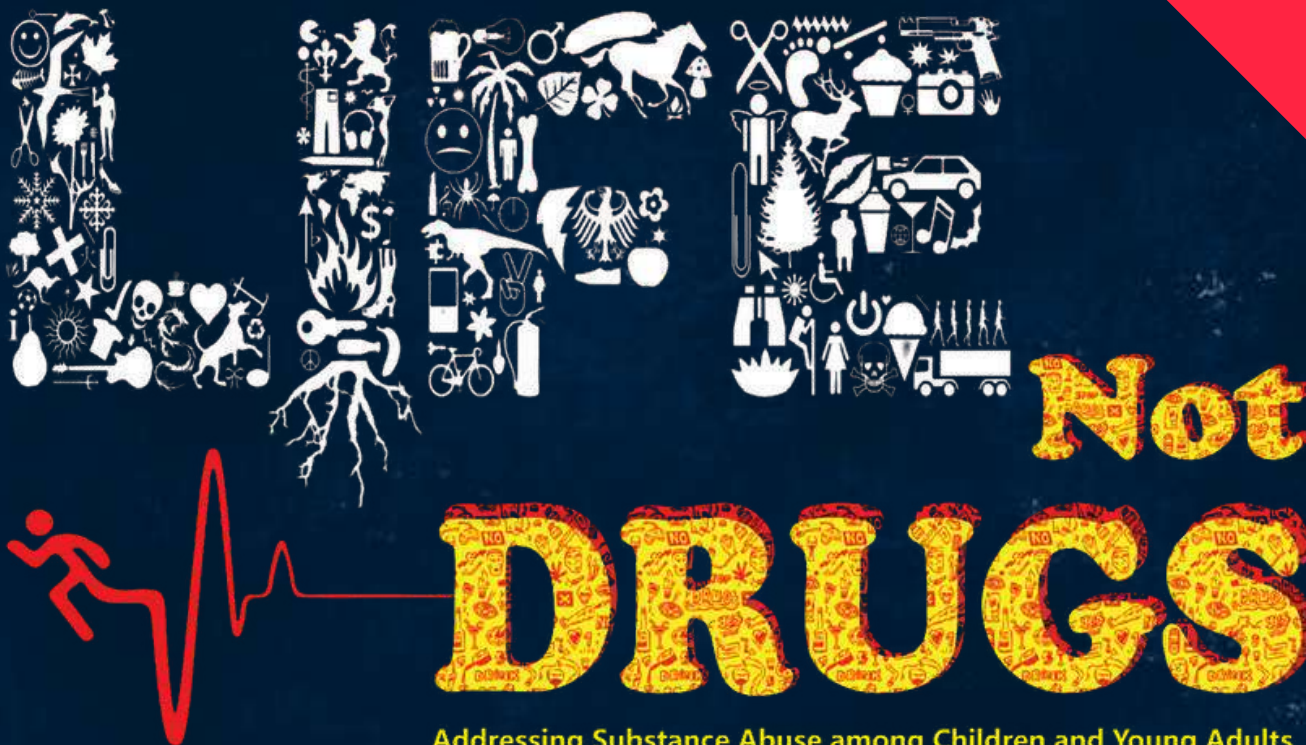


Choose



Addressing Substance Abuse among Children and Young Adults

Infobyte #11

The Summary of Infobytes



Don Bosco National Forum for the Young at Risk

Created & Designed by
Raj Parit



Infobyte #1

Sustainable Development Goals

As a part of the Sustainable Development Goals, the Goal number 3, focuses on Good Health and Well-Being. This goal aims to ensure that people of all ages have access to good health and promote their overall well-being.

Target 3.5

Target 3.5 within Goal 3 of the Sustainable Development Goals focuses on improving services to address substance abuse, including misuse of narcotic drugs and harmful alcohol consumption. This involves enhancing treatments and interventions for affected individuals, ultimately contributing to a healthier and safer society.

Cases Reported in 2020

Reports of cases were received under the Narcotic Drugs and Psychotropic Substances Act in the year 2020.



Data Source



Magnitude of Substance Use in India

Research has shown that a significant number of children between the ages of 10 and 17 in India, around 4.58 lakhs, are using inhalants. This study was carried out by important organizations like the Ministry of Social Justice & Empowerment, AIIMS, and NDDTC, and it was published by the Press Information Bureau on 18 February 2019.

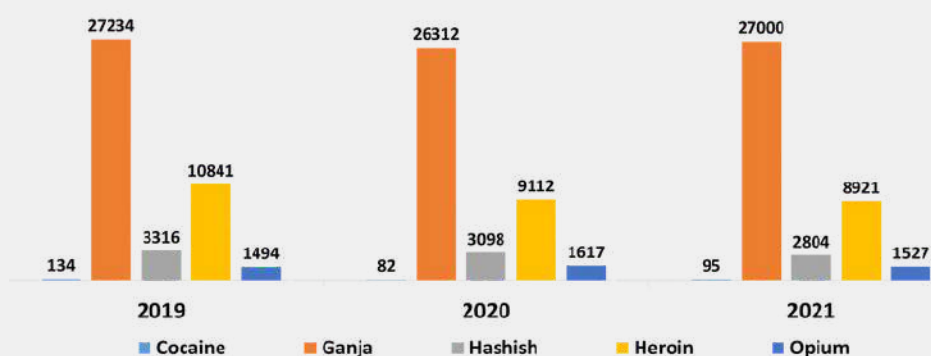
Causes and Drug Usage Trends

Causes of Attraction Towards Drugs

Curiosity, Social Media, Peer Pressure, Desire for Identity, Influence of Culture and Society

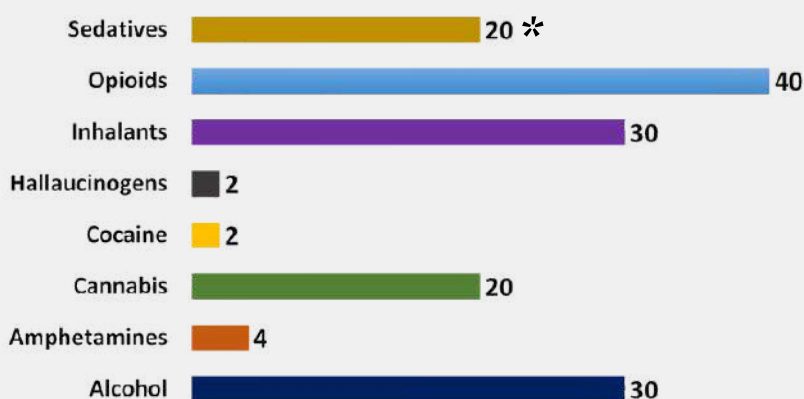
Drug Related Cases Reported in India

The data is derived from the Annual Report of 2021 provided by the Narcotics Control Bureau (NCB) in India.



Substances Used by Children in India

Children in India predominantly use substances like sedatives, opioids, cannabis, and alcohol. This information originates from the Minister of State for Social Justice and Empowerment and was released by the Press Information Bureau (PIB) on December 10, 2020.



*Data is presented in Lakhs

To Prevent Drug Abuse among Children

The Ministry of Social Justice & Empowerment launched the Nasha Mukta Bharat Abhiyaan (NMBA) on August 15, 2020, across 272 districts in 32 states and Union Territories to prevent drug abuse among children. They also established a National Toll-Free De-Addiction Helpline.

Helpline: 14446



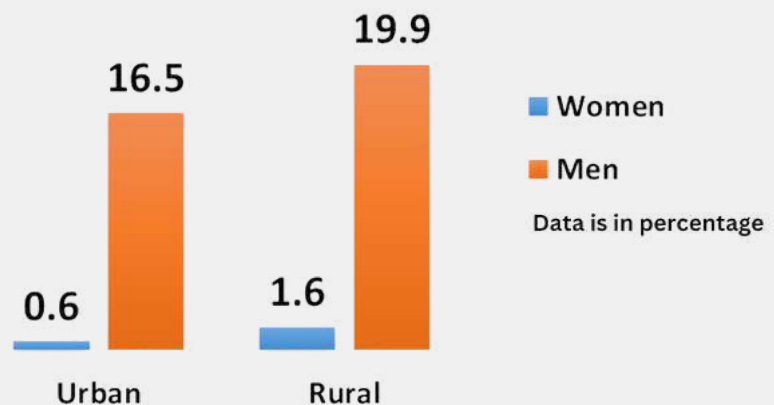
Teens and Alcohol Consumptions

Reasons for Teen Alcohol Consumption

Boredom, Rebellion, Popular Media, Misinformation, Influence, Lack of Confidence, Instant Gratification

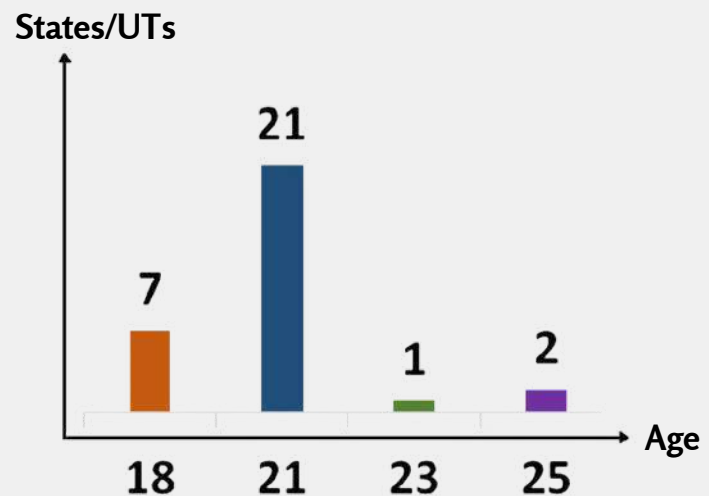
Alcohol Consumption in India

The data is sourced from the National Family Health Survey, India (NFHS-5), conducted between 2019 and 2021, among individuals aged 15 years and above.



The Age Limit for Alcohol Consumption

The age limit for alcohol consumption varies across each State and Union Territory in India, with a ban in Bihar, Gujarat, Lakshadweep, Mizoram, and Nagaland. The age limit is 18 in Goa, Himachal Pradesh, Jammu & Kashmir, Karnataka, Ladakh, Rajasthan, and Sikkim, while it's 23 in Kerala and 25 in Punjab and Maharashtra. The remaining 21 states have an age limit of 21 for alcohol consumption.



Impact of Underage Drinking

- Memory Problems
- Physical Ailments
- Substance Misuse
- Increased Suicide Risk
- School and Social Problems
- Brain Changes



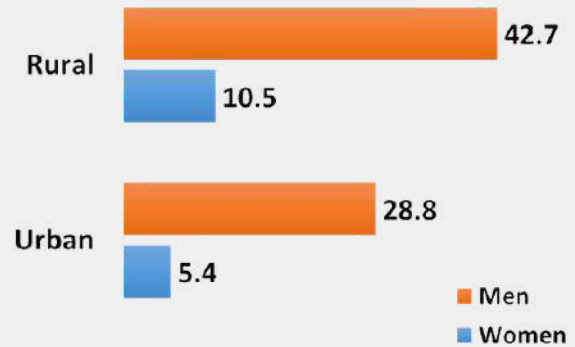
Teens and Tobacco Consumptions

Reasons for Teen Tobacco Consumption

Curiosity, Family Influence, Loneliness, Fashion, Confidence Issues, Role Model advertisement

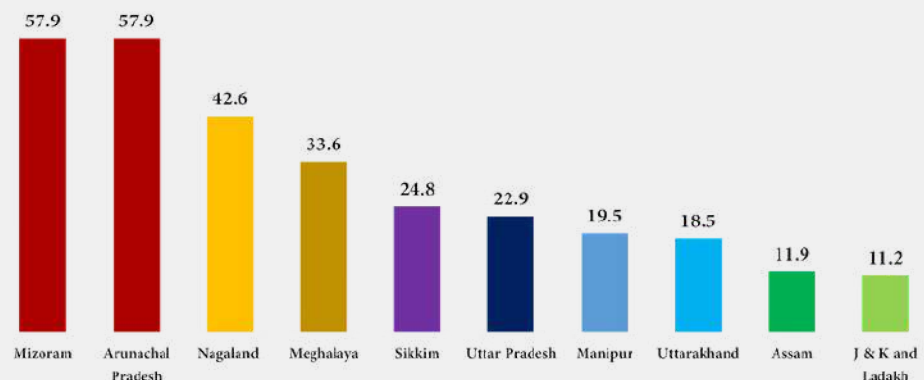
Tobacco Consumption in India

The data is extracted from the National Family Health Survey, India (NFHS-5), conducted during the period of 2019 to 2021. It pertains to individuals aged 15 years and above, and the data is presented in percentage values.



Tobacco Consumption: Top 10 States/UTs

The data is obtained from the GYTS-4 (Global Youth Tobacco Survey) Fact Sheet for India in 2019 published by the Ministry of Health and Family Welfare, New Delhi. The data presented is in percentage.



Build Your Quit Plan

- Set Quit Date
- Identify Reasons
- Inform Loved Ones
- Address Triggers
- Seek Help
- Set Rewards

National Toll Free Helpline

Established by The Ministry of Health & Family Welfare - Government of India



1800-112-356



Drug Abuse Effects and Treatments

Drug abuse brings short-term physical changes like rapid heart rate and long-term issues such as cancer. Psychological effects range from aggression to memory loss. Treatments include detox, counseling, and medications to promote recovery.

Short-Term Physical Effects

Rapid Heart Rate, Shallow Breathing, Increased Temperature, High Blood Pressure, Appetite Changes

Long-Term Physical Effects

Cancer, Infections, Weakened Immunity, Weight Changes, Organ Damage

Short-Term Psychological Effects

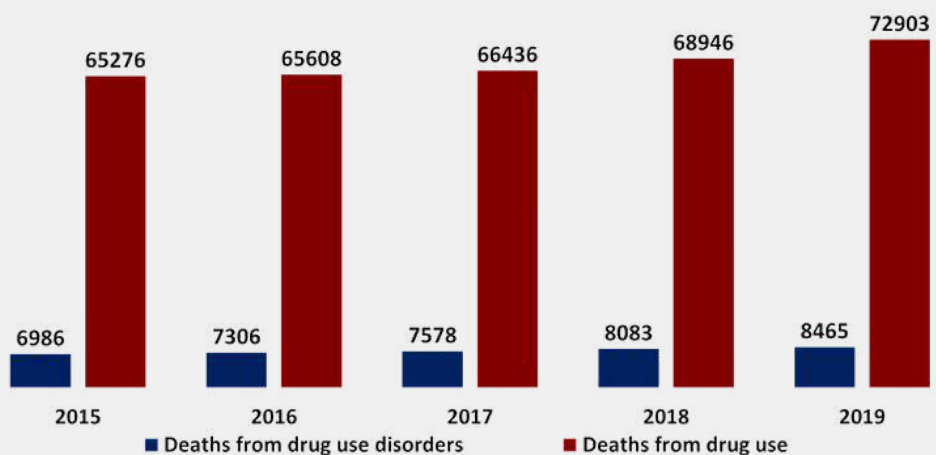
Aggression, Low Self-Esteem, Irritability, Hallucinations, Poor Concentration

Long-Term Psychological Effects

Memory Loss, Insomnia, Anxiety, Depression, Paranoia

Drugs Related Deaths in India

The information is sourced from "Our World in Data" and the "Global Burden of Disease - 2019" report, covering all age groups and both sexes.



Treatments

- Detoxification
- Counseling
- Behaviour Therapies
- Support Groups
- Rehabilitation Programs
- Medication



Inhalant Abuse and Effects

Inhalant Abuse

Inhalant abuse, which is also known as volatile substance abuse, solvent abuse, sniffing, huffing and bagging, is the deliberate inhalation of a volatile substance to achieve an altered mental state.

Signs of Inhalant Abuse

Loss of Appetite, Behavior Change, Restlessness

Short-Term Effects

Drowsiness, Hallucinations, Dizziness, Headache, Breathing Difficulty

Long-Term Effects

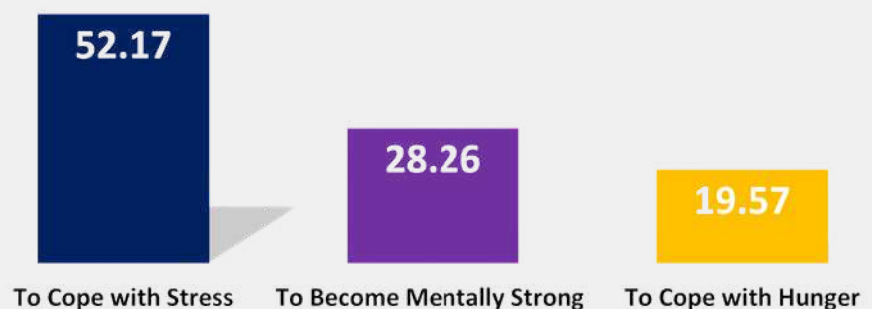
Weak Immunity, Brain and Organ Damage, Hearing Loss, Muscle Cramps

Preventing Inhalant Abuse in Children

- Keep dangerous inhalant products out of children's reach
- Educate children about inhalant abuse dangers and how to avoid them
- Seek professional help if children show signs of inhalant abuse

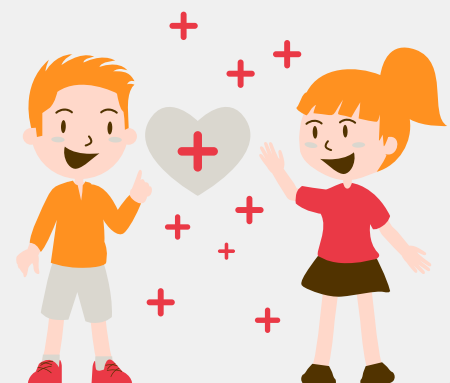
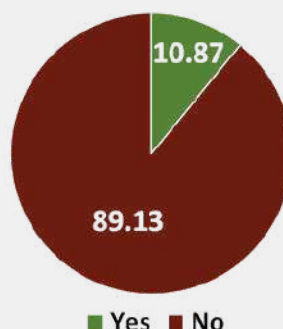
Reported Reasons of Inhalant Abuse

The source of the data is "Wiley Nursing Open," and it presents information in the form of percentages from a study involving 52 street children in Nepal.



Awareness among Children

As per the report published by Wiley Nursing Open, 89% of street children lacked awareness regarding the effects of Inhalant Abuse.



Vaping and E-Cigarettes

Vaping

The action or practice of inhaling and exhaling vapour containing nicotine and flavouring produced by a device designed for this purpose.

E-Cigarettes

Battery-Operated Devices
Heating Liquid for Inhalation.

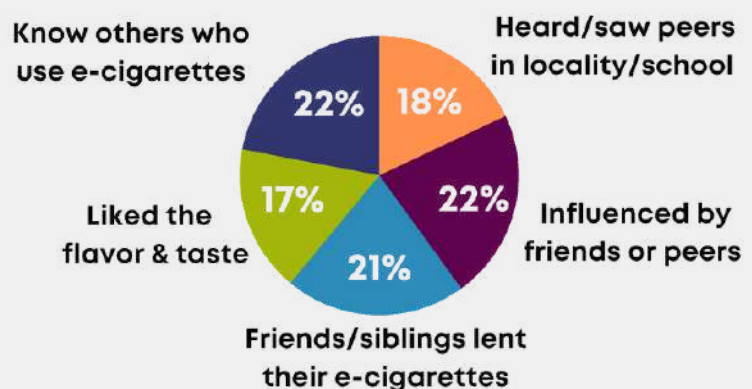


Risks of Vaping

- Sleep Issues
- Infections
- Anxiety
- Becoming a Smoker
- Cancer Risk

Why Teens Start Vaping

The source of the information is the "Asian Pacific Journal of Cancer Prevention" in the year 2022. The study focuses on "Adolescents and E-cigarettes in India: A Qualitative Study of Perceptions and Practices."



Myths Related Vaping

<p>X Vaping isn't Bad For You</p> <p>✓ Vaping isn't healthy for you! Most vapes contain nicotine, the most addictive drug in the world.</p>	<p>X Vaping is Safer Than Smoking Cigarettes</p> <p>✓ Less harmful doesn't mean safe! Vapes are still harmful to your health.</p>
<p>X Vaping is Just Harmless Water Vapour</p> <p>✓ Vapes contain at least 10 chemicals linked to harms like cancer, birth defects and reproductive issues.</p>	<p>X Vaping Will Help Me Quit Smoking</p> <p>✓ There isn't enough research to support the claim that vaping can help people quit smoking.</p>

Say No to Drugs for a Better Life

Drugs harm your health, damage relations, hinder success in school and work, and bring legal and financial troubles

Strategies for Preventing Substance Abuse

- Awareness and education
- Healthy lifestyle
- Access to resources and rehabilitation
- Emotional and mental health support
- Safe and drug-free environment

Role of Parents



Know Child's Friends



Create Positive Space



Friendly Communication

Role of Teachers



Recognize Signs of Drug Abuse



Educate about Negative Effects



Discuss with Parents

Role of Friends



Help Recognize Problem



Encourage Positive Activities



Support to overcome

Breaking the Chains of Drug Addiction

Drugs are like a trap that makes you feel bad. They take away your dreams. Say no to drugs, stay strong and choose a happy life.

Overcoming Drugs

- **Acknowledge**
- **Seek Support**
- **Adopt Coping Skills**
- **Engage in Therapy**
- **Build Positive Network**
- **Stay Committed**

Community Support Programs

- Collaborate with schools, families & communities
- Engage in community activities and events
- Promote positive bonding and healthy alternatives
- Seek help from helplines or counseling services

Healthy Lifestyle

A healthy lifestyle involves embracing habits and decisions that foster overall well-being. This encompasses maintaining a balanced diet, engaging in regular physical activity, yoga, prioritizing sufficient sleep, effectively managing stress, and nurturing positive social connections.

Positive Hobbies Channel Energy & Creativity

Positive hobbies channel and harness energy and creativity, providing a fulfilling outlet for self-expression and personal growth.



Arts & Craft



Singing & Dancing



Reading & Writing



Sports & Games



Cooking & Creativity



Travelling & Discovery

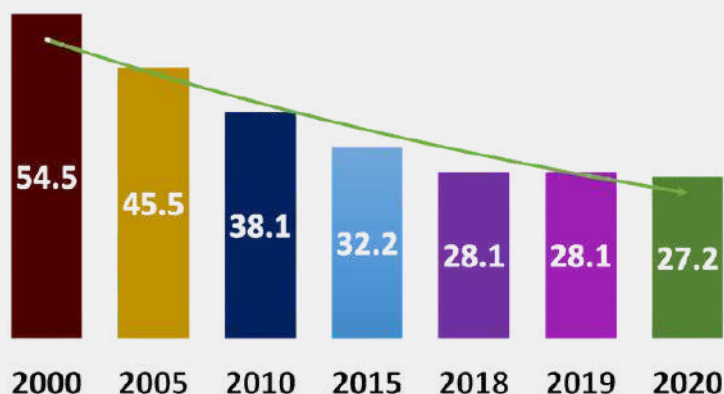
A transformative Journey to Drug-Free Life

Acknowledge the problem, seek support, engage in therapy, adopt healthy coping, build a positive network, and maintain unwavering dedication

Smoking Rate Decline Over Years

Over the span of the last two decades, India has witnessed a remarkable decline of 27.3% in its smoking rate. This encouraging trend underscores the steady and effective efforts in combatting this issue.

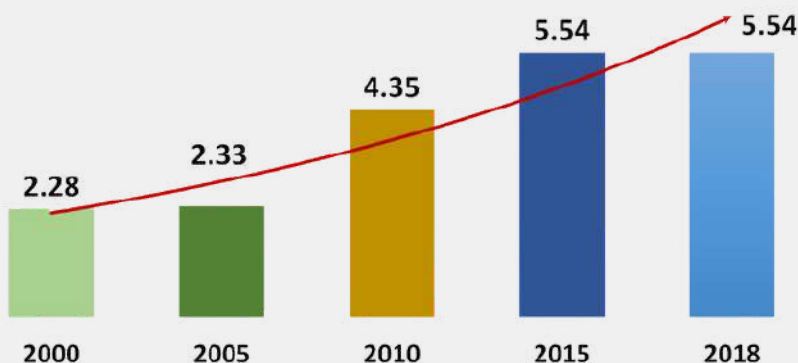
The data, presented in percentage, is sourced from the article "India Smoking Rate 2000-2023" available on www.macrotrends.net. This signifies a significant stride towards healthier lifestyles and public health improvements.



Alcohol Consumption in India

Over the course of the last 18 years, there has been a notable rise of 3.26% in alcohol consumption within India.

This shift is reflected in the total per capita alcohol consumption, measured in liters of pure alcohol, among individuals aged 15 years and above. The data source for this information is "Our World in Data."



Ending Substance Abuse Forever

Quitting substances may be uncomfortable, but over time, it will bring permanent relief from the discomfort. Your courage and commitment to change are the keys to a brighter tomorrow.

Empowering lives through awareness, education, and support. Together, we can bring an end to substance abuse and pave the way for healthier, happier futures. Let's build a world free from its grip. Join us on the journey to ending substance abuse forever.

www.dbyarforum.org



Don Bosco National Forum for the Young at Risk

C 991 Don Bosco House SPCI, Sector 7 Dwarka, New Delhi 110077

Bangalore - Chennai - Delhi - Dimapur - Guwahati - Hyderabad - Kolkata - Mumbai - Panjim - Shillong - Tiruchy

 www.homelink.in

 info@dbyarforum.org

 +91 8851653538

    DB YaR Forum