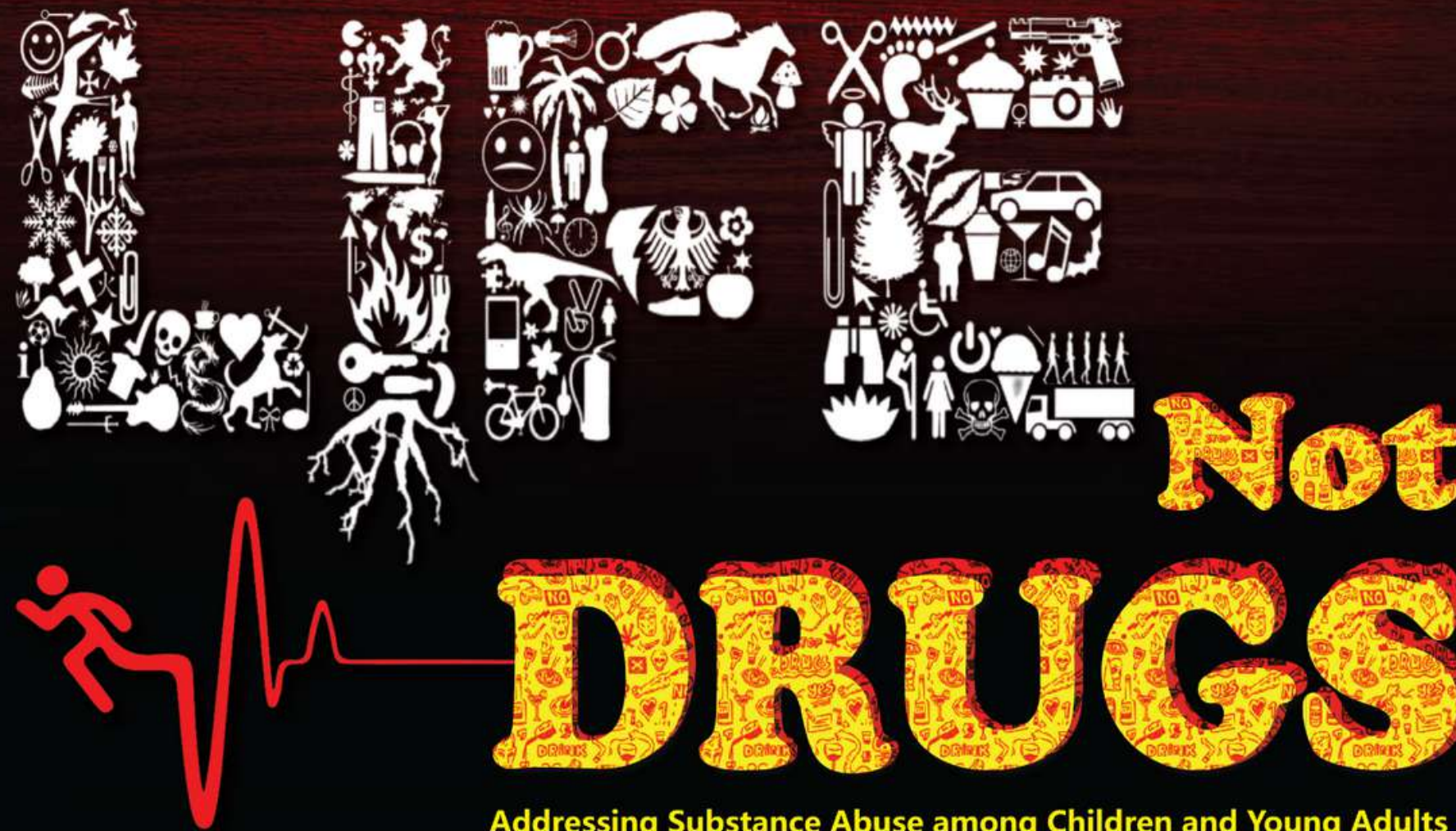


Choose



Addressing Substance Abuse among Children and Young Adults

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 choices



Access to resources and rehabilitation



Emotional and mental health support



Safe and drug-free environment



What can parents do?

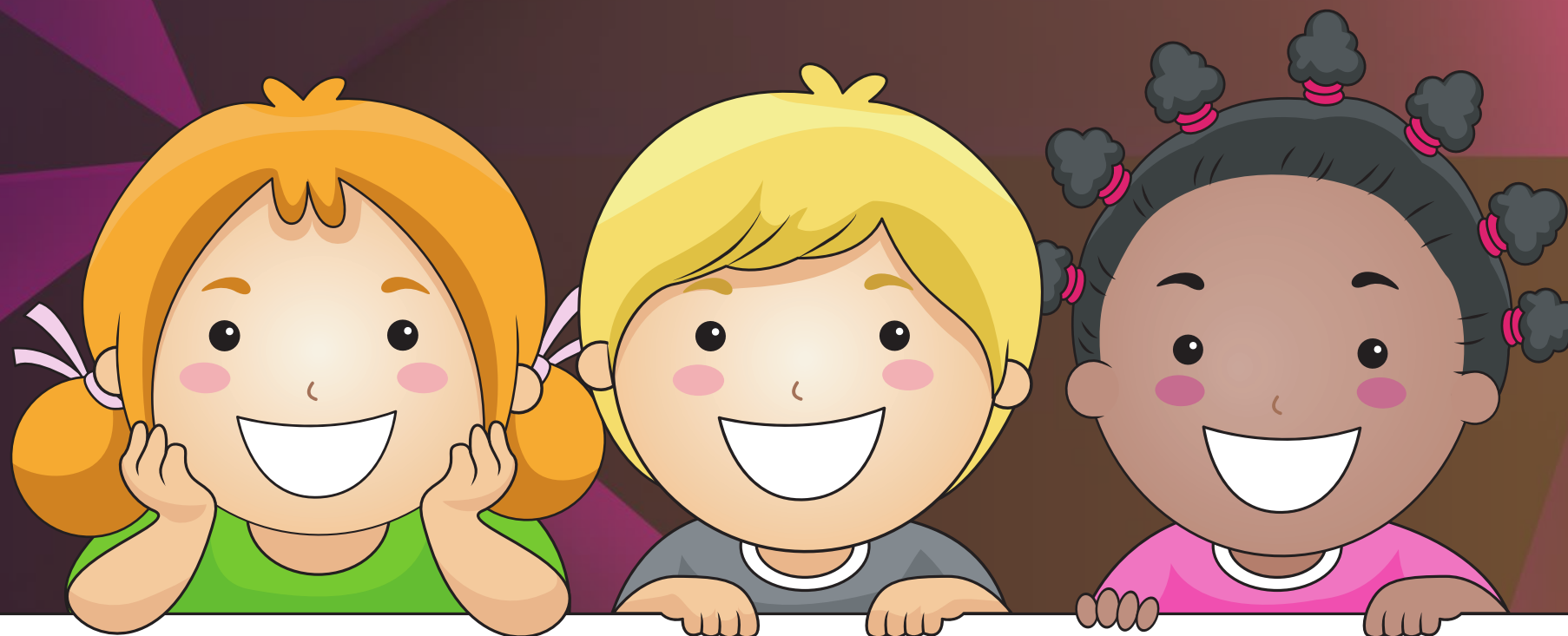


Know your child's friends circle

Create a positive environment

Be friendly and open with your child

What can teachers do?

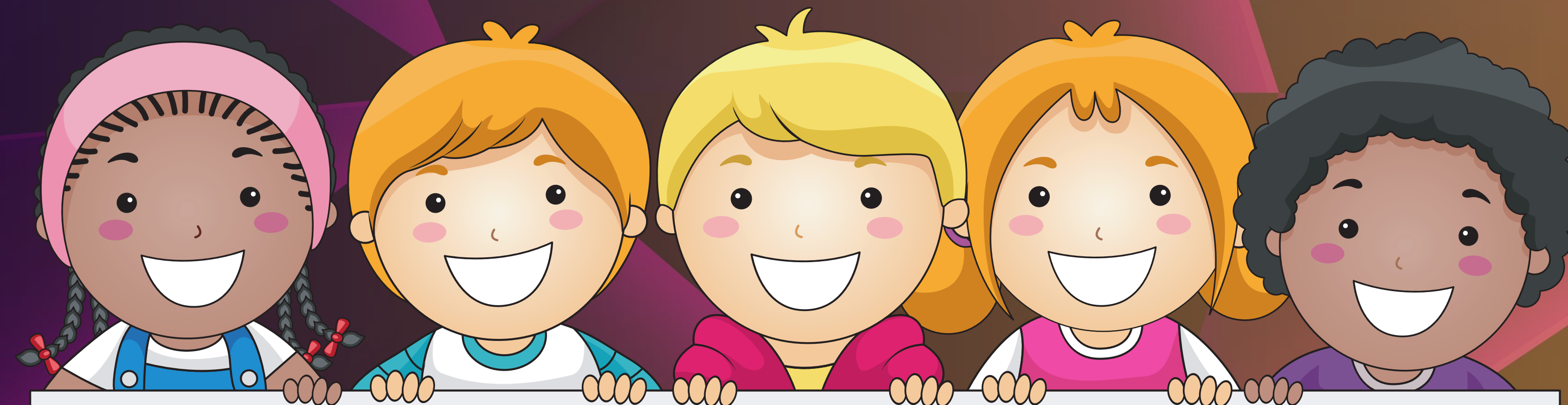


Recognize signs of drug abuse among students

Talk about negative effects of drug abuse

Discuss with parents and guardians

What can friends do?



Help your friend to see substance abuse as a problem

Support your friend to overcome drug abuse

Involve your friend in extra curricular activities

“Drugs are a waste of time. They destroy your memory and your self-respect and everything that goes along with your self esteem.”

— Kurt Cobain

[**MORE RESOURCES**](#)



DB YaR Forum