

Approach the matter wisely...

1. Obtain reliable information about drugs and know the facts
2. Involve yourself in your child's life, get to know their friends, interests and whereabouts... get talking
3. Become aware of your child's problem areas. Be respectful and be a good listener.
4. Ask your child his/her feelings on the subject, be open to differences
5. Suggest you both need to learn more
6. Ask simple, direct questions such as... Are you smoking dagga?? Are you consuming alcohol?? If the answer is negative, but you still suspect drug involvement, keep the lines of communication open by remaining in touch with your child's friends, activities and environment.
7. Consult a professional for assistance if you need help handling the situation.
8. Enhance spiritual activity in the home and participate in your child's recreational activities where you can

Lets become active in the lives of our children and save the future

Darul Ihsan activities at a glance

FATWA

- Q & A • Estate Planning • Dispute Resolution • Research • Annulment

EDUCATION

- Madrasah Abraar • Learn the Deen • Teach the Deen • Basic Islam for Reverts

SOCIAL COUNSELLING

- Counselling Services • Marriage Workshops • Learner Support • Mediation • Drugs Awareness Drive

WELFARE & EMPOWERMENT

- General Welfare • Spiritual Guidance • Bursaries • Self Help Projects • Feed a Pupil • Feed a Patient • Feed the Needy • Disaster Relief • Skills Development • Kajoor & Blanket Distribution • Build a Home • Food Gardens • Food Carts • Sewing Machines

YOUTH

- Youth Camps • One-day Activities • Career Guidance • Websites • Sisters Activities

PROGRAMMES

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- Media Watch • Letters to the Editor

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- Collection • Sorting • Disposal • Redistribution

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- darulihisan.com • you.org.za • dou.org.za • alihsan.co.za • dad.org.za • mmtsa.co.za • alihsanbookshop.co.za

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Drugs Awareness Drive (DAD)

**DRUGS
ARE
DEADLY**

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Drug addiction is destroying society

The devastating impact that drugs and substance abuse is having on our society is alarming. Drugs have become a menace and a destroyer of lives in this modern world. Drug addicts are a liability to society. They are unproductive and burdensome. In order to support their drug habit, they may resort to any means - begging, stealing and involvement in criminal activities are common among them.

The harmful effects of drugs have impacted heavily on our youth, the family, the society and most importantly, on our Iman. Through the 'Drugs Awareness Drive' (DAD), Darul Ihsan intends to help and educate our society on the impact of this societal scourge.

Parents must know the dangers that drugs and addiction pose to our children and community. The drug problem can be covert and overt, it can manifest itself with various challenges. There are challenges that faced by our youth with which they need assistance and support. Communication with our kids is vital as the challenges they face are critical.

Have you heard the term '*busting a bla*', '*chasing the dragon*', '*shooting up*', '*beans and cheese*', '*hit a mix*'? Do you know what all of this means? These are terms that our children are accustomed to in schools and with friends.

As parents we have a responsibility - Let us not compromise the valuable lives of our children by concealing their drug habits. It is always easier to adopt a preventative approach by supporting and engaging our children on their challenges and fears. **Prevention is better than cure.**

The drug industry is a massive global cartel that is driven by money, supply and demand. The only way we can save our children is through the consciousness of Allah Ta'ala, education, strong values and Dua.

The key is to know your child - know his/her friends - know his/her whereabouts.

Some common symptoms of drug abuse are

1. Loss of appetite
2. Being unusually sleepy or unable to sleep at night
3. Bouts of talkative, impulsive and overactive behaviour
4. Telling lies or acting suspiciously
5. Losing interest in schoolwork and truanting
6. Losing interest in sports and hobbies
7. Money or valuables disappearing from home
8. Changing friendship patterns



9. Stains and chemical smells on clothing and body
10. Unusual spots, sores and marks on and around the mouth and nose

If you suspect your child is using drugs do not ... !

1. Don't become emotional and reactive
2. Don't be judgemental or apologetic
3. Don't side step the matter hoping that it will go away
4. Don't be intimidated if your child resists your attempts to get more involved in his/her life
5. Don't embarrass your child or reject him/her

