

# SUBSTANCE USE, ABUSE AND ADDICTION

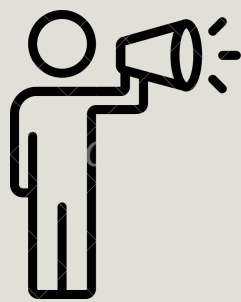
## A Guide for Educators

It can be challenging to have students in the classroom who are dealing with an issue like substance addiction or abuse, but educators can take action to help sensitize children about this and support students while also keeping their own mental health in check.

Here are some tips that educators can follow

### Awareness Programs

The topics of drug use and addiction should never be shied away from; children have numerous ways of gaining information in the world today, so the best option is to give them information from a trusted source. Encourage discussions on the topic and do not dismiss student concerns. The more they know about the risks, the less likely they are to engage with it.



### Reinforce School Rules

Drugs should be strictly prohibited off the school campuses, and the punishment for those who fail to comply should be well-known.



### Ensure Students Have Physical Activity Hours

Children cannot sit in school all day with no way to burn energy, so physical activity hours are a must. Exposure to fresh air and exercise often reduces the desire to engage in risk-taking behaviour.



### Keep Parents in the Loop

Let parents know exactly what the rules against drug use are, and how much your awareness programs make clear to the students. Encourage parents to also have interactive discussions with their children.

