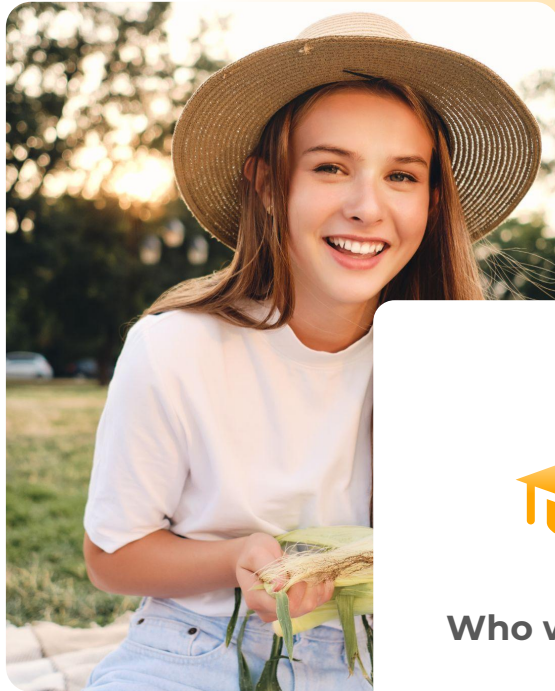


BUILDING RESILIENCY AGAINST DRUG USE FOR TEENAGERS (AGED 9-12)

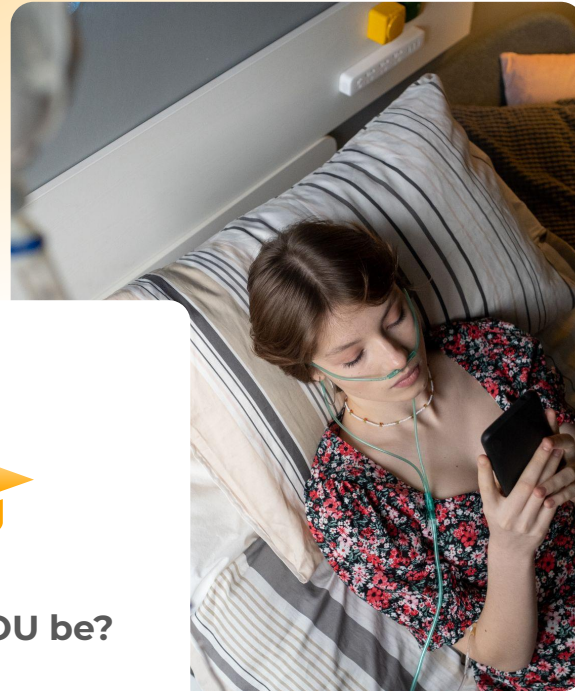
WORLD DRUG DAY

DALGARNO INSTITUTE





Who will YOU be?

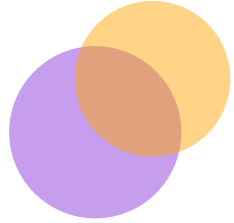


MAKE A CHOICE ✓

IMPORTANCE OF ADDRESSING DRUG USE AMONG YOUNG ADOLESCENTS

Goal: Equip teenagers with knowledge and tools to resist drug use

- Outline of presentation



UNDERSTANDING DRUGS AND THEIR EFFECTS

- Definition of drugs
- Examples of common drugs and their effects
- Consequences of drug use on physical, mental, and social health



REASONS TEENS MAY USE DRUGS

PEER PRESSURE

Peer pressure is a significant factor because adolescents often seek acceptance and validation from their social circles, making them susceptible to engaging in risky behaviors, including drug experimentation, to fit in with their peers.



COPING MECHANISM

Teens may use drugs as a way to cope with stress or emotional pain because they may perceive substances as a temporary escape or relief from their problems, even though this often exacerbates their issues in the long run.



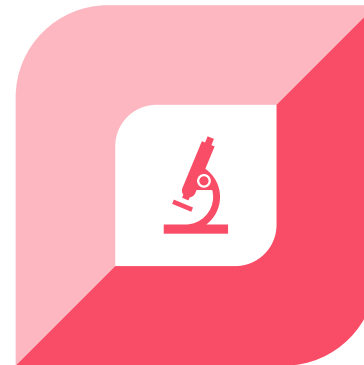
CURIOSITY

Curiosity is a contributing factor because adolescents, who are naturally curious and inclined to explore new experiences, may experiment with drugs to satisfy their curiosity and discover the effects of these substances firsthand.



MISINFORMATION FROM MEDIA

Misinformation from media can contribute to teen drug use because inaccurate or glamorized portrayals of drug use can lead adolescents to believe that these substances are less harmful or more socially acceptable than they actually are.

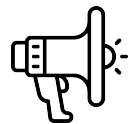


BUILDING RESILIENCE - OPEN COMMUNICATION

- Encourage **open dialogue** about drug use
- Provide **accurate information** about drugs and their effects on physical and mental health
- Address questions and concerns **without judgment**
- Create a **supportive environment** for discussing difficult topics



Open dialogue



Accurate info



No stigma



Support





BUILDING RESILIENCE - DEVELOPING HEALTHY COPING MECHANISMS

- Teach **stress management** techniques (e.g., deep breathing, mindfulness)
- Encourage **healthy hobbies** and interests
- Promote **regular exercise** and proper nutrition
- Foster strong connections with **family and friends**

BUILDING RESILIENCE - SETTING GOALS & BUILDING SELF-ESTEEM



Set realistic and achievable goals



Foster self-worth and confidence



Celebrate accomplishments and progress



Encourage responsibility and accountability

BUILDING RESILIENCE - DECISION-MAKING SKILLS

- Teach **decision-making strategies** (e.g., weighing pros and cons)
- Discuss real-life scenarios involving **peer pressure** and drug use

Encourage

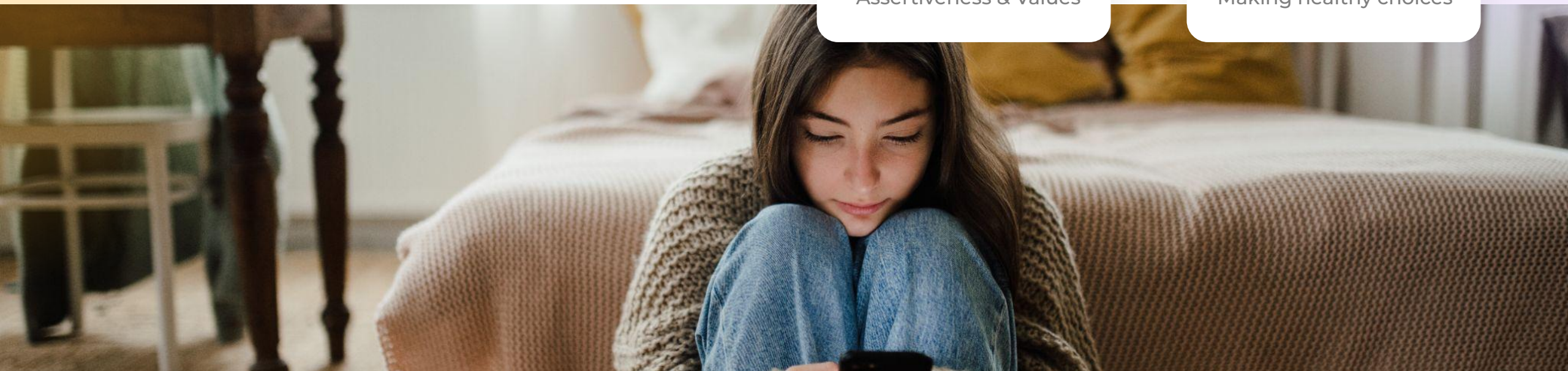


Assertiveness & Values

Reinforce



Making healthy choices



BUILDING RESILIENCE - IDENTIFYING & AVOIDING RISKY SITUATIONS

- **Recognize** situations where drug use may be present
- **Develop** strategies for avoiding or leaving risky environments
- **Encourage** teens to choose friends who share similar values and interests



BUILDING RESILIENCE - ACCESSING SUPPORT

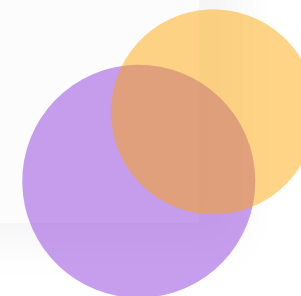
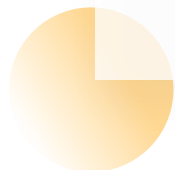
- Identify **trusted adults** or resources for support and guidance
- Encourage **seeking help** when facing challenges or difficult decisions
- Promote the importance of **community** and school education



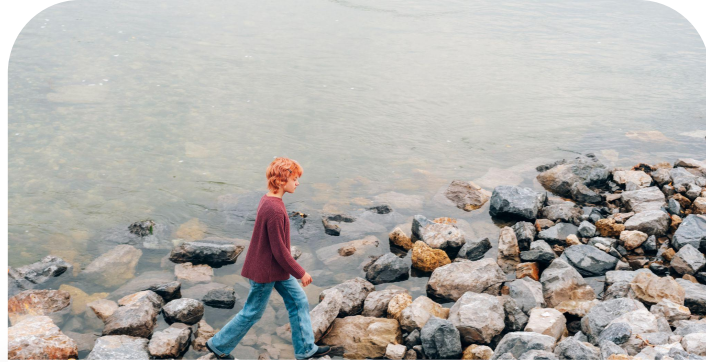
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**Education matters in building
resiliency against drug use for
teenagers.**

- Dalgarno Institute -



CONCLUSION



RECAP

key points for building
resiliency against drug use

HOW?



EMPHASIZE

the importance of a supportive
network and healthy coping
mechanisms

WHY?



ENCOURAGE

ongoing dialogue and education
about drug prevention

WHAT?



Coalition of Alcohol and Drug Educators

Dalgarno
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Building Resiliency Against
Drug Use For Teenagers

THANK YOU

