

YOUTH RISKY BEHAVIORS AND HOW TO ADDRESS THEM



This prevention booklet was developed to help survivors
of the Beirut explosion.

It aims to address their experience of the disaster and improve their
resilience by moving away from risky behavior. Moreover, this booklet is also
an awareness tool on drug abuse and self-care tips about actual risks and
impairments in the country.

Although this booklet was written after the explosion in Beirut, it is not
exclusively addressed to the survivors. It is more generally relevant to every
parent, child, teenager and young person who may be suffering mentally and
who are more at risk of falling into addiction, especially in the face of the
difficulties encountered following the COVID-19 and the financial crises.

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The opinions expressed in this work are the responsibility of the author(s)
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INTRO

THE RATIONALE

Our country has been through tons of hardships from the Beirut Port explosion on August 4, 2020 to the COVID-19 pandemic.

Mental health problems are known to come from deprivation, poverty, inequality, domestic violence, closures of schools, social and economic stress, and everything in between.

Economic crises are known to affect the mental well-being of people and their families.

Unhappiness in life can affect the 3 pillars of well-being, the emotional, the behavioral, and the physical. With unhappiness in these 3 pillars, it can lead a person to be a victim of behavioral and substance abuse addiction.^{1 2}

This booklet is designed to help parents, children, adolescents, and youth improve their resilience, process their trauma, and avoid risky behaviors.

Spreading awareness on addiction, this booklet provides self-care tips about the risks and impairments in our country.

¹ Mental health foundation. Crisis care.2021. <https://www.mentalhealth.org.uk/a-to-z/c/crisis-care>

² WHO. 2011. Impact of economic crises on mental health. https://www.euro.who.int/__data/assets/pdf_file/0008/134999/e94837.pdf

OUR MISSION

CDLL AIMS TO IMPROVE PEOPLE'S LIVES BY FOSTERING STRONGER YOUTH, WELL-FOUNDED FAMILIES, AND A HEALTHY SOCIETY.

CDLL (Cénacle De La Lumière) is a Lebanese non-governmental organization.

Born in 2006, it started as a passionate volunteer initiative with a group of friends who provided a shelter for drug dependent individuals offering them primary healthcare. It developed into an evidence-based and comprehensive approach to treatment and rehabilitation.

CDLL commits to impacting the livelihoods of our communities by improving the climate for the positive development of individuals to live as thriving and productive citizens.

We empower them with the necessary personal

and professional skill sets and connect them to the workplace relying on strong partnership with the public and private sector.

We also strive to build a resilient youth preventing them against the dangers of drugs, to educate families and communities on how to counter this epidemic, and to advocate for a more solid and drug free society.

Finally, we were and will always be dedicated to helping individuals and families overcome drug and alcohol related problems and build a brighter future through integrated multidisciplinary evidence-based treatments and recovery programs.

After the Beirut blast, we responded immediately to the emergency and are still providing the necessary mental health support through our center in Beirut.

Founded as a Christian mission, CDLL affirms the primordial value of life and offers free of charge services to help everyone regardless of religion, race, ethnicity, or gender.

OBJECTIVES IN LINE WITH UN SDGS:



• Provide vulnerable people with access to health and social services



• Minimize poverty and unemployment by increasing economic development and work opportunities



• Form collaborations to develop long-term, creative solutions

LOCATIONS AND IMPACTS:

Prevention

185,389

Recovery

(Addiction and Mental Health Treatment)

11,795

Community

Development

837

Emergency Response

Medical Support: 942

Humanitarian Aid: 7,646

8,588

Youth Cap Center

After the Beirut Blast on August 4, 2020, Youth Cap Center in Mar Mikhael impacted alone

26,706

affected residents



206,609

persons directly
reached in the past
15 years

OUR PROGRAMS



1- Addiction Recovery

- Residential Rehabilitation - Recovery and Reintegration
- Out-Patient Rehabilitation and Aftercare



2- General Mental Health Follow-Up and Treatment



3- General and Pediatric Medical Follow-Up and Treatment



4- Prevention

- Mental Health Awareness
- Life Skills and Resilience Building
- Drug Awareness
- Baladrugs – An educational website on substance abuse (www.baladrugs.com). Developed in 2017 for youth, parents, and caregivers to raise awareness about addiction and substance abuse. A discussion forum that gives people genuine testimonies and heaps of information.³



5- Community Development

- Capacity Building
- Case Management, Counseling and Orientation
- Job Readiness and Placement



6- Advocacy and Campaigning

Encourages equitable chances for vulnerable individuals and those with addiction issues and treatment, and those at danger of social exclusion, to learn about the significance of socio-labor integration and employment.



7- Emergency Response

CDLL is part of a network that responds to natural disasters, conflict, and war situations.

³ Home | Cenacle de la Lumiere. (2021). <https://www.cdll.org.lb/>

OUR MULTIDISCIPLINARY APPROACH

Through our multidisciplinary approach, we offer seven sectors of intervention to support our beneficiaries:



ADMISSION



HEALTH CARE

1



PSYCHOLOGICAL COUNSELING

2



SOCIAL EMPOWERMENT

3



LEGAL SUPPORT

4



PROFESSIONAL ORIENTATION

5



FAMILY FOLLOW-UP

6



SPIRITUAL COUNSELING

7

2

**MENTAL
HEALTH
DISORDERS
AND
SUBSTANCE
ABUSE**

There is no happiness without a positive mental health. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.⁴

A healthy mind allows for cognitive and emotional flexibility, the basis for social skills and endurance against stress.

The insecurity situations, economic crisis, and pandemic can affect someone's mental health. Here, protective factors such as healthy lifestyles, prenatal and childhood environment, and living are weakened while the risk factors such as poverty, poor education, deprivations, unemployment, stress, and insecurities are heightened.⁵

⁴ WHO. 2011. Impact of economic crises on mental health. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

⁵ OECD. 2021. Tackling the mental health impact of covid-19 crisis: an integrated, whole of society response <https://www.oecd.org/coronavirus/policy-responses/tackling-the-mental-health-impact-of-the-covid-19-crisis-an-integrated-whole-of-society-response-Occafa0b/>

CAN A MENTAL ILLNESS AND A

SUBSTANCE USE DISORDER COEXIST?

People with substance use disorders are at particular risk for developing one or more primary conditions or chronic diseases. The coexistence of both a mental illness and a substance use disorder is known as a “co-occurring disorder”(SAMHSA – Substance Abuse and Mental Health Services Administration⁶). Many people who are addicted to drugs are also diagnosed with other mental disorders, including anxiety and depression. Some people develop mental health problems related to their compulsive drug use, and some people take drugs in an attempt to alleviate symptoms of mental health disorders. Whatever symptoms appear first, it is important to treat all mental illnesses at the same time (NIDA – National Institute on Drug Abuse⁷).

WHAT IS MENTAL HEALTH?

THE DEFINITION

Mental health is the well-being of the mind. According to World Health Organization (WHO), “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- Mental health is more than the absence of mental disorders.
- Mental health is an integral part of health; indeed, there is no health without mental health.
- Mental health is determined by a range of socioeconomic, biological and environmental factors.

⁶ Substance Abuse and Mental Health Services Administration (SAMHSA)
<https://www.samhsa.gov/>

⁷ National Institute on Drug Abuse (NIDA)
<https://nida.nih.gov/>

Social, psychological, and biological factors can determine the level of someone's mental health. It can also be affected by long working hours, economic crises, etc.⁸ It's vital for anyone to think positively and live joyfully. Promoting and restoring mental health is as important as the physical.⁹

Mental disorder is a syndrome characterized by clinically significant disturbances in a person's cognition, regulation of emotions, or behavior that reflects dysfunction in the psychological, biological, or developmental processes underlying the mental functioning. Mental disorders are multiple and unfortunately remain very little known by the general population which is very often a source of stigmatization and marginalization. For example, substance use disorder, commonly known as addiction, is a mental disorder that is very often confused with delinquency, lack of education or a weak personality. Whereas substance use disorder is a disease like any other, but behavioral in nature.



⁸ Centers for disease control and prevention. (CDC). Learn about mental health. January 26, 2018. <https://www.cdc.gov/mentalhealth/learn/index.htm>

⁹ World health organization.(WHO) Mental health strengthening our response. March 30, 2018. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

ALARMING SIGNS

SEEK HELP IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS:

- Significant changes in sleep or diet
- Lack of personal care
- Mood changes with drastic changes of emotions
- Social withdrawal or lack of interest in hobbies
- Problems in memory, concentration, speech, and rational thinking.
- Heightened sensitivity to sound, touch, smell, and sight
- Apathy and lack of motivation
- Lack of ability to engage in some activities
- Disconnectedness from oneself or setting
- Illogical thinking and unusual beliefs in having powers
- Fear or suspicion of others with deep anxiety
- Strange, odd, and uncharacteristic behavior ¹⁰
- Unusual changes in productivity, for example: bad grades and failing or dropping out of sports

WHAT IS ADDICTION?

DEFINITION OF ADDICTION

Addiction is a chronic disorder of the brain. It changes a person's brain function and many organs that can lead to serious and harmful effects. Even after treatment, these effects last a long time. Addiction is a preventable and treatable disorder.¹¹

¹⁰ Warning Signs of Mental Illness. Retrieved 18 May 2021, from <https://www.psychiatry.org/patients-families/warning-signs-of-mental-illness>

¹¹ The science of addiction. National institute on drug abuse (NIDA). July 2020 <https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction>

THE FIVE CLINICAL CS THAT DESCRIBE ADDICTION:¹²⁻¹³

1 ● Loss of
CONTROL

2 ● **CRAVING**
(Inability to maintain abstinence)

3 ● **COMPULSIVE**
Activity

4 ● **CONTINUOUS**
Use

5 ● (despite) the
CONSEQUENCES

¹² Addiction tous concernés. Comprendre les différents types d'addictions. W. Lowenstein and L. Karila. (2017). <https://www.mgefi.fr/sites/default/files/articles/mgefi-addictions-livret.pdf>

¹³ Les 5 C de l'addiction. Apprendre à éduquer. (2020) <https://apprendreaeducer.fr/les-5c-de-laddiction-et-laddict-arbre-laurent-karila/>

TYPES OF ADDICTION

According to the Diagnostic and Statistical Manual of Mental Disorder (DSM)

- Substance Related Addictions
- Behavioral Addictions

RISK FACTORS OF ADDICTION

The factors that contribute to addiction:

- **Genetic factors:**
Genetic vulnerability and predisposition to addiction.
- **Personality traits:**
Skills, knowledge, motivation, and mental illness.

- **Environmental factors:**

Early use of substances, family problems, peer pressure, or trauma

- **Social:**

Easy access, advertising, social isolation and the economic crisis.^{14 15}

REASONS WHY PEOPLE USE DRUGS ^{16 17}

- Intense feeling of pleasure, confidence, and energy
- Social anxiety, depression, and stress
- The pressure to improve in school, work, or sports
- Curiosity, peer pressure, other risk factors

CONSEQUENCES OF ADDICTION

THE 3 LEVELS OF IMPACT:

- **Individual:** physical illness, psychological and mental illness, school drop-out, lack of concentration, not respecting time, breaking rules, losing meaning in life, living in rejection
- **Familial:** family break-up, legal problems, financial problems, constant tension at home, embarrassing situations
- **Social:** loss of friendships, stigma and judgments from society, criminal record, outside encouragement, lack of community trust

¹⁴ Families for addiction recovery. What are the risk factors? 2021.

<https://www.farcanada.org/understanding-addiction/risk-factors/>

¹⁵ Clinical Barcelona Hospital University. Addictions. 2021. <https://www.clinicbarcelona.org/en/assistance/diseases/addictions/causes-and-risk-factors>

¹⁶ Why do adolescents take drugs? National institute on drug abuse. (NIDA). January 2014. <https://nida.nih.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/why-do-adolescents-take-drugs>

¹⁷ Drugs, brains, and behavior: the science of addiction: drug misuse and addiction. National institute on drug abuse. (NIDA). July 2020. <https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction>

ALARMING SIGNS

THESE SIGNS CAN HELP YOU INTERVENE, SUPPORT OTHERS, AND AVOID ADDICTION:

- **Personal Appearance:** unusual smells on their clothes, lack of care, poor hygiene, red or flushed face, dramatic change in weight, runny nose, strange marks on the arms or legs
- **Personal Habits:** financial problems, reckless driving, avoiding eye contact, locking bedroom doors, drawers, or cupboards, going out every night, secretive phone calls, change in eating or sleeping habits
- **Teenage Behavioral Issues:** change in relationships with family members/friends, mood or emotional instability, loud behavior, clumsy, sad or depressed, exhaustion, uncommunicative, hostile, angry behavior, demotivated, no focus, insomnia, hyperactivity, disappearance for unusual amounts of time, change in peer group
- **School or Work-Related Issues:** no interest in school work, no motivation for hobbies or sports, irresponsibility, complaints from teachers or coworkers, reports of intoxication, decline in academic performance, missing classes or skipping school, trouble in school or with the law

ACTUALITIES OF ADDICTION IN LEBANON

Many have turned to self-medicating due to the anxiety and stress of living in Lebanon. Whether it is because of the crisis, pandemic, or the Beirut port explosion, alcohol, drugs, and risky behaviors were coping mechanisms.

Their usage has increased to help people sleep better. Salvia usage has increased in Lebanon's refugee camps, prescription tranquilizers are also being misused and illegally sold.

3

**ZOOM ON
CDLL
ADDICTION
AND MENTAL
HEALTH
RECOVERY
PROGRAM**

There are many institutions in Lebanon for people suffering from addiction, CDLL being one of them. Each has its own values, goals, and approach, yet a common objective. Here, we are highlighting the story of CDLL and its programs for the past 15 years. To better give you insight on what we do and to seek help whenever you need it.

CDLL MODEL AND APPROACH TO ADDICTION

THE CDLL ADDICTION RECOVERY AND TREATMENT MODEL

THE 3 PILLARS DEVELOPED THROUGH 15 YEARS OF CDLL ARE:

- **Christian-based Spiritual Initiative**
- **Comprehensive Multidisciplinary Treatment**
- **Therapeutic Community Structure**

THE OBJECTIVES ARE:

● **Biopsychosocial Sobriety**

We help addicts reach total abstinence from drugs, alcohol, or addictive activities. Living a sober life, physically, psychologically, and socially, is challenging, so we strive to help them build their own convictions and principles to live a strong and happy life.

● **Ethical Right Living**

One of the most challenging targets to reach is Ethical Right Living, based on our 15-year experience. Becoming a respectful, transparent, righteous, and caring person can be difficult. We work with addicts to grow into these new and positive identities.

● **Balanced Socio-Professional Track:**

We teach beneficiaries how to organize their daily lives with new technical and vocational skills. Without a fulltime job or study program, a beneficiary won't be admitted into the reintegration program. This puts the beneficiary in a real-world situation with a set of new skills.

THE YOUTH CAP MODEL AT CDLL

A SUSTAINABLE MODEL FOR HEALTH AND YOUTH WELL-BEING AND LIVELIHOOD PROMOTION

Building on CDLL's team past years' experience, and the recent needs of the Lebanese people (under crisis situation), drove CDLL's management to elaborate the YouthCap model (YCM). It focuses on providing access to social, health, educational and development services to youth within their immediate family, education and community circles. The main goals of YCM stems from the core of CDLL's mission: to build the capabilities of youth as thriving, positive agents in society.

YCM's services fall under four programs: recovery (Mental health and addiction), prevention, development and emergency response. The multiple crises, the Beirut Blast effects topped by the COVID-19 pandemic moved CDLL in 2020 to implement its first YouthCap Center in Beirut and proposed Mental Health (MH) treatment interventions to children, youth and adults, going beyond CDLL's Mental Health support to people suffering from addiction. The prevention program is growing further on than the already recognized substance abuse and life skills curriculums, to promote resilience skills, MH awareness and healthy lifestyles focused on students and caregivers within school, university and local community contexts.

Capacity development is targeting pre-crisis vulnerable populations, as well as newly underprivileged youth and women in a country witnessing a growing poverty and joblessness.

As an immediate response to the Beirut Blast on August 4, 2020, CDLL is offering services in pediatrics, general health, medication support and core relief items distribution to the families affected by the disaster.

MENTAL HEALTH TREATMENT

MENTAL HEALTH TREATMENTS CAN INCLUDE:

- Psychotherapy
- Medication
- Hospitalization and detox
- Support group
- Self-help plan
- Peer support
- Other treatments like art therapy ¹⁸⁻¹⁹

CDLL REHAB PROGRAM PROCESS



**Admission
program**

**Inpatient
rehabilitation program**

**Reintegration
program**

**Outpatient
rehabilitation program**

**Aftercare
program**

¹⁸ National alliance on mental illness. 2021. Treatments
<https://www.nami.org/About-Mental-Illness/Treatments>

¹⁹ Mental health america. 2021. Mental health treatments
<https://mhanational.org/mental-health-treatments>

ZOOM ON ADMISSION

ADMISSION PHASE IS THE FIRST CONTACT

1



Our **team motivates** and **explains** the **process** and **services** that lead to a **sustained recovery**

2



Applicants are **screened** through individual meetings to discuss **medical, psychiatric, psychological, social, legal,** and **family histories**

3



Based on **individual needs, objectives,** and **personal readiness,** applicants are **referred** to the **service** matching their **individual needs.** In case a patient is **struggling** with **addictions,** a decision is taken towards **inpatient** or **outpatient treatment**

4



If needed, the “drug rehabilitation” **intake process** starts with **medically supervised detoxifications** in a hospital’s **psychiatric department**

WHAT CAN YOU DO IF YOU OR SOMEONE YOU KNOW NEED HELP?

DO YOU KNOW SOMEONE STRUGGLING?

ARE YOU WREAKED WITH SUBSTANCE ABUSE?

HAVE YOU TRIED DRUGS BUT WANT TO PROTECT YOURSELF?

This booklet will take you on the road to recovery. You can contact us, talk to our experts, and gain some valuable advice.

Access to information has gotten easier and easier, but misinformation can be a serious, negative factor.

For more info about drugs, we have put together some credible information for you on **baladrugs.com**, you can explore its information in both English and Arabic, find the right answers, and find the experts.

If you don't have all the answers yet, you can search for other credible websites with similar missions such as:

- National Institute on Drug Abuse (NIDA)
<https://www.drugabuse.gov/>
- RAND Drug Policy Research Center
<https://www.rand.org/well-being/justice-policy/centers/dprc.html>
- Substance Abuse and Mental Health Services Administration (SAMHSA) <https://www.samhsa.gov/>
- Drugs.com

CDLL CONTACTS

Our expert team is available from

Monday to Friday - 9AM to 5PM

Helpline 81-211311

Admissions 71-446746/09-478937

4

TIPS FOR PROTECTION AND BENEFICIARY CONVERSATION

Talk to your children early on. Children are more prone to find drugs through someone they trust such as friends or family members.

Educate them and show them the consequences of their actions. Inform them about the drug culture and show your concern for their well-being and protection.

HOW TO TALK TO YOUR CHILDREN ABOUT DRUGS

1. SHARE THE PROBLEM:

If you suspect your child is an addict, talk to your partner. Raising a child is the mother's and the father's job, working together as a team. Discuss the issue together, share your knowledge and concerns, and take a united approach in helping your child.

2. ASSESS THE PROBLEM:

If the problem is present already, consider professional organizations or other referrals, tips, and supportive strategies. Don't hesitate to get help from experts.

3. WHAT TO SAY:

- **Voice your concerns.** Don't accuse them and just share your worries and information.
- **Be specific.** Don't hide things from them. Explain your suspicions and evidence.
- **Prepare for a reaction.** Your child might get defensive and accuse you of violating their privacy. Do not respond with aggression. Stay calm, let them feel secure and remain non-judgmental.
- **Remember where you stand.** Before the conversation, remember your opinions on the drug problem and share that with your child. Tell them what you think and show them your genuine concern. Keep in mind the 4 reasons for drug abuse to lead a non-judgmental discussion: to feel better, to do better, to fit in, to experiment.

DOS AND DON'TS IN TIME OF INTERVENTION²⁰

DOS

- Choose the right private place and time to talk
- Start with the problems that drugs cause. Prepare concrete examples and note them down. For example, it is better to say “I didn’t like what you said when you were high, it hurt me and you weren’t even aware of it”
- Tell them that you are not here to judge. Instead, say that you are just worried and want to help. Remind them of the drug consequences and clarify the negatives.
- Give them a chance to speak. This is a conversation, not a lecture.
- Encourage them to seek treatment. Advise them to talk to a professional, and let them know that you will be there for them through it all
- Contact our team at CDLL, a professional institution or a doctor for more advice

DON'TS

- Don’t talk to them when they are high.
- Don’t ask close-ended questions such as: “are you still taking drugs?”, “don’t you think you are doing something wrong?”.
- Don’t let them guilt you into giving them money. It is for their own good.
- Don’t take their calls late at night, especially when they are using the substance. Set limits, protect yourself.
- Never try drugs with them to show empathy, sympathy, understanding and/or trust. They need your support and strength. They need to know that it is unacceptable to use drugs to feel good in life.

²⁰ Baladrugs.com.2017 <https://www.baladrugs.com/>

5

RISKY BEHAVIORS FACED BY YOUTH AND ADDICTIONS

YOUTH RISKY BEHAVIORS

Exploring boundaries and capabilities is an important aspect of forming identities. Youth need to take risks in order to learn about themselves. This usually peaks at the age of 14-16 years and gradually fades by young adulthood.

It might be hard for parents, but the youth are drawn to these activities. The challenge is for parents to protect them from harmful situations while also giving them their independence.

COMMON RISKS THAT THE YOUTH MAY FACE INCLUDE:

- Getting into fights
- Missing classes
- Getting involved in sexual activity
- Drinking, substance use, and smoking
- Reckless driving
- Criminal activity (vandalism, trespassing, etc.)
- Room isolation for long hours
- Change in usual and normal time routine
- Increase in expenses / stealing from households money
- Spending most of the time with peer having also a risky behavior



RISK FACTORS

- Young age of the mother at birth
- Negative childhood experiences
- Low socioeconomic status
- Negative influence of friends
- Parental divorce or separation
- Parental overprotection and poor attachment
- Bullying and victimization
- Behavioral childhood issues
- Easy access to alcohol and cigarettes
- Symptoms of depression
- Emotional problems
- Child abuse and neglect
- Level of education
- Alcohol and substance use during pregnancy
- Drug experimentation
- Low level of religiosity
- Suicidal ideation and attempts
- Overall health problems
- High levels of self-harm
- Lack of psychosocial support and awareness
- Childhood exposure to violence and abuse
- Low parental monitoring of the child ²¹
- Living in socioeconomically disadvantaged neighborhoods
- Low self-esteem and sense of belonging at school.

²¹ Bozzini, A., Bauer, A., Maruyama, J., Simões, R., and Matijasevich, A.(2021). Factors associated with risk behaviors in adolescence: a systematic review

VIOLENCE

TYOPOLOGY

Violence is “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community that either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development, or deprivation”.²²

3 FORMS OF VIOLENCE:

- **Self-directed violence:** intentional injury to the self, including death.²³
- **Interpersonal violence:** violence among people such as violence between intimate partners or in the workplace. They can be physical, sexual, or psychological and in the family or community such as child maltreatment, elder abuse, youth violence, etc.²⁴
- **Collective violence:** committed by a larger group to individuals in order to reach political, economic or social objectives like wars, terrorism and abusing human rights.²⁵

²² Definition and typology of violence. WHO. 2021

<https://www.who.int/groups/violence-prevention-alliance/approach>

²³ Self-directed violence and other forms of self-injury. CDC. September 2019.

<https://www.cdc.gov/ncbddd/disabilityandsafety/self-injury.html>

²⁴ What is violence? Safer spaces. 2021.

<https://www.saferspaces.org.za/understand/entry/what-is-violence>

²⁵ Collective violence. WHO. 2002.

https://www.who.int/violence_injury_prevention/violence/world_report/factsheets/en/collectiveviolfacts.pdf

RISK FACTORS

This socio-ecological model helps to better understand the factors and causes of violence.

- **Individual:** identify the biological and personal history to explain behaviors. Impulsivity, lack of education, substance abuse, and prior history of aggression and abuse
- **Relationship:** explore the social relationships with peers, intimate partners and family members.
 - In partner violence and child maltreatment sharing a house with an abuser may increase the chances of violence
 - In interpersonal violence among youths, people are much more prone to negative activities because of peer influence
- **Community:** examine the community such as the schools, workplaces, and neighborhoods. Drug trafficking, social isolation, unemployment, diverse nationalities, and poverty can lead to increased violence in that community.
- **Societal:** The last level examines large societal factors such as cultural norms that use violence as problem-solving, societies of male dominance over women and children, or attitudes where suicide is considered a choice and not preventable. Factors also include health, education, economics, and social policies.²⁶

**VIOLENCE COULD EASILY BE
AVOIDED TO DEVELOP A POSITIVE
WELL-BEING FOR EVERYONE.**

²⁶ Chapter 1 violence- a global public health problem. WHO. https://www.who.int/violence_injury_prevention/violence/world_report/en/chap1.pdf

ABUSE OF ADDICTIVE SUBSTANCES

When a person is young, they are more likely to experiment or explore with new, risky behaviors such as substance use, drinking and driving, sexual activity, violence, and suicide.

Psychoactive substances can affect the health and social capabilities of the users.

For some, addiction can start as an experiment or curiosity among peers before it becomes a regular activity. Others might begin through prescribed medicine or medication from a friend or relative, such as opioids.

STAGES OF ADDICTION (IN THE CASE OF ALCOHOL ADDICTION)


- 1. Use:** Alcohol carries risks similar to drugs, but you can enjoy it with moderation.
- 2. Misuse:** Drinking a lot to the point of intoxication or “getting drunk” is considered misusing.
- 3. Abuse:** When drinking to get drunk regularly, it is considered abuse.
- 4. Addiction:** When your body needs alcohol and not drinking can result in withdrawal symptoms.



ALCOHOL ABUSE

UNDERAGE DRINKING

Drinking before the age of 21 is not safe for brain development²⁷ ²⁸. Children shouldn't be drinking even with their families. There are no cultural or medical instances in which a child should drink alcohol.



EFFECTS OF EXCESSIVE USE OF ALCOHOL

Alcohol can affect your control, memory, and physical coordination. Drinking a lot can cause blurred vision and slurred speech if you aren't aware of the consequences. A person should avoid risks such as drinking and driving.

²⁷ Age 21 minimum legal drinking age. Centers for disease control and prevention. (CDC) September 3, 2020.

<https://www.cdc.gov/alcohol/fact-sheets/minimum-legal-drinking-age.htm>

²⁸ Underage drinking. Why do adolescents drink, what are the risks, and how underage drinking be prevented. National institute on alcohol abuse and alcoholism. (NIAAA) January 2006, volume 67. <https://pubs.niaaa.nih.gov/publications/AA67/AA67.htm>

“

Hi my name is R, I was in school when I first started drinking alcohol. My friends and I could get it just about anywhere and **we were happy when we were drinking**, excited and upbeat. Every time I drank I felt **relaxed**, more **social** and **fitting in**. I didn't know it at the time, but this was when I started to **develop an addiction** to it. I would often feel tipsy not drunk, but **when you're drinking you can never know the difference**. With all of that, I would get into my car, barely able to walk, and drive myself home, often **speeding for the thrill of it**. I was that **out of my mind when I drank**, I was that **out of control** of making logical decisions. Waking up from nights like these was **horrible**. It was so hard to get up, **smelling awful, feeling distorted**, with a **massive headache, nausea and fatigue**. I was **disgusted with myself**, I was **pushing** a lot of **people** away and **hurting a lot more**, but I just **couldn't stop**. Without paying attention the problem dragged out and I was in my twenties, **struggling to live a healthy life** again.

”

“ I didn't know I was abusing alcohol and I never thought it would lead to alcoholism ”

”

CANNABIS



Cannabis or Marijuana is the most used illegal drug, 1 in 10 cannabis or marijuana users can become addicted.²⁹

Those who start using before 18, are at higher risk of substance abuse and addiction.

Prolonged use can increase psychosis or schizophrenia in some.³⁰



MARIJUANA EFFECTS:

- Brain development
- Memory and emotions
- Learning and cognitive function
- Attention span
- Decision-making
- Coordination and reaction time

ORIGIN OF CANNABIS

It comes in two forms of drugs:

- **Marijuana:** extracted from dried leaves of the plant
- **Hash:** extracted from a pulp-like substance from the stem of the plant

²⁹ Marijuana and Public Health.

<https://www.cdc.gov/marijuana/health-effects/addiction.html>

³⁰ CDC. 2017. Marijuana fast facts and fact sheets

<https://www.cdc.gov/marijuana/data-statistics.htm>

ROUTE OF ADMINISTRATION

They are rolled up like a cigarette or smoked through a waterpipe, brewed as a tea, or mixed into food.

PHYSICAL AND PSYCHOLOGICAL EFFECTS OF CANNABIS

It affects brain function and causes lapses in memory, learning, judgement, and coordination

Short term: distorted vision, hearing and sleeping, red eyes, relaxed muscles, increased appetite and heart rate

Long term: affects the lungs and air passages, reduces the strength of the immune system

Some results lead to complaining, paranoia, anxiety, hallucinations, and shaking that require medical attention

Tolerance to cannabis can lead people to use other drugs to get the same high

For some, it can mask problems temporarily but they might use stronger drugs since cannabis doesn't "work" anymore

WITHDRAWAL SYMPTOMS

Cannabis is classified as addictive because of its withdrawal symptoms which include

- Insomnia
- Irritability
- Loss of appetite
- Anxiety
- Cravings for days or weeks

MEDICAL USE OF CANNABIS

- It is not approved for medical use as it contains around 540 chemicals such as THC (tetrahydrocannabinol) and CBD (cannabidiol).
- These two chemicals are used for people with terminal illnesses
- The negative effects can persist and outweigh the benefits, especially for the non-terminal illnesses such as nausea and seizures in epilepsy^{31 32 33}

³¹ Cannabis (marijuana) and cannabinoids: what you need to know. National center for complementary and integrative health. (NCCIH). November 2019.
<https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know>

³² Is marijuana safe and effective as medicine? NIDA. July 2020.
<https://www.drugabuse.gov/publications/research-reports/marijuana/marijuana-safe-effective-medicine>

³³ Is marijuana medicine. CDC. March 2018.
<https://www.cdc.gov/marijuana/faqs/is-marijuanamedicine.html>



Hi my name is D, I had this group of friends that would **get together after school** and **smoke hashish**. It quickly developed into a **habit**, we would go to school, and smoke then go home. Then it took over more of my life, it was **smoke, school, smoke** and **home**... then we skipped school or we wouldn't go home... soon enough I started to feel weird. I was **very agitated** all the time, I had bad **headaches** and if I skipped or delayed smoking it was as if something took over me. The worst part was I developed **anxiety**, I didn't know where it came from or how to get rid of it, and then I would think if I smoked I would relax but it only made it **worse**. I was **falling behind** in all my studies, even when I tried, it took a lot of effort to be able to concentrate in an exam, or remember things I had studied. I felt like everyone around me was finishing off university and I **was stuck**, with little motivation and care to finish anything.





COCAINE

Cocaine is a powerful addictive stimulant. Dealers often mix cocaine with other substances like cornstarch, talcum powder, or sugar.³⁴

ORIGIN OF COCAINE

It is extracted from the leaves of the coca plant.

ROUTE OF ADMINISTRATION

- It can be taken orally, through the nose, injected, or placed on the gums as a powder.
- As a crystal, known as crack, it can be heated and smoked or inhaled.

THE EFFECTS

- It gives an intense happy feeling of pleasure and energy
- It causes physical discomfort such as high temperature, fast heartbeats, restlessness, decreased appetite, discomfort in the stomach, and insomnia
- The intense high can cause feelings of depression, edginess, fatigue, and a craving for more

³⁴ NIDA. Cocaine. 2021.
<https://teens.drugabuse.gov/drug-facts/cocaine>

WITHDRAWAL SYMPTOMS

Withdrawal is the process of cutting out or cutting back on addictive substances or behaviors.³⁵ With the reduction of use, these symptoms appear anywhere between a few hours to several days

- Dysphoric mood with physiological changes
- Fatigue
- Vivid, unpleasant dreams
- Insomnia or hypersomnia
- Increased appetite
- Psychomotor retardation or agitation
- Distress in social and occupational areas
- Intense feelings of lassitude and depression
- Suicidal ideation or behavior

It is important to note that these symptoms are not attributable to other medical conditions. The majority of individuals with stimulant use disorder experience a withdrawal syndrome at some point. ^{36 37}

³⁵ Addiction withdrawal symptoms. Health direct. April 2020.

<https://www.healthdirect.gov.au/addiction-withdrawal-symptoms>

³⁶ Commonly used drugs chart. NIDA. August 2020.

<https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#cocaine>

³⁷ Diagnostic and statistical manual of mental disorders. Fifth edition. DSM-5. 2013. PDF

EFFECTS OF REPEATED USE

- Irritability
- Mood disturbances
- Inability to feel pleasure
- Depression
- Hallucinations
- Paranoia
- Anger, hostility, and anxiety
- Increase tolerance meaning they need more to get “high”

To put it simply, cocaine is dangerous and unpredictable. It can lead to risky behavior and violence. Linked to your mood and health, it can create a possible overdose.





N, 20 years old, I never thought I would get into **drugs**, or even try them. I had a really **nice life, good parents, care, affection, a nice group of friends**, I was doing well in school, got into a good university, all of that. Everything was really good. I would go out have a good time, I did fun and interesting things, I enjoyed life. One day a friend of mine told me how they tried **cocaine** at some **party** we usually went to, how they liked it and how it made them feel good. Next time we went to that party, my friend went in to take some and **I joined**. It was **stimulating**, I felt **happier** than I had ever been, and my **heart was racing**. It lasted for a while, the party ended and I was still **feeling high**, I didn't want to go home, it would seem weird if my parents saw me. This was when I realized I had done something I didn't feel okay

about, I was **hiding it from my parents**, and I was **ashamed**. The next morning I felt **uncomfortable**, I was extremely **tired**, **nauseous** and I just felt down really **down**. The next weekend we went to a party again, my friend went in again, and I thought to myself I want to feel that **happiness again**, it was good, so I took it **again**. I don't remember much after that, I know I woke up the next morning **very worried**. I felt **physically uncomfortable**, I didn't know if it was because my heart felt **racy**, or I was **tired**. It all felt wrong like my body was not okay. I honestly got scared, and **decided never to do it again**. **I'm lucky** I didn't hurt anyone when I was high, driving or during the party. **I'm lucky** I didn't overdose. **I'm lucky** I realized how unpredictable cocaine was and how uncontrollable the effects were.



SALVIA



Salvia is a recreational drug, like other hallucinogenics. It is not approved for medical use and is not controlled.³⁸

ORIGIN OF SALVIA

Salvia divinorum is a mint-like herb native to southern Mexico. The main Salvinorin A creates symptoms in less than a minute by altering your brain chemistry to create hallucinations. They can last up to 30 minutes.

ROUTE OF ADMINISTRATION

- Chewing or drinking the juices of the fresh plant
- Smoking of the dried leaves in a rolled cigarette
- Inhaling through a hookah
- Inhaling as a vapor

³⁸ Salvia addiction facts and statistics. 2021.
<https://lighthouseinstitute.com/salvia-addiction-facts/>

SALVIA SIDE EFFECTS

- Hallucinations and Mood Swings
- Sweating
- Mixed senses like hearing colors and seeing sounds
- Risk of driving under the influence ³⁹

LONG-TERM EFFECTS OF SALVIA

Not much is known about the **long-term** effects, however these are some of the known ones:

- Disruption of learning, memory, and speech
- Instability of weight and mental health
- Anxiety, depression, and suicidal thoughts

³⁹ Salvia. National institute on drug abuse (NIDA). May 13, 2021.
<https://teens.drugabuse.gov/drug-facts/salvia>



HEROIN

A very addictive drug, Heroin use and overdose deaths have dramatically increased.

The misuse of prescription opioid pain relievers can cause a switch to heroin because they produce similar effects and they are affordable.⁴⁰

ORIGIN OF HEROIN

It comes from the seeds of the opium poppy plant, the same plant morphine is made from.

ROUTE OF ADMINISTRATION

Heroin can be injected, snorted or smoked and is more dangerous when mixed with other drugs.

EFFECTS OF HEROIN USE

- Impairs memory and decision-making abilities
- Affects pain, pleasure, and breathing centers
- Slows down heart rate and lung function
- Dry mouth and itching
- Nausea and vomiting
- Flushed skin and feeling of heavy limbs
- Death

⁴⁰NIDA. 2021. What is heroin?
<https://teens.drugabuse.gov/drug-facts/heroin>

Effects of Prolonged and Excessive Use

Prolonged use of this highly addictive drug can cause:

- Insomnia
- Tissue damage that leaves puss-filled marks on the skin
- Heart infection
- Disease in the liver, kidneys and lungs
- Stomach pain and constipation
- Mental health problems
- Impotency in the reproductive symptoms

This drug is one of the deadliest with a painful detox phase. It can increase the risk of AIDS, hepatitis, and other needle transmitted diseases and cause violent and criminal behavior.

“ I never thought I would use **heroin**, but I was trying to find myself somewhere ”





Hi, my name is K. I started going out with my friends trying new things, we smoked hashish, we tried pills and we got to cocaine. We left everything behind family, friends, and school and gave drugs everything, our time, money and health. One day, a person from the group died, overdosed. We were sad, we didn't know what to do and nothing would make it go away. We took more drugs and we still felt bad. I wanted to feel better, I didn't want to feel pain anymore, so I started doing **heroin**. It slowed me down, whatever feeling I was in, it dug me deeper into it. Then when it wore off I would feel worse sadness. It became a vicious cycle taking away my happiness, my weight, my health. I had spots and their scars were all over my face, I wasn't getting my period, and I was a mess. But I would wake up in physical pain every morning, my body screaming in the inside, so I had to take more. My bones hurt, my nerves were on edge, I was anxious and restless. It felt like I would tear myself apart if I didn't get heroin, and then when I did it felt like I was tearing apart on the inside.





MISUSE OF PRESCRIPTION PILLS

There are two types of manmade compounds when it comes to pills:

- Illegal, nonmedical, non-beneficial pills known as “club drugs” such as ecstasy and LSD
- Legal, medical, prescription drugs taken against their intended use such as painkillers, tranquilizers, sleeping pills, stimulants or antidepressants

Legal pills are sometimes misused to get “high” by mixing them with other drugs, taken against the advice of the prescription, or taking someone else’s medication.

SIDE EFFECTS OF MISUSING PRESCRIPTION PILLS

The misuse of strong substances that need preexisting conditions can be very harmful. Weight, height, medical history and more, are carefully calculated to control the effect the medicine will have on your body.

- They trap you in your situation, make you feel distant from everyone
- Can be just as addictive as heroin or cocaine with counter prescriptions
- Increasing risks of the medication and addiction with painful withdrawal symptoms

People who abuse pills do it to silence pain, mask emotions, muffle thoughts, and improve concentration. These are only temporary fixes and never permanently help.

RECREATIONAL PILLS

These are known as “club drugs”

Ecstasy:

- Comes in various shapes and colors.
- Causes confusion, impaired judgment, depression, increased blood pressure and heart rate, insomnia, severe anxiety, paranoia, muscle tension, blurred vision, nausea, chills, or sweating.
- These symptoms can prolong after the effect has worn off. It can last from days to weeks.
- In the long-term, they can become permanent side effects that damage the brain and impair thinking abilities.
- This drug can allow people to dance for long periods. When combined with the hot atmosphere of a club, it can lead to dehydration and heart or kidney failure.

LSD:

- Available as tablets, capsules, or liquids. LSD is commonly added to absorbent paper as small squares per dose and placed on the tongue.
- LSD creates a “trip” with unpredictable effects or “bad trips”.
- Induces a psychosis, hallucinations and manipulates your perceptions.
- Increases body temperature, heart rate, and blood pressure, dilates your pupils, sweating, loss of appetite and dry mouth.
- The frightening symptoms can cause panic, paranoia, and loss of control, insanity, or death.
- A small dose can last up to 12 hours.
- Tolerance in LSD is quick meaning you would desire higher doses that can result in persistent psychosis, unorganized thinking, uncontrollable mood swings, and hallucinations.

ORIGINS AND HISTORY OF CAPTAGON PILLS

Known as Fenethylline and theophylline, Captagon is a derivative amphetamine synthetic that has psychostimulant effects. It was used to treat Attention Deficit Hyperactivity Disorder (ADHD), narcolepsy, and depression between the 1860 and 1990. In 1986, this legal production was stopped and has been produced illicitly.⁴¹

ROUTE OF ADMINISTRATION OF CAPTAGON PILLS

It can be ingested, subcutaneous, or intravenous. Students usually use them before exams, women use them to lose weight, and soldiers for wars.

CAPTAGON SIDE EFFECTS

- Dilation of bronchial vessels
- Extreme depression, mood swings, anxiety, or confusion
- Lethargy and insomnia
- Palpitation
- Cramping and muscle or joint pain
- Heat and blood vessel toxicity
- Malnutrition and gastrointestinal symptoms
- Blurred vision and vertigo
- Mouth dryness and breathing difficulties
- Irritability and impatience⁴²
- Irregular or elevation of heart rate, body temperature, respiration, and blood pressure

⁴¹ Captagon: use and trade in the Middle East. Al Imam et al. August 2016. Pubmed <https://onlinelibrary.wiley.com/doi/epdf/10.1002/hup.2548>

⁴² Fenethylline (Captagon abuse) local problems from an old drug become universal. Katselou et al. basic and clinical pharmacology and toxicology. (BCPT). Volume 119, issue 2. March 23, 2016. Pubmed. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/bcpt.12584>

Ecstasy



Hi my name is G, it all started

at a party with a few friends, a new kind of party with different music.

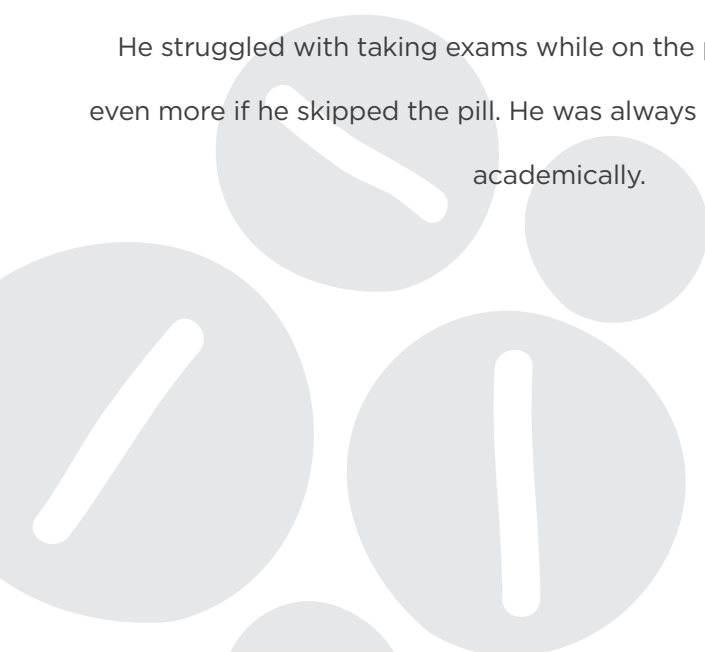
My friends introduced me to a new group of people and they planned to take some Ecstasy together. They said it would be a good time, some of them took it, and some of them didn't. I did, because I didn't want them to think I didn't trust or like them, I didn't want to seem out of place, so I took one. In a few minutes I felt a rush of energy, joy and a strong feeling of love for the people around me. Ecstasy became a regular friend of ours, at every party we went to. I would enjoy the first few minutes, hours but I would also get really anxious every time I took it. I would sweat and then get chills, my muscles would feel too tense and constantly excited, and my mental state couldn't keep up with my physical alertness. I felt confused and often vomited, somehow getting home and battling with restlessness not sleeping through the nights. When I think back to why I took it so often, it makes me sad that I did not know how to say no, and that I didn't see the bad the drug was doing to me, I only concentrated on the good. I regret what I did, I didn't know that the best thing I could have done was have confidence in myself. Now, I envy the ones who didn't take E at that party, they were stronger than me.





Prescription Pills

We were under a lot of pressure with exams coming up back to back. My friend and I were talking about all the studies we had, when he told me about prescription pills. He said he had been stealing pills from his sibling's ADHD prescription to help him study harder and longer. It sounded tempting but it was a clear no for me. Of course I needed to finish studying and do well, but would never take this risk. I'm glad I said no because it didn't take long for my friend to show complications because of taking these pills. He twitched, was tense, anxious and out of breath. He struggled with taking exams while on the pill, and then struggled even more if he skipped the pill. He was always a mess, tired and lagging academically.



6

BEHAVIORAL ADDICTIONS

SIMILARITIES WITH SUBSTANCE ABUSE

- Loss of behavioral control and an inability to fulfill responsibilities
- Being preoccupied with behavior or activity
- Inability to stop those behaviors or activities
- Wasting time on those risky behaviors
- Persistence in continuing this behavior despite the awareness of the consequences
- Isolation and withdrawing from friends and family
- Worsening negative consequences due to prolonged addiction

DIFFERENCES WITH SUBSTANCE ABUSE

Substance Use Disorder is noticeable when someone is addicted to a specific substance such as drugs or alcohol. Behavioral addiction is difficult to notice since, at times, these behaviors are socially normal and are repeated to reach their desires.⁴³

LYING

Compulsive lying is someone who tells lies out of habit and for no purpose that can prove to be deceitful.

Signs of lying behavior:

- The lies are plausible and may have hints of truth
- The act goes on for a longer period of time not due to any environmental stress

⁴³ Baksh, J. (2019). How Do Process Addictions Differ from Substance Use Disorders? -Foundations Wellness Center. Retrieved 27 July 2021 <https://www.foundationswellness.net/addiction-recovery/how-do-process-addictions-differ-from-substance-use-disorders/>

- The lies are used to portray themselves in a positive light
- There is an internal motivation to lie rather than an external one

It could be a symptom of many disorders but not a mental health condition. If there are no repercussions for lying in a community, they believe the advantages of lying exceed the dangers. Lies can act as a coping mechanism for poor self-esteem or traumatic experiences in the past.⁴⁴

GAMBLING

A type of addiction related to impulse control. The brain of a gambling addict is similar to an alcoholic's way of drinking.

Regardless of the frequency of gambling, an addict is unable to regulate their behavior. They would continue to gamble despite social, financial, or legal consequences.

Compulsive gambling addicts have a desire and need to have access to online gambling or casinos. Once they begin, they may not be able to stop.

The signs of a gambling addiction:

- Any type of persistent gambling obsession
- Evading work, obligations, and social responsibilities
- Late on bills or expenses in order to gamble with the money
- Ruining friendships and relationships
- Losing work, car, home, or personal belongings
- Stealing money for gambling
- Selling possessions to gamble
- Attempts to regulate or remove behavior that have failed ⁴⁵

⁴⁴ Compulsive Lying - GoodTherapy.org Therapy Blog. (2018). Retrieved 27 July 2021
<https://www.goodtherapy.org/blog/psychpedia/compulsive-lying>

⁴⁵ Gambling Addiction. (2021). Retrieved 27 July 2021
<http://www.mindclinics.org/mental-health-information/gambling-addiction>



Hi, my name is KH. I started gambling before the age of 18. I was in school when I just started gambling. My friends and I used to rent hotel rooms to go and gamble. We used to look forward to that day. I did not know it at the time, but this was when I started to develop an addiction to it. Not much later, I reached adulthood and started playing at the casino. That is when things got out of control. I could not get the rush and pleasure of gambling anywhere else. I lost my inheritance, I sold my house, I sold my shops and I even stole from my family. Every time money came into my hand, I would go and use it in gambling. I lost the pleasure of things that used to make me happy. I hurt the people around me and lost them.

K.H



EATING

Overeating can be done out of boredom or pleasure. However, other struggle with food addiction and can't regulate this behavior. They express this "high" when engaged in the activity and yearn for meals rich in fats, sugar, and/or salt. Food addicts, like drug or alcohol addicts, may build a tolerance for food.

People might need more of their favorite meals to silence their cravings. They might be obese but can also have normal BMIs.⁴⁶

The Symptoms of Food Addiction:

- Recurrent cravings even after feeling full
- Compulsive eating of their favorite food even after feeling full
- Keep on eating the food despite the guilt
- Create justification for responding to certain cravings
- Continued eating even with the desire to stop
- Keep their unhealthy consumption a secret
- Aware of consequences, but still unable to stop ⁴⁷

INTERNET

Internet addiction occurs when someone develops a desire and need to spend all their time in front of a screen which can lead to the decline of relationships, jobs, and well-being.

⁴⁶ What Is Process Addiction and Types of Addictive Behaviors?. (2021). Retrieved 27 July 2021 <https://americanaddictioncenters.org/behavioral-addictions>

⁴⁷ 8 Symptoms of Food Addiction - Behavioral Nutrition. (2020). Retrieved 27 July 2021 <https://behavioralnutrition.org/8-symptoms-of-food-addiction/>

Impacts of a Problematic Internet Use:

- Become dependent to get a “high”
- Push down feelings of shame, depression, and anxiety
- Experience withdrawal symptoms associated with general aggressive behavior and substance abuse like moodiness and anxiety, and compulsive internet fantasizing⁴⁸

For some, being connected to the internet can become a dangerous addiction. They would go obsessively through emails, posts, news, stories, etc. with the fear of missing out if they were offline.

VIDEO GAMES

The video games addiction, which may seem harmless at times, helps addicts escape reality through games. It has become more common and is similar to other addictions.

What can gaming addiction do:

- Interfere with the ability to interact with others
- Inability to have stable relationships
- Inability to uphold commitments at work
- Loss of the motivation to make decisions for their well-being such as going for a checkup or healthy eating
- Negatively impact their personal, social and mental development.
- Social isolation from friends and loved ones

⁴⁸ Internet addiction. Better health channel. 2020.
<https://www.betterhealth.vic.gov.au/health/HealthyLiving/internet-addiction>

- Inability to function properly and achieve real-life objectives ⁴⁹
- Decrease physical activity and increase obesity

Studies have shown a connection between video gaming and traffic-related risk behaviors, violent actions, and aggression among young people. There is still debate over the damaging effects of computer games on teen academic achievement.⁵⁰

The Signs of Video Games Addiction:

- Poor academic, job, or household duties performance
- Interests and relationships are neglected
- Poor personal grooming or hygiene
- Inability to restrict the amount of time consumed playing video games.
- Irritability, anxiety, or frustration when forced to quit
- Gaming for a long time period to achieve the same degree of pleasure
- Psychological and physical withdrawal like agitation, loss of appetite, and emotional responses when the gaming is stopped or interrupted
- Used to escape reality and problems at school/work or disagreements at home ⁵¹

⁴⁹ What Is Process Addiction & Types of Addictive Behaviors?. (2021). Retrieved 18 May 2021 <https://americanaddictioncenters.org/behavioral-addictions>

⁵⁰ Awadalla, N., Hadram, M., Alshahrani, A., and Hadram, Y. (2017). Association of video gaming with some risky behaviors of secondary school adolescents in Abha, Southwestern Saudi Arabia. *Journal Of Egyptian Public Health Association*, 92(1), 18-28. doi: 10.21608/ejph.2017.7006

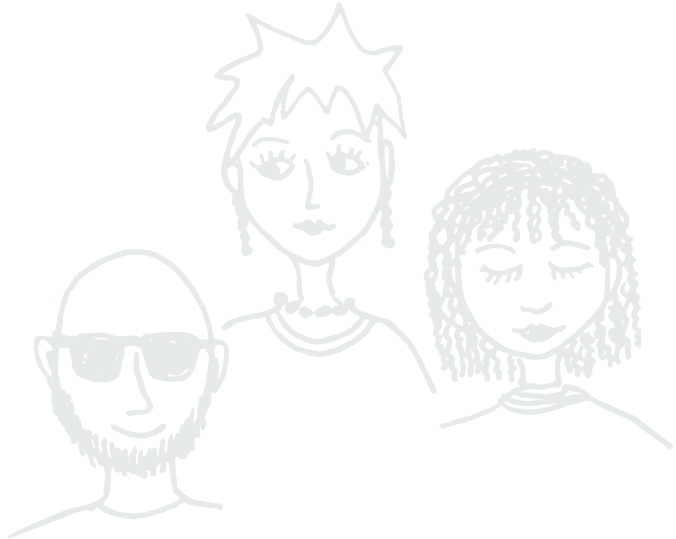
⁵¹ Video Game Addiction Symptoms and Treatment. (2021). Retrieved 18 May 2021 <https://americanaddictioncenters.org/video-gaming-addiction>

PROTECTIVE FACTORS

THE 4 LEVELS⁵²

- **Individual:** personal characteristics, biological factors, behavioral and personal experience
- **Relationships:** parental relationship, and peer pressure
- **Community:** neighborhood, drug availability, and poverty
- **Societal:** social and cultural norms, health, education and laws

The protective factors include⁵³: after school activities, self-control, parental monitoring, strong neighborhood attachments, and anti-drug uses policies.



⁵² The socio-ecological model. A framework for prevention. Centers for disease control and prevention. (CDC). January 28, 2021.

<https://www.cdc.gov/violenceprevention/about/socialecologicalmodel.html>

⁵³ What are risk factors and protective factors? National institute on drug abuse. (NIDA). October 2011. <https://www.drugabuse.gov/publications/preventing-drug-use-amongchildren-adolescents/chapter-1-risk-factors-protective-factors/what-are-risk-factors>

HELPING A PERSON STRUGGLING WITH ADDICTION

DO

- Build trust so they will be more likely to listen
- Be honest and show them how the addiction is affecting your life and your relationship
- Respect their privacy while being supportive. You can't force them to quit, but you can be a source of strength.

DON'T

- Threaten or give ultimatums
- Criticize. This can contribute to shame and lessen their belief in their ability to quit.
- Expect immediate change. Recovery takes time and setbacks are bound to happen.

7

BUILDING RESILIENCE

PARENTAL SUPERVISION

Parents need to provide constant supervision for their child. While it can be difficult to keep up with them outside of the house, parental supervision can help detect problems and promote safety.

THE 4 CS OF SUPERVISION

- **Clear rules:** Make a list of fixed guidelines about your child's actions and make sure to mention them clearly. For example, "Give me a phone number for any place you will be."
- **Communication:** Contact their teachers regularly to participate in the youth's activities, help them cope with challenges, develop a protection network, and keep you in the loop
- **Checking up:** Show them that you are concerned for their protection and the need of following rules
 - If your child sends you a friend's contact details, contact them and speak with the adult.
 - Get to their friend's parents to ensure their safety
 - Find out more about their events and social occasions so that they could be supervised
- **Consistency:** Set boundaries and give penalties when they are out of line. When a guideline is followed, be clear with your rewards.⁵⁴

⁵⁴ Family Checkup: Positive Parenting Prevents Drug Use. (2019). Retrieved 18 May 2021 https://www.drugabuse.gov/sites/default/files/family_checkup_2019.pdf

KNOWING THEIR FRIENDS

Childhood is a significant time of development. They might feel insecure about themselves and want a group to belong to. Parents who know their children's friends and peers can help with communication and tension.

PROTECT YOUR KIDS BY:

- o Knowing their peers in the neighborhood and at school
- o Engaging in activities with them
- o Talking to them when a question arises

STEPS TO HELP CLARIFY THE RULES AND LIMITS

Parents need to instill self-control by setting limits, showing they care, and creating boundaries. It gives kids the laws to obey and the value of respect.

THE STEPS ARE:

- o Establishing rules
- o Following up

Youth are more likely to obey the rules if they know their parents are supervising them.

When children violate laws and rules, the SANE instructions will assist parents in determining acceptable outcomes.

S small consequences are preferable

A avoid consequences that discipline the youth

N non-abusive reactions

E effective repercussions ⁵⁵

⁵⁵ Family Checkup: Positive Parenting Prevents Drug Use. (2019). Retrieved 18 May 2021 https://www.drugabuse.gov/sites/default/files/family_checkup_2019.pdf

When children have consequences, they can become enraged, act out, or isolate themselves. They are testing you so don't retaliate. Be consistent with your rules.

EXPLAIN TO YOUR CHILD AND BUILD A SHARING CULTURE

Collaborate with your child, discuss solutions to their problems. It helps strengthen your bond and teaches them to strategize and problem-solve.

SET UP FOR SUCCESS

● **When:** Choose a normal moment in your day-to-day life (not in the middle of a crisis)

● **Where:** Pick a neutral location with little interruptions.

● **How:**

- Pick small, simple issues to work on
- Address the issue in a neutral manner
- Recognize the other people
- Display good attitudes
- Share the blame for the issue
- Restate what you've heard
- Show that you're listening, and stop if you're getting too worked up.

BRAINSTORM - BE OPEN TO ALL POSSIBILITIES:

- Come up with three different ideas for each individual
- No suggestion is ridiculous
- Take turns to coming up with new ideas

EVALUATE YOUR IDEAS LIST

- Go through each idea and make a list of the pros and cons

PICK A SOLUTION

- If necessary, integrate ideas. Make sure you are both aligned

FOLLOW UP

- Check how the idea is working. Follow up with your child. If it isn't, bring out your idea list, brainstorm, and try again.⁵⁶



⁵⁶ Family Checkup: Positive Parenting Prevents Drug Use. (2019). Retrieved 18 May 2021 https://www.drugabuse.gov/sites/default/files/family_checkup_2019.pdf

ANGER, STRESS

AND FEAR MANAGEMENT

ANGER

Anger is an emotion of hostility towards someone. At times, anger can help express your emotions or inspire you to solve your issues. Though, excessive anger might be problematic. It can cause high blood pressure, inability to think clearly, and physical changes that affect your wellbeing.⁵⁷

STRESS

Stress is our body's response to pressure during a difficult situation. It affects everyone with long-term health problems. Not all stress is bad but there are ways to manage it by speaking to a health professional.

FEAR

An intense emotion triggered by a potential threat. Fear is a warning response that triggers a series of physiological changes. It can cause fast pulse, blood circulation redirection away into the gut, muscular tension, and an overall preparation of the body to take action⁵⁸.

THE IMPACT ON OUR BODY

Stress is quite normal from time to time, but if it is constant, it can have negative effects on your body and mind.

- Stress can be a short-term response
- You can manage it if you are aware of it

⁵⁷ Anger and Aggression. Retrieved 13 May 2021

<https://www.apa.org/topics/anger#:~:text=Anger%20is%20an%20emotion%20characterized,has%20deliberately%20done%20you%20wrong.&text=It%20can%20give%20you%20a,to%20find%20solutions%20to%20problems.>

⁵⁸ APA Dictionary of Psychology. Retrieved 13 May 2021 <https://dictionary.apa.org/fear>

- It can trigger or fight or flight reaction that can help get through public, speaking, job interviews, and intense interactions
- Stress can actually aid you to take charge of short-term challenges.
- It is important to deal with it if it becomes overwhelming

Your body releases stress hormones when under threat that causes some short-term bodily changes for you to stay alert and focused. If it persists, it can lead to long-term issues.

SHORT-TERM STRESS EFFECTS ON THE BODY

- Feeling concerned, anxious, or unable to relax
- Fast and hard heartbeats to pump extra blood to the main organs of the body
- Rapid breathing to transport more oxygen to the body
- Stomach problems due to the stress hormones
- Sensitive and oily skin
- Tense muscles in preparation for flight response

LONG-TERM STRESS EFFECTS ON THE BODY

- Migraines and tension headaches
- Psychological problems
- Severe heart issues
- Difficulty breathing, panic attacks and hyperventilation
- Hair and skin problems such as hair loss and acne
- Higher risk of type 2 diabetes
- Problems in fertility for both men and women ⁵⁹

⁵⁹ Effects of stress on the body. Retrieved 19 May 2021
<https://au.reachout.com/articles/what-stress-does-to-the-body>

HOW TO MANAGE THOSE EMOTIONS

The **CARD** system for coping with stress, anxiety and fear

- **Comfort:** Negative thoughts and feelings are normal, and usually go away over time. Try to be courageous and learn to be the “boss” of yourself
- **Ask:** Talk to someone you trust, such as a family member, friend or healthcare provider. Ask them questions about your worries and how they can help you feel better
- **Relax:** Be patient and do activities that keep you calm and relaxed
- **Distract:** Keep your normal routines and limit the amount of time on whatever is making you anxious or afraid ⁶⁰.

⁶⁰ Anxiety individual handout. Canadian public health association. 2020.
https://assets.aboutkidshealth.ca/AKHAssets/Anxiety%20Individual%20handout_Eng%2004_03_2020_v2.pdf

SELF-IMAGE, SELF-ESTEEM,

SELF-CONFIDENCE

DEFINITIONS

- **Self-image:** the mental image of ourselves is also known as “internal dictionary.” It defines our attributes such as talent, beauty, intelligence, etc. It includes the way we view our strengths and weaknesses ⁶¹
- **Self-confidence:** is having faith in your own skills. Those who are confident are rarely afraid. They venture into the unknown with bravery, speak up, and stand up for what they believe in. ⁶²
- **Self-esteem:** is the opinion that you have of yourself. Those with high self-esteem are proud of their achievements. Those with low self-esteem aren't happy with themselves. Anyone can improve their self-esteem through focus and practice.

SIGNS OF LOW SELF-IMAGE, SELF-ESTEEM, AND SELF-CONFIDENCE

SIGNS

- Critical of themselves
- Ignores positive traits and considers themselves “stupid, fat, ugly, unlovable”
- Has critical and negative conversations with themselves known as “self-talk”

⁶¹ Positive Self-Image: How to Improve Self- and Body-Image. Retrieved 20 May 2021
<https://my.clevelandclinic.org/health/articles/12942-fostering-a-positive-self-image>

⁶² Self-esteem, self-image and self-confidence. Retrieved 2 August 2021
<https://www.talkingroom.com.au/articles/self-image/26-self-esteem-self-image-self-confidence-are-they-all-the-same>

- Believes they are “lucky” when they achieve something
- Blames only themselves when they fail
- Does not accept or believe compliments

CONSEQUENCES

Quality of life is affected by low self-esteem in the following ways:

- Negative emotions by criticizing themselves leading to guilt, anxiety, humiliation, etc.
- Relationship issues where they ignore unacceptable behavior from partners in order to fulfill their needs of love and friendship
- They believe they are unlovable
- May become enraged eventually bullying others
- Fear of trying new things since they distrust their own ability and avoid taking risks
- They are perfectionists to ‘atone’ their inferiority and push themselves into becoming an over-achiever
- Fear of judgment so they avoid other people in social events
- They feel self-conscious and agitated around other people
- They feel hopeless and find it tough to deal with traumatic experiences
- Abuse or neglect themselves by consuming excess alcohol with a lack of selfcare
- They harm themselves with substance abuse, eating disorders, or suicide ⁶³

⁶³ Self esteem | betterhealth.vic.gov.au. (2014). Retrieved 20 May 2021
<https://www.betterhealth.vic.gov.au/health/healthyiving/self-esteem>

HOW CAN I BOOST MY SELF-IMAGE, SELF-ESTEEM, AND SELF-CONFIDENCE?

- Be satisfied with yourself and think positively
- Know that you are worthy
- Understand that you don't have to be great at everything
- Don't compare yourself to others
- Feel comfortable in complimenting others genuinely
- Accept others
- Take on calculated challenges and risks
- Care for other's feelings
- Don't get frustrated easily
- Don't be inflexible
- Be a good listener ⁶⁴

⁶⁴ Self- Esteem. Retrieved 20 May 2021
<https://www.stmarys-ca.edu/sites/default/files/attachments/files/self-esteem.pdf>

COMMUNICATION

HEALTHY COMMUNICATION

Good communication between parent and child equals a healthy family bond. Parents can detect problems, encourage healthy attitudes and help their children develop the right communication skills.

FOR PARENTS:

- Speak to them at convenient times and be focused
- Create a plan
- Collect your thoughts before you speak to them
- Maintain a cool and attentive demeanor
- Keep disruptions to a minimum and set aside all electronics
- Give the conversation a time limit and give your children some expectations

USE THE CALM STRATEGY:

- **C:** Control your actions and thoughts
- **A:** Assess whether you are upset to carry on
- **L:** Leave if you are very upset or angry
- **M:** Strategize to help deal with the circumstances ⁶⁵

THE ART OF LISTENING

Active listening is very beneficial since it helps one know how significant their feelings and thoughts are.

⁶⁵ Family Checkup: Positive Parenting Prevents Drug Use. (2019). Retrieved 18 May 2021 https://www.drugabuse.gov/sites/default/files/family_checkup_2019.pdf

The main strategies that would help using active listening:

- Listening sounds
- Repeating back
- The power of silence
- Eye contact
- Ask questions
- Look for the emotion

ENCOURAGEMENT

Important for the development of self-assurance. Many who love themselves and are successful believe parental, teacher, or adult support helped them through it. It helps them feel better about themselves and promotes self-love.

It's important to give your children encouraging and empowering message such as:

- You can do it!
- You have good ideas!
- You are important! ⁶⁶

GOALS AND DECISION MAKING

THE SMART TECHNIQUE ^{67 68}

It is important to give yourself objectives and goals. However, when we don't achieve them, we lose our motivation. The **SMART** tool is used to help achieve our goals!

⁶⁶ Family Checkup: Positive Parenting Prevents Drug Use. (2019). Retrieved 18 May 2021 https://www.drugabuse.gov/sites/default/files/family_checkup_2019.pdf

⁶⁷ SMART goals a how to guide. University of California. Performance appraisal planning 2016-2017. https://www.ucop.edu/local-human-resources/_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf

⁶⁸ Setting SMART objectives checklist 231. Chartered management institute (CMI). 2014. https://www.managers.org.uk/wp-content/uploads/2020/03/CHK-231-Setting_Smart_Objectives.pdf

- **Specific:** be certain with what you want to accomplish by using the 6 Ws: who, what, when, where, why, which.
- **Measurable:** monitor your progress.
- **Achievable:** motivate and challenge yourself to complete achievable objectives by considering your resources and knowledge.
- **Realistic:** focus on something that makes sense. Take into consideration your values and skills.
- **Time bound:** deadlines help focus the mind on the goal.

THE 5 STEPS OF PROBLEM-SOLVING

A problem is a situation, a task or a person, which is difficult to deal with or control. Problem-solving is the process of knowing the situation and finding the solutions. ^{69 70}

THE 5 STEPS: ^{71 72}

- **Define the problem:** find out the problem and know the situation and behaviors
- **Brainstorm solutions:** get creative and write out all the possible solutions
- **Pick a solution:** choose one that works best
- **Implement the solution:** get the plan into motion
- **Review the results:** monitor your results, communicate what you learned and accept feedback.

⁶⁹ Problems: definition, types and evidence. Norbert Seel. Springer science 2012. https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1428-6_914

⁷⁰ Problem solving. David Jonassen. Springer science. 2012. https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1428-6_208

⁷¹ Problem solving, government of Western Australia. Department of health. Center of clinical interventions. (CCI). https://healthywa.wa.gov.au/Articles/N_R/Problem-solving

⁷² Problem solving: techniques, steps and methods. Deakin University. May 2019. <https://credentials.deakin.edu.au/problem-solving-techniques-steps-and-methods/>

HEALTHY ACTIVITIES

When we are positive, we love the idea of being happy and healthy. We can do so many things in life according to our own perspectives.

THE ACTIVITIES:

- **Solo Activities:** set goals, listen to someone, read, write, learn a new skill, treat yourself, get a checkup, don't be afraid to make mistakes, do something special for a loved one
- **Family or Friend Activities:** hike, camp in nature, color, watch a funny movie, bond with friends or family members
- **General Activities:** workout, travel, go on a road trip, visit new places, eat something you like, go shopping, eat something healthy, listen to music, go to the movies, meet new people, sit with someone who makes you feel good, do yoga, meditate, pray, go on a spiritual retreat

Emotional health is vital in life. Those who are emotionally healthy are in control. It doesn't mean they are always happy but they can deal with their thoughts and feelings, whether positive or negative. Well-being combines mental health (mind) and physical health (body) to promote a positive life.

Therefore, taking into consideration the COVID-19 pandemic prevention is a must for you and the community.

FACING COVID-19

HOW TO PROTECT MYSELF

We need to learn how to decrease the spread of the virus since transmission can happen in many ways to protect ourselves, children under 12 and people with weakened immune systems or underlying medical conditions.

THE RECOMMENDATIONS:

- **Wear a mask:** You should always wear a mask over your nose and mouth, in indoor or crowded, outdoor spaces.
- **Wash your hands:** Especially in public places, wash your hands for 20 seconds. Don't touch your face, mouth, nose, and eyes. Hand sanitizer that contains at least 60% alcohol is a great substitute for soap and water
- **Cover coughs and sneeze:** if you wear a mask, you can cough in it but change it immediately. If you aren't wearing a mask you should cover your mouth and nose with a tissue, discard it, and wash your hands.
- Avoid crowds and poor ventilated spaces
- **Social distance:** stay 6 feet away from others
- Clean and disinfect surfaces daily
- Monitor yourself and be aware of COVID-19 symptoms
- Get vaccinated as soon as possible
- If you are sick stay at home with all the precautions needed. ^{73 74}

⁷³ How to protect yourself and others. CDC. July 2021.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

⁷⁴ Coronavirus disease (COVID-19) advice for the public. WHO. July 2021.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

WHAT TO DO WHEN INFECTED

- Stay home except to get medical care
- Get rest and stay hydrated
- Stay in touch with your doctor
- Separate yourself from others: stay in a specific room and use a separate bathroom if possible
- Monitor your symptoms: fever, cough, or other symptoms.
- Call ahead before visiting your doctor: many medical visits for routine care are being postponed or done by phone or telemedicine.
- Get tested
- Wear a mask over your nose and mouth if you must be around other people or animals (even at home)
- You don't need to wear the mask if you are alone
- Cover your coughs and sneezes with a tissue, discard it, and immediately wash your hands for 20 seconds with soap and water or hand sanitizer
- Clean your hands often
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home
- Clean all "high-touch" surfaces everyday

- **Please call your medical provider for any severe symptoms such as:**
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake up or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone ⁷⁵

⁷⁵ What to do if you are sick. CDC. March 2021. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

WHAT TO DO IN CASE OF EXPOSURE

If you believe you've been exposed, remain isolated for 14 days to protect yourself and others:

- Self-monitor for symptoms
- Check your temperature twice a day
- Watch for a fever, cough, shortness of breath, or other symptoms of COVID-19
- Avoid contact with people at higher risk for severe illness from COVID-19 ⁷⁶
- Stay in a separate room from other household members and use a separate bathroom if possible
- Avoid contact with other members of the household and pets
- Don't share personal items, like cups, towels, and utensils
- Wear a mask when around other people if able ⁷⁷

**REMEMBER PREVENTION
IS ALWAYS BETTER THAN CURE.**

⁷⁶ Public health guidance for community related exposure. CDC. March 2021.
<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

⁷⁷ Quarantine and isolation. CDC. July 2021.
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

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If you are a **young person**, a **parent** or a **teacher** and want to become a **prevention agent**, or champion mentally healthy schools, **register** in one of our **training programs**.



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