

**“BUDDY,  
SAY NO TO DRUGS”**



# WHY YOU?

- **STRONG BUILDINGS ARE BUILT ON STRONG FOUNDATIONS**
- **YOU ARE THE FUTURE**
- **LIFE IS AHEAD OF YOU**
- **TO REALISE YOUR POTENTIAL,**
  - **AVOID DRUGS/INTOXICANTS**
  - **DEVELOP POSITIVE SKILLS**
  - **WORK HARD**

# WHAT DO YOU GAIN ?

- **BENEFICIAL LEARNING THROUGH PEERS AND TEACHERS**
- **PEER SUPPORT**
- **MUTUAL PROTECTION**
- **AWARENESS FOR DRUG PREVENTION**
- **'UPWARD FILTERING' AND PARENT PARTNERSHIP**
- **POSITIVITY**
- **COST FREE - YOUR GIFT TO YOURSELF**

**YOU CAN BE  
ANYONE OF  
THESE RENOWNED  
INDIANS...**

**FIELD MARSHAL  
S H F J MANEKSHAW**

**PADAM VIBHUSHAN-  
1972**



**MARSHAL  
OF THE AIR FORCE**

**ARJAN SINGH**

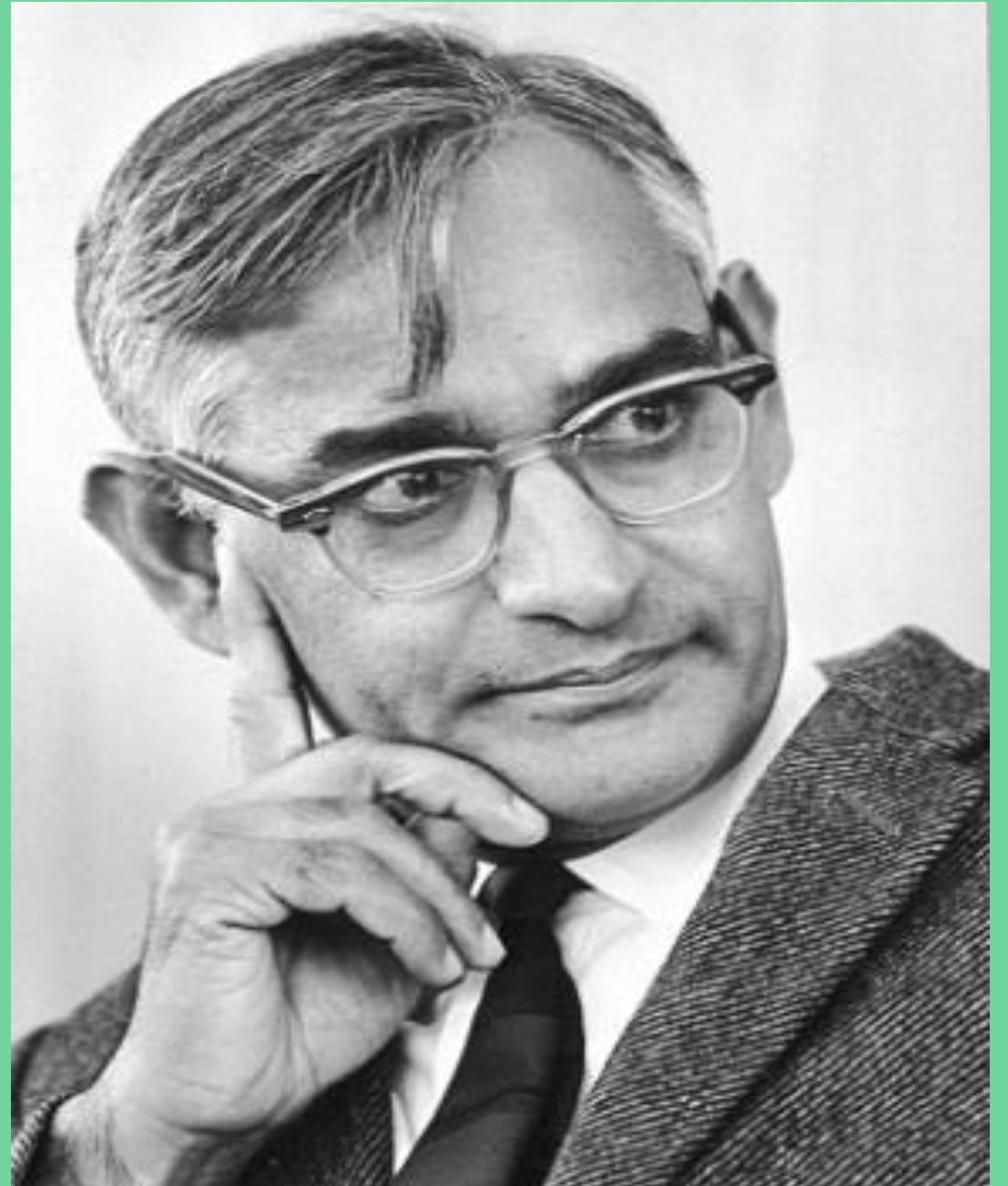
**PADMA  
VIBHUSHAN - 1965**



**HARGOBIND  
KHURANA**

**NOBEL PRIZE FOR  
PHYSIOLOGY – 1968**

**PADMA VIBHUSHAN -  
1972**



**AMRITA PRITAM**

**JNANPITH AWARD**

**- 1981**

**PADMA**

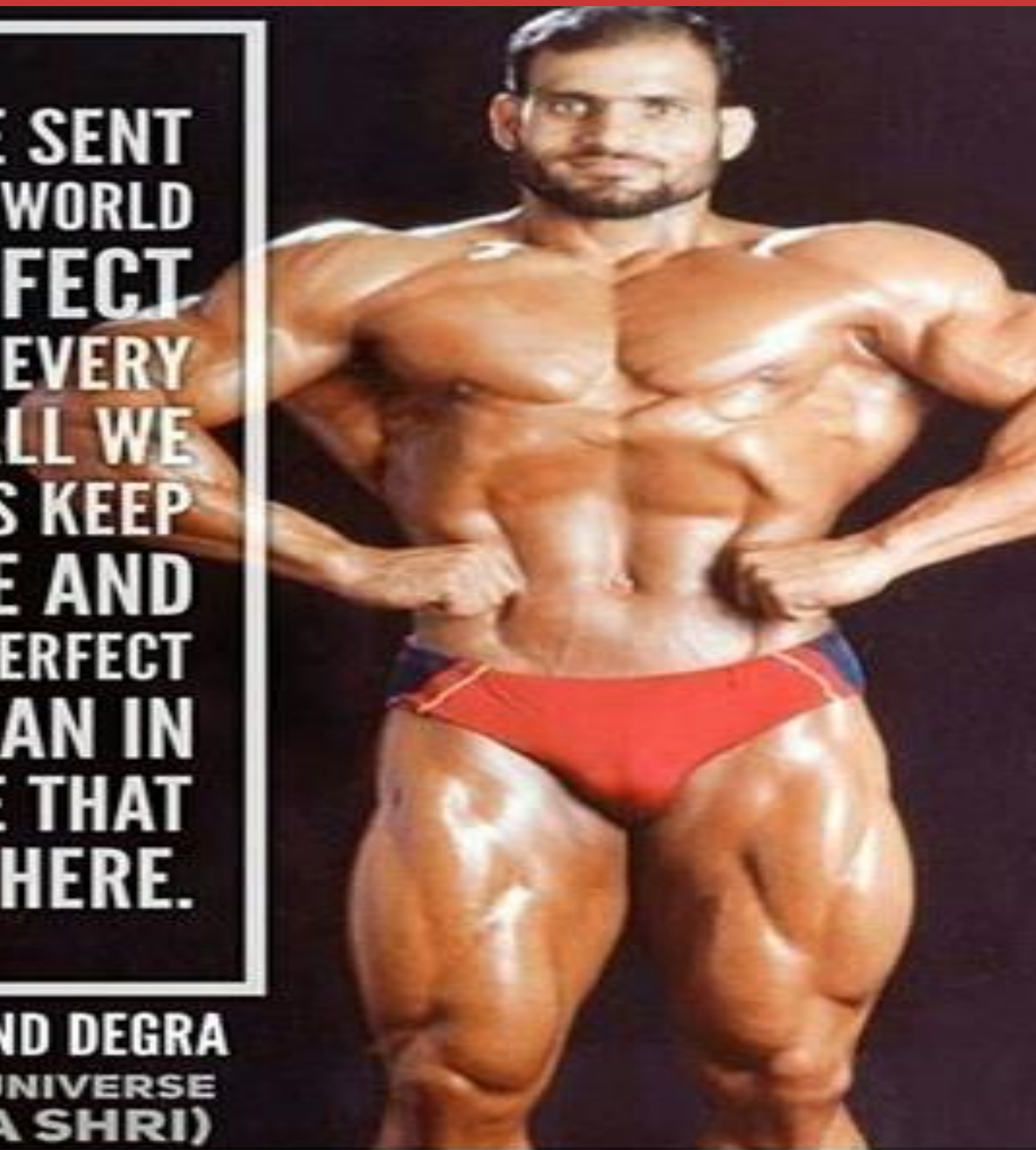
**VIBHUSHAN - 2004**





**WE WERE SENT  
INTO THIS WORLD  
AS PERFECT  
BEING IN EVERY  
SENSE. ALL WE  
CAN DO IS KEEP  
OUR LIFE AND  
BODY AS PERFECT  
AS WE CAN IN  
THE TIME THAT  
WE ARE HERE.**

**- PREMCHAND DEGRA  
1998 MR. UNIVERSE  
( PADMA SHRI)**



# **THE BUDDY PROGRAM**

- **PROVIDE A PLATFORM FOR POSITIVE THINKING & ACTION**
- **CREATE AWARENESS TO PREVENT USE OF DRUGS/INTOXICANTS**
- **COMBINE WITH CONSTRUCTIVE ACTIVITY**
- **CREATE A CONDUCIVE ENVIRONMENT**
- **IMPROVE OVERALL SCHOOLING EXPERIENCE**
- **HELP - SHARE - CARE - TRUST - PARTNER**

**THE BUDDY**

# WHO IS A BUDDY ?

- **TERM TAKEN FROM THE MILITARY/PARA-MILITARY**
- **BUDDY IS YOUR FRIEND**
- **BUDDY DOES AN ACTIVITY WITH YOU SO THAT YOU CAN SUPPORT AND ENCOURAGE EACH OTHER\***
- **BUDDY IS YOUR CLASSMATE**
- **HE/SHE WILL HELP, SUPPORT AND ENCOURAGE YOU**

*\*<https://dictionary.cambridge.org/dictionary/english/buddy>*

# WELCOME YOUR BUDDY - M4

- **MONITOR EACH OTHER**
- **MOTIVATE EACH OTHER**
- **MORAL RESPONSIBILITY FOR EACH OTHER**
- **MUTUAL SAFETY AND EMPOWERMENT**



# **CARE - HELP - SHARE - TRUST - PARTNER**

- **BUDDY SUPPORTS AND GUIDES**
- **BUDDY HELPS AVOID USE OF DRUGS/INTOXICANTS**
- **BUDDY PROTECTS**
- **BUDDY LISTENS TO PROBLEMS AND CONCERNS**
- **BUDDY TRUSTS YOU**



**BUDDY GROUP**

# ROLE OF A BUDDY

- **IDENTIFY SIGNS OF DRUG/INTOXICANT USE**
- **PROVIDE SUPPORT IN ACADEMICS**
- **ASSIST IN CO-CURRICULAR ACTIVITIES**
- **COMMUNICATE PROBLEMS TO ONE ANOTHER AND TEACHER**
- **DISCUSS HARMFUL EFFECTS OF DRUGS FROM TIME TO TIME**
- **REGULARLY DISCUSS POSITIVE ACTIVITY**





# FUNCTIONING

- **5 CLASSMATES (MAX) OF SAME SECTION FORM GROUP**
- **FORTNIGHTLY MEETING DURING SUPW PERIOD OR CORRESPONDING SUBJECT PERIOD**
- **40 MINS – 1 HOUR MONTHLY AWARENESS PROGRAM**
- **REGULARLY DISCUSS POSITIVE ACTIVITY**
- **REGULARLY MONITOR THAT BUDDIES ARE NOT USING DRUGS**

# **K-A-B-P**

**KNOWLEDGE : DRUGS AND THEIR EFFECTS**

**ATTITUDE : PREVENTING DRUG USE**

**BELIEF : CONFIDENCE TO REFUSE DRUGS**

**PRACTICE : CONVERT BELIEF INTO PRACTICE**

**KNOWLEDGE**

# DRUGS - CHEMICALS THAT ADVERSELY IMPACT MIND & BODY



# **RECOGNISING THE SIGNS IN YOUR BUDDY**

## **PHYSICAL INDICATORS**

- **BLOODSHOT OR WATERY EYES**
- **SLURRED SPEECH**
- **POOR MOTOR COORDINATION**
- **EASILY FATIGUED**
- **OVER-EXCITABILITY**

## **PHYSICAL INDICATORS - 2**

- **SUDDEN WEIGHT LOSS OR GAIN**
- **TREMORS OF THE HANDS**
- **UNUSUAL SMELLS ON BREATH/BODY/CLOTHES**
- **NEEDLE MARKS**
- **SHABBY DRESSING**
- **EXCESSIVE USE OF DEODORANTS/MOUTH FRESHENERS**

# ACADEMIC INDICATORS

- LOWER CONCENTRATION
- LOWER MARKS AND GRADES
- ABSENTEEISM
- INCOMPLETE CLASSWORK/HOMEWORK
- NON - PARTICIPATION IN CO-CURRICULAR ACTIVITIES



# BEHAVIOURAL INDICATORS

- **CHANGE IN FRIENDS AND HOBBIES**
- **SECRETIVE OR SUSPICIOUS BEHAVIOUR**
- **FORGETFULNESS**
- **DISOBEYING TEACHERS AND ELDERS**
- **SUDDEN MOOD SWINGS**
- **FREQUENT LYING, CHEATING**
- **STEALING, BLACKMAILING**



**ATTITUDE**

# **ALWAYS REMEMBER!!**

- **DRUGS ARE HARMFUL**
- **DRUGS ARE DANGEROUS**
- **DRUGS WILL RUIN HEALTH**
- **DRUG USE IS CRIMINAL**
- **DRUG USE IS SINFUL**
- **DRUGS KILL**



**BELIEF**

# **I AM STRONG AND ASSERTIVE**

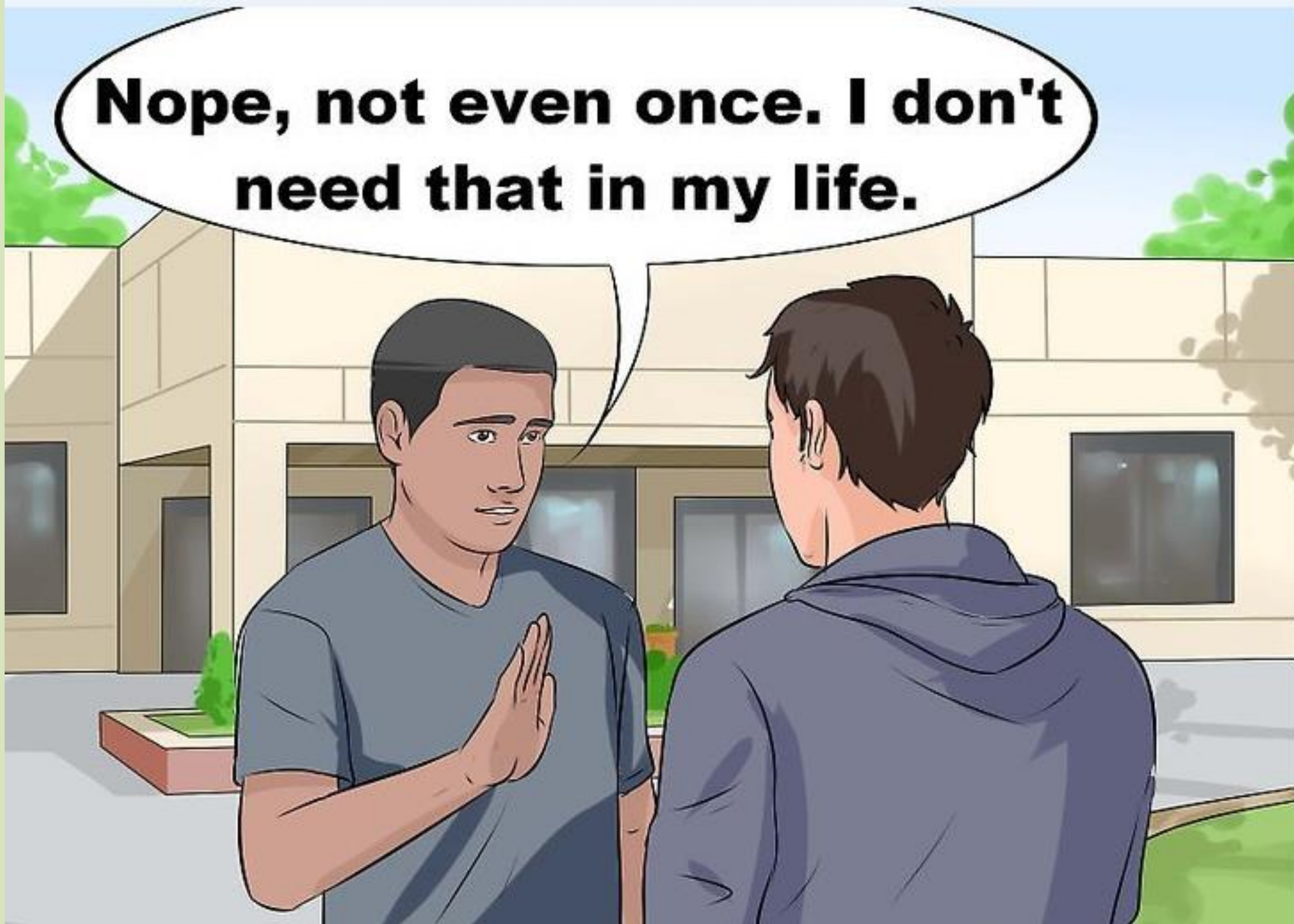
- **I WILL SAY 'NO'**
- **I AM CONFIDENT**
- **I WILL ACHIEVE MY GOALS**
- **I WILL DO WELL IN STUDIES**
- **I WILL MAKE MY LIFE A SUCCESS**
- **I WILL BE HEALTHY**
- **I WILL NEVER USE DRUGS! AND I WILL STOP OTHERS FROM DOING SO TOO !!!**

# **I WANT TO ACHIEVE MY GOALS**

- **I WANT TO BE A NATIONAL LEVEL SPORTSPERSON**
- **I WANT TO BE AN OFFICER AND SERVE MY COUNTRY**
- **I WANT TO EXCEL IN MY STUDIES**
- **I WANT TO REMAIN FIT AND HEALTHY**
- **I'M GOING TO WORK HARD AND BE SUCCESSFUL (DRUGS WILL STOP ME)**
- **I WANT TO BE A GOOD SON/DAUGHTER A TO MY PARENTS**
- **I WANT TO BE HAPPY**

**PRACTICE**

**Nope, not even once. I don't  
need that in my life.**



# **SAYING 'NO' TO A KNOWN PERSON**

***(FRIEND, CLASSMATE, RELATIVE, NEIGHBOUR, ETC.)***

- **NO!** IT IS NOT UP FOR DISCUSSION
- **NO!** I AM AGAINST USING DRUGS
- **NO!** I KNOW OF PEOPLE WHO DIED BECAUSE THEY TOOK DRUGS
- **NO!** IT IS ILLEGAL!
- **NO!** MY FAMILY AND FRIENDS WILL HATE ME
- **NO!** GOD WILL PUNISH ME



# SAYING 'NO' TO A STRANGER

- **NO!** IT IS NOT UP FOR DISCUSSION
- **NO!** I WILL NOT EVEN TALK ABOUT IT
  - IT SHOULD BE A LOUD AND CLEAR **NO!**
  - JUST RUN AWAY FROM THERE AS SOON AS POSSIBLE AFTER SAYING THIS
  - NEVER TAKE ANY EATABLES OR DRINKS FROM ANY STRANGER AS THEY MAY HAVE DRUGS

# **IF YOUR BUDDY IS TAKING DRUGS/INTOXICANTS, WHAT TO DO NEXT?**

- **KEEP CALM, DO NOT PANIC**
- **GIVE YOUR BUDDY MORAL SUPPORT/HELP**
- **INFORM YOUR TEACHER**
- **INFORM YOUR PARENTS**
- **YOU COULD WRITE A LETTER/SMS/WHATSAPP/EMAIL  
TO YOUR TEACHER**

# **IF YOU ARE TAKING DRUGS/INTOXICANTS, WHAT TO DO NEXT?**

- **KEEP CALM, DO NOT PANIC**
- **SHARE WITH YOUR BUDDY**
- **SHARE WITH YOUR TEACHER**
- **SHARE WITH YOUR PARENTS**
- **YOU COULD WRITE A LETTER/SMS/WHATSAPP/EMAIL  
TO YOUR BUDDY/TEACHER**
- **TAKE CORRECTIVE STEPS UNDER SUPERVISION**

# HOW TO INFORM



- **INFORM YOUR TEACHER:** *“MADAM/SIR, SOMEONE TRIED TO GIVE ME DRUGS. I SAID NO TO HIM AND RAN AWAY”*
- **INFORM YOUR BUDDY:** *“BUDDY, SOMEONE TRIED TO GIVE ME DRUGS. I SAID NO TO HIM AND RAN AWAY FROM THERE. YOU ALSO BE CAREFUL OF SUCH PEOPLE.!”*
- **INFORM YOUR PARENT:** *“MUMMY/PAPA, SOMEONE TRIED TO GIVE ME DRUGS. I SAID NO TO HIM AND RAN AWAY FROM THERE”*

**BEWARE**



# **BEWARE OF LIES & MANIPULATION !**

## **EXAMPLES OF HOW PEOPLE CAN TRAP YOU**

- **BETA, COME HERE. TRY THIS ! I HAVE A MAGIC PILL FOR YOU.**
- **TAKE THIS, IT IS FREE OF COST.**
- **JUST TRY THIS ONCE, YOU WILL FEEL EXCITED AND HAPPY.**
- **THIS PILL WILL MAKE YOU FORGET ALL YOUR WORRIES.**

# **BEWARE OF LIES & MANIPULATION - 2**

- **THIS MAGIC PILL WILL HELP YOU RELAX COMPLETELY.**
- **YOUR PERFORMANCE IN STUDIES AND GAMES WILL IMPROVE.**
- **IT WILL BUILD YOUR MUSCLES AND MAKE YOU LOOK STRONG.**
- **YOU WILL LOOK SMART LIKE A MODEL AND OTHERS WILL FIND YOU ATTRACTIVE.**

# **DETAILS TO NOTE ABOUT THOSE OFFERING DRUGS**

- **WHERE DID THE PERSON MEET YOU (SUCH AS SCHOOL GATE, ON THE WAY HOME, BUS STOP, ETC.)**
- **WHAT DID HE LOOK LIKE (HAIR COLOUR, HEIGHT, WEIGHT, COMPLEXION, ANY IDENTIFICATION MARK, ACCENT, ETC.)**
- **WHAT DID HE SAY ?**
- **DETAILS OF VEHICLE IF USED**
- **OTHER DETAILS**



# **TELL YOUR TEACHER IF .....**

**YOUR BUDDY REGULARLY DOES THE FOLLOWING :**

- **TALKS TO SUSCIPICIOUS STRANGERS**
- **MISSES CLASSES**
- **SPENDS A LOT OF TIME IN THE TOILET**
- **SPENDS TIME IN ISOLATED PLACES**
- **STARTS REMAINING ALONE**



# **POSITIVE PRACTICES - DO ONE OF THESE EVERY DAY**

- **HELP THOSE IN NEED - EVEN THE SMALLEST ACT HELPS**
- **SPORTS ACTIVITY DAILY**
- **PURSUE A HOBBY**
- **PARTICIPATE IN NATIONAL CADET CORPS**
- **PARTICIPATE IN NATIONAL SERVICE SCHEME**
- **PARTICIPATE IN MUSIC, DRAMA, ETC.**
- **PARTICIPATE IN CLEANLINESS DRIVE**



# DO GOOD DEEDS

- **GOOD DEEDS MAKE YOU HAPPY & RESPONSIBLE**
- **DO A GOOD DEED FOR SOMEBODY**
- **IN RETURN ASK THAT PERSON TO DO A GOOD DEED FOR SOME OTHER PERSON (3<sup>RD</sup> PARTY)**
- **PAY IT FORWARD - GIVE CREDIT AHEAD**  
*(MENANDER- 317 BC,FRANKLIN -1784, HAMMOND -1916, HEINLEIN -1951, HYDE -2000)*

# **ALWAYS REMEMBER!**

- **AVOID DRUGS - THEY WILL RUIN YOU**
- **HAVE A STRONG ATTITUDE AGAINST DRUG USE**
- **ALWAYS BELIEVE IN YOURSELF**
- **CONVERT YOUR BELIEFS INTO PRACTICE**



**Say YES to  
LIFE**



**Say NO to  
Drugs**



# REFERENCES

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