habit like drugs abuse.
- Teach refusal skills and address peer pressure.
- Raise awareness to how to choose good company and improve skills for that.

Cohesive Family

- Encourage family moral principles and values, build strong relation with children based on love, respect, trust, and dialogue.
- Strengthen home–school collaboration and support healthy habits.
- Parent workshops on communication, boundaries, and early warning signs.

Healthy Body

- Focus on physical and mental health with awareness on nutrition, fitness, sleep, and stress management.
- Promote sports, arts, and extracurricular activities.
- Raise awareness about drugs and their effects on the body and brain.

<u>Understanding Drugs</u>

Definition

- **Drugs** are substances that affect the body and can cause addiction.
- **Addiction** is compulsive use, loss of control, and physical/psychological dependence.

- **Prevention**: These are procedures and plans aimed at preventing individuals from engaging in the use of narcotics and psycho- tropic substances.
- **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.

Categories

- Alcohol, Opioids, Stimulants, Cannabis/Hashish, Inhalants, Hallucinogens, Sedatives, Designer Drugs

Effects

- Health: Organ damage, brain impairment, infections.
- Psychological: Anxiety, depression, hallucinations.
- Social/Economic: Family breakdown, poor academic/work performance, financial issues.

Common Misconceptions

Myth	Fact
Drugs relieve stress	causes long-term harm
Cannabis is harmless	can cause addiction and mental illness
Prescription drugs are always safe	misuse is dangerous

Why Youth Use Drugs

Individual Factors: Peer pressure, curiosity, boredom, weak coping skills.
Family Factors: Poor communication, weak supervision, family conflict.
Societal Factors: Media influence, social acceptance, easy access.

Prevention Tips:

- Teach coping skills, decision-making, and problem-solving.
- Encourage parent–child dialogue and family time.
- Organize awareness campaigns and positive school programs.

Warning Signs of Drug Use

Behavioural: Withdrawal, low grades, mood swings, secrecy.
Physical: Weight changes, red/glassy eyes, fatigue, irregular sleep.
Environmental: Unknown pills, unusual smells, missing items.

Protective & Risk Factors

Protective Factors: Strong family bond, positive peers, school participation, self-esteem
Risk Factors: Stress, weak supervision, peer pressure, drug availability

Age-Specific Tips:

- 0–5 years: Teach social skills, routines, play-based learning

- 6–10 years: Encourage friendships, monitor behaviour, set clear rules
- 11–18 years: Strong communication, awareness programs, skill-building, healthy activities

School Prevention Program

Objectives:

- Prevent substance use at school
- Build knowledge, skills, and anti-drug values
- Early intervention and support for at-risk students

Life Skills for Students: Decision-making, stress management, social skills, productive use of free time.

Indicators of Success:

- % of new drug users
- Schools with prevention and rehabilitation programs
- Students aware of drug dangers
- Number of qualified prevention specialists

UAE Law & Treatment

Legal Measures:

- Substance abuse: 6 months–2 years' imprisonment, fines.
- Soliciting/inciting: ≥5 years imprisonment, fines ≥AED 20,000; serious cases → 10–15 years or death.
- Slipping drugs into food/drink: 5–7 years; life if addiction or crime occurs.
- Dealers/promoters: Severe penalties including death.

Treatment & Rehabilitation:

- Voluntary treatment exempts criminal charges
- Can be requested by the abuser, spouse, or 2nd-degree relative
- Substance surrenders and adherence to the treatment plan is mandatory

UAE Rehabilitation Centres:

Centre	Location	Contact
Khalifa Hospital – Behavioural Sciences Pavilion	Abu Dhabi	02-8196900
National Rehabilitation Centre	Abu Dhabi	8002252

Approved By:

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