

Shacklefree

Resource Package for

Addiction Prevention

Dr. Anuradha Sovani



PREFACE

The idea of adding this spiral bound bunch of resource material, a “bank” of resources for counselors to use freely, to the package of manuals and handbooks created for Shacklefree is very simple.

Every resource person is creative and has their own style of work. Each is comfortable using certain resources and activities, which seem to work best for them. Their own experience is usually the best guide.

When a novice or beginner, relatively new to the field of training, decides to use certain resource materials, they may prefer simpler, more clearly outlined documents. An experienced trainer may feel comfortable with material that offers less guidelines and is therefore less restrictive.

The USP of Shacklefree is that it has used inputs from students and alumna of MA Psychology from SNDT Women's University. Naturally, what resonates with that age group, and seems to work for them, can also be expected to work with a similar group of youngsters who may be at risk for addictive behaviors and practices, and these materials may help steer them away from such practices.

One has come across resource materials and manuals which dictate to the trainer which exercise should be used at what point in the training, and this is often perceived as restrictive by experienced trainers.

So it seemed useful to collect a large variety of material, some of them word documents, others being visuals or posters, and make them available with the training kit. It would be a bonus then, that the same could be used by trainers in other contexts as well. When the final outcome is mental health, the more the merrier. The source of the material inserted in this spiral bound volume is cited in every case, and due credit is also given in the acknowledgements to the young students who sourced it.

Some important policy documents, both National and International, are also included, since they are open source, and easily available from the respective websites of their parent organizations.

The package also includes some children's literature that can be floated out to the very young, allowing them to cut their teeth of recognizing the futility and utter stupidity of indulging in addiction. Making “saying no to addiction” the norm, the value base, the “right thing to do” and the “smartest option endorsed by other young people” seems to be the best way to change attitudes. Interestingly, this material was also “piloted” by Dr. Anuradha Sovani on the age group of children for whom it was meant. They had great clarity and the hard hitting honesty typical of their age as their gave the writer of Vik(s)tories “feedback” about the stories, their length, their content and images, and the over interest value they held for this very young audience. The parents of these little children were also clear about their decisions to share these stories with

their child and at what age they would prefer to do so. These are important insights to have and hold as we proceed.

The key message that the Shacklefree package attempts to deliver is that of SELF REGULATION. The slippery slope from need to want to craving, and finally the fall into the quicksand of addiction is one of no return. And so it is important to arrest the slide well in time. As one reaches the stage of craving, internal markers of self awareness about the downslide start giving way to biological underpinnings, and then it may be too late to draw back.

Any or all of the enclosed materials can be put to good use to convey this single message to a young audience. Every iteration of the workshop conducted by a counsellor in a particular school or community, housing society or any other gathering of young people, could use a new collection to keep the sessions fresh.

It is also hoped that the counsellors who will participate in this rapidly increasing circle of influence will in fact add their own materials to the collection of soft and hard copies that get gathered, thereby enriching the mental health teams engaged in this important work!

So go ahead, colleagues and enjoy using this wide variety of activities. Make your sessions interesting and absorbing so that we can ensure that our youngsters stay SHACKLEFREE!

INDEX OF MATERIAL AVAILABLE IN THIS RESOURCE PACKAGE

- ▼ Powerpoint slide sets
- ▼ Posters
- ▼ Exercises and Games
- ▼ Audio Visual material, Videos and Vimeos, TED talks
- ▼ Policy documents
- ▼ Illustrated Children's miniBooks (One sample book included)

All of the above acknowledge copyright and source wherever relevant.

NOTE: All material is available on website, downloadable for reuse.

POWERPOINT SLIDE SETS

COGS: Consultation on Online Gaming Safety

Team RESPONSIBLE NETISM and partners



Where and when:

May 4, 2019, 9:30 am to 1 pm
Office of Deputy Director of
Education
near Jawahar Bal Bhavan,
Charni Road, Mumbai



Who:

Mr. Anurag Khurana - Head Esports Reliance Jio Infocomm Ltd
Mr. Ninad Chhaya - Co-Founder and COO - GoPhygit
Adv. Vicky Shah - Cyber Lawyer, Data protection and Privacy GDPR
Dr. Harish Shetty - Psychiatrist Hiranandani Hospital
Dr. Anuradha Sovani - Professor & Head, Psychology, Associate
Dean, Humanities, SNDT WU.
Dr. Milan Balakrishnan - Consultant Psychiatrist Bombay Hospital
Dr. Sagar Mundada - Consultant Psychiatrist
Mr. Nishit Kumar - Founder, M.D. Director - SBC3
Mrs. Arundhati Chavan - President PTA United Forum
2 Education officers : West and North zone
Education officer BMC
Mr. Tushar Bhagat - Team Responsible Netism
Mr. Unmesh Joshi
Mrs. Manjula Nair
Ms. Shilpa Chandolkar
Mrs. Sonali Patankar

Online Gaming

PLUS

- Gaming if played in proportion has tremendous positive impacts ranging from bettering dexterity, cognitive functions, reflexes, eye hand coordination, problem solving mechanisms, quick thinking ability, accuracy to improving mood and reducing anxiety.
- Booming revenue generating industry globally. 2018 generated 51% revenue of the global market of \$70.3 Bn
- Gamification : the new language of learning for millennial children



MINUS

- Cyber-crimes
- Extreme violence in game content
- Addictions
- Age inappropriate content
- Sleep disorders,
- Social disconnect
- Violence in families by children on parents
- Increase in criminal tendencies,
- Child abuse
- Increase in school or college drop out rate
- Gaming addiction is a clinical disorder in the DSM-5
- Behavioral addiction causing significant impairment or distress

Threats: Online gaming : extremely fascinating, highly interactive, influential

Center of attraction for children of age 5 and above

Reports of children playing for over 14 hours a day

Leads to comorbid addictions

Recommendations:

1. Online Gaming, esports and gamification is the future of learning and education, we cannot shy away from it nor oppose it; in fact, use it as a tool for **teaching safety**.
2. Finding the right balance is the key to safeguard children on these platforms and teaching **self-regulation**.
3. Creating stricter rules and **legal implications** on gamers under 16 is essential.



**RESPONSIBLE
NETISM**

Online gaming norms and regulations outside India

PEGI – Pan European Game Information is a European video game content rating system. Games are rated as per the age of the user and are categorized accordingly eg: 3, 7, 12, 16, 18 years. Apps and game developers have to follow these rating guideline and abide to the law and are liable to punishment otherwise.

ESRB – Entertainment Software Rating Board:

This rating board was established in 1994 by the Entertainment Software Association
RP= RATING PENDING; EC= EARLY CHILDHOOD; E = EVERYONE; E+ = EVERYONE ABOVE 10 YEARS; T= TEENS; M= MATURE; A= ADULTS ONLY

China, Australia South Korea : Games cannot depict blood. Drug Abuse & excessive violence is banned. Prohibits those aged 16 and under from playing online games between midnight and 6 a.m. by blocking internet connection. It is illegal to sell, advertise or exhibit video games that are "refused classification".



**RESPONSIBLE
NETISM**

Legal provisions possible

- In August 2018, a law was proposed on the building intermediary guidelines under the I. T. act on gaming which has not been tabled yet.
- Ensure gaming companies do not bypass laws
- Extend the punishment for law breakers to three years to avoid bail for law breakers
- Content regulation and age verification
- Due diligence to be followed by the gaming industry, telecom industry, TRAI, IAMAI, users and law enforcement.
- Formation of a governing body to license gaming content.



**RESPONSIBLE
NETISM**

Psychosocial action recommended

- Children rule and control a space that parents do not belong to nor understand
- Hence more awareness programs for parents/ teachers
- Collate data on digital gaming addiction to prove the need to draw guide lines and show the impact of the same in the Indian context
- The guidelines and recommendations have be child centric, inclusive, social and tangible.
- Ensuring rights of the child must be mandatory in the process
- The approach has to be 360 degrees on prevention and care. Representation of all stake holders in the process would be crucial.
- Game builders will try their best to make gaming attractive; self-censorship has to be trained in by us during early years.
- BUT ...The state has to reinforce and take onus of the regulations

Summary Recommendations of COGS Round Table

- There have to be rules and regulations set up in hierarchy from the central government to the game developer, publisher, to the parents and the end user.
- Rules on publishing, advertising, displaying age inappropriate content should be covered
- Opinions of gamers, non-gamers, parents and other stake holders need to be considered.
- Clear cut Rules and several guidelines on gaming need to be introduced and made very visible.
- Need to study laws and regulations of other countries to be able to apply those relevant to Indian population. Gather information, learnings, and experiences from other countries.
- Data should be gathered to provide evidence base, not random opinions with vested interests.
- Study must be focus on different age groups, use action research formats and provide relevant and substantial evidence.
- Education and awareness may be made mandatory through MSCW, NCPCR, SCPCR and other related ministries.
- Academic content at all levels may also be tweaked to include safety guidelines.
- Can India come up with something similar to PEGI? Or explore possibilities of tying us with PEGI for India?

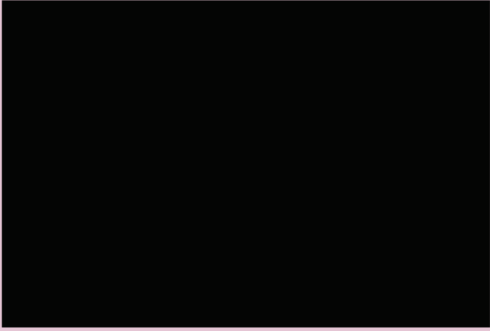


Overall Learning Objectives:

At the end of this session, learners will be able to:

- Identify the causes and consequences of Substance/Drug Abuse.
- Clarify myths and misconceptions.
- Identify physical, psychological and social consequences.
- Develop skills to resist experimentation with addictive substances/ drugs and promote healthy lifestyle.

ICE BREAKER: "A SHORT FILM"

A large black rectangle is centered below the title, serving as a placeholder for a video or film.

Activity 1: “ACT IT OUT”

Learning objectives to enable learners to:

- Think critically and analyse the cases.

Questions for case 1:

1. Who do you think is responsible for Rohan’s habit of smoking and why?
2. Do you think smoking helped reduce Rohan’s stress? Why?
3. What else could Rohan have done to reduce his stress effectively?
4. What role could Rohan’s parents have played to prevent him from smoking?

Questions for case 2:

1. What would you have done if you were in Sumit’s place?
2. What are the choices that Sumit has?
3. How can Sumit convince his friends not to consume alcohol?

Questions for case 3:

1. Explain the role of family in influencing actions of youngsters.
2. State factors other than family that attract young people to experiment with addictive substances.

Summing Up:

Young people are more vulnerable to substance/ drug abuse due to the following reasons:

- Lack of basic knowledge about the effects and dangers.
- Urge to try something new, coupled with peer influence and pressure.
- Commonly prevalent myths that drugs can help overcome boredom, depression, stress and fatigue.
- Modeling addictive parents or elders in the family.
- Easy availability of drugs, community norms, and adverse family situations may push young people into substance abuse.

Activity 2: "ALL THAT GLITTERS IS NOT GOLD"

Learning Objective: To enable learners to:

- Recognize and counter common myths and misconceptions related to substance abuse.



Summing up: Common myths and Facts

Myths	Facts
There is no harm in trying just drugs once, because one can stop after that.	Almost all drug addicts start by trying just once.
Drugs increase creativity and make the user more imaginative	Drug addict loses clarity and becomes incoherent in action
Drugs sharpen thinking and lead to greater concentration	Drugs induce dullness and adversely affect normal functioning of body and mind.
Will power alone can help a drug addict stop taking drugs	Addiction transforms into a disease, which requires medical and psychiatric treatment
Alcohol helps people forget their problems.	Alcohol only adds on other problems
Drug use makes one 'cool' and better accepted by peers	In the beginning, it may seem that use of drugs helps in winning more friends. But drug dependence makes one asocial and isolated

Activity: 3 "LET'S PAINT TOGETHER"

Learning Objective: To enable learners to:

- Inspire through the motivational quotes.



Activity 4: "IT'S TIME TO SHARE"

Learning Objective: To enable learners to:

- Show support for fellow group members and to strengthen bonds through common experiences.
- Give and receive tips for future success and to feel relief knowing that others are struggling as well.

INSTRUCTION: Everyone should share a personal experience related to depression, hopelessness, temptation, anger, body shaming, anxiety for exams etc with their partners. The other partner should then respond with feedback and advice and then share their experience and receive feedback.

Activity 5: "Let's play a game"



Activity 6: "Treasure Hunt"

Learning Objective: To enable learners to:

- To understand the ways to achieve healthy lifestyle
- To resist oneself from substance abuse through healthy way of living

Group 1: Role of Healthy Eating.

Group 2: Importance of Daily Exercise.

Group 3: Goodness of Meditation.

Group 4: Ways for Increasing Positivity.

"Time for Queries and Feedback"



References: Webliography

- <https://crossroadsnaples.org/preventing-addiction-through-a-healthy-lifestyle/>
- <https://in.pinterest.com/pin/6192518211204037/>
photos
- <https://twodreams.com/dream-journal/142-substance-abuse-group-therapy-activities>
- <http://headsup.scholastic.com/teachers/14-drug-education-activities>
- <http://www.avensonline.org/medical/addiction-prevention/home-4/>

Conversation or Confrontation?



Prevention Starts When...

- Prevention begins when parents learn to have a conversation with their children about “off-limits” topics.
- Conversation blossoms when we **listen**
- Teach your child different ways to say “No!”
- Spend time with your child.

Lets bring those walls down....

- This is a piece of paper that will become the mirror of your expectations.
 - On this paper, pen down your expectations from each other
- “ Conversations with you are easier when.....
Eg: When you look at me when I speak

EXPLANATION SLIDE

- The ice breaker activity aims to bring down the inhibitions that surround addressing such issues.
- To inculcate comfort in such conversations, the activity aims to give the participants a platform to share their expectations for smooth conversation
- The activity could be done between both parents, parents and their kids.

To build the Rome of Relationships

- Be the caring coach: ensure your child learns the following skills
1. Appropriate understanding and use of freedom
 2. Ownership of actions and consequences
 3. The power of NO
 4. Self-Acceptance

The profession called 'Parenting'

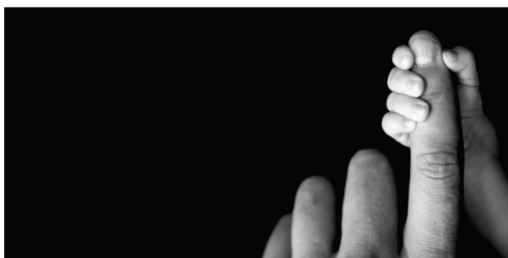
Here are a few things you can do to help your child



- Make sure they feel heard, listen to them not to correct but to connect
- Draw an Agreement of Independence: understand their perception of freedom and award them an appropriate and negotiated freedom
- Children do learn behaviour through observation

- Monitor the risk factor in the child and address them early
- Make an effort to address 'uncomfortable/difficult' conversation
- Try to be their 'go-to' person
- Keep yourself updated

*Some walk with sight, some walk with faith.
Show them the way.*



ACTIVITY SLIDE (Introductory Activity)

BART
And/Or
Go/No-go Task

(Read footnote)

- Can you guess the purpose behind the activity?

TEENAGE IMPULSIVENESS

WHAT IS IMPULSIVITY?

- A tendency to act without forethought, reflection or consideration of the consequences.
 - What do you think happened in the activities we just did?
- (read footnote)



- Insert the marshmallow test video
- (Read footnote)

WHAT CAN YOU DO TO IMPROVE SELF-CONTROL?

- **Be more organized** Prioritize your life, make to-do lists or weekly plans so that you know you're making progress. Organization includes even the smallest of things such as cleaning your room, clearing your desk, arranging your cupboard, etc.



- **Learn to manage stress** Rigid schedules can be draining. Make sure you improve focus, cognitive function and your health. Exercise makes you disciplined and ensures you have energy to keep going when things get overwhelming.

WHAT CAN YOU DO TO IMPROVE SELF-CONTROL?

- **Forgive Yourself** Failing is part of life and beating yourself up achieves nothing. Take every setback as a learning experience because eighty percent of achieving your goal is your attitude and a happy attitude builds self-control



- **Sleep Well** People always make poor decisions when they are sleep deprived or have low blood sugar. Sleep and blood sugar levels affect each other so make sure you sleep for 7 hours daily.

WHAT CAN YOU DO TO IMPROVE SELF-CONTROL?



- **Reward Yourself** Giving something to yourself after accomplishing a goal (eg, scoring good marks, completing a project, winning a competition, etc) increases motivation to keep succeeding.

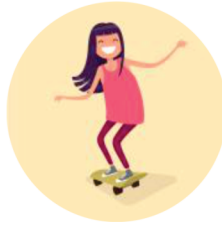
Monitor Yourself Self-control will improve only if the above tips have been followed consistently. Setting goals is not enough, working towards them dedicatedly and positively will help you master self-discipline and self-control.





- Good luck ☺

Making Stress Your Friend



Myth or Fact?

Stress is always bad for you



Myth or Fact?

Stress is the same for everybody



Myth or Fact?

Stress is in your control



Myth or Fact?

No symptoms means no stress



Myth or Fact?

Even the most minor symptoms of stress require attention



So what is stress?

Demands > Resources
= Stress



Feeling overwhelmed,
worried, or run down

Fight vs. Flight

STRESS
SYMPATHETIC

PUPILS EXPAND

FAST & SHALLOW
BREATHS

HEART PUMPS
FASTER

GUT INACTIVE

CALM
PARASYMPATHETIC

PUPILS SHRINK

SLOW, DEEP
BREATHS

HEART SLOWS

GUT ACTIVE

Signs to watch out for



Health

Low energy
Headaches
Stomach difficulties
Nausea
Body aches and pains
Heart problems



Emotions

Easily frustrated
Mood swings
Agitation
Feeling overwhelmed
Feeling bad about yourself
Difficulty quietening your mind

Problem Focussed Coping

What it is

- Removing the root cause
- Providing long-term solutions

When to use it

- When the situation is in one's control



Problem Focussed Coping | Defining the problem



I am unhappy at school

Problem Focussed Coping | Defining the problem

What does it mean for me to be happy?



What needs to be different for me to be happy?

Signs to watch out for



Cognition

*Racing thoughts
Constant worrying
Forgetfulness
Inability to focus
Negative thoughts*



Behaviour

*Changes in appetite
Changes in sleep
Nervous behaviour
Avoiding situations/people*

Causes of Stress

School stressors
Personal appearances
Competition
Health problems



Causes of Stress



Relationships
Life Changes
Financial worries
Past events

Reactions to Stress



Reactions to Stress



Beating Stress – 3 approaches



Problem
focussed



Appraisal
focussed



Emotion
focussed

Problem Focussed Coping | Problem Solving



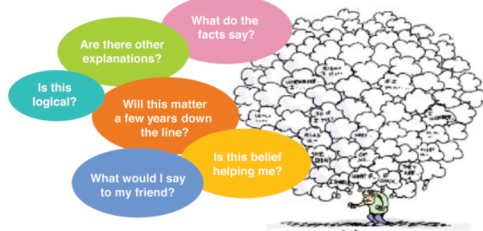
Problem Focussed Coping | Time Management



Problem Focussed Coping | Goal Setting



Appraisal Focused Coping | Changing Thoughts



Emotion Focused Coping

What it is

Reducing negative impact of stress
Making yourself feel better

When to use it

No control over the situation
Emotions are overwhelming or interfering



Emotion Focused Coping | Discharging Emotions

- Immediate relief
- Venting or letting it out

*Journaling, crying it out, exercising,
talking to someone*



Appraisal Focussed Coping

What it is

Changing your perspective

When to use it

No control over the situation
When you have intrusive negative thoughts



What does stress really mean?

Situation

*My friend
and I got
into a fight*

Feelings

*I feel
upset*

What does stress really mean?

Situation

*My friend
and I got
into a fight*

THOUGHTS
*She will
never talk
to me
again*

Feelings

*I feel
upset*

Emotion Focussed Coping | Social Support



- Say thank you
- Plan an outing
- Talk, but also listen

Emotion Focussed Coping | Mindfulness

Pick an everyday activity



Focus on your senses

VISION

HEARING

SMELL

TASTE

TOUCH



Emotion Focussed Coping | Self-Care

- ✓ Me time
- ✓ Exercise
- ✓ Healthy eating
- ✓ Sleeping well



Emotion Focussed Coping | Other techniques



Distraction



Relaxation techniques

Seeking Professional Help

Therapy: a blend of all 3 approaches and more

Supportive

A safe space

Empowering

Confidential





What is Social Media?



Interactive forms of media that allow users to interact with and publish to each other, generally by means of the internet.

A computer-based technology that facilitates the sharing of ideas, thoughts, and information through the building of virtual networks and communities.

Social media typically features user-generated content and personalized profiles.

Tap- Scroll- Follow!

*Won't ask you to start surfing and use your devices
to multitask but want to get yourself moving!*



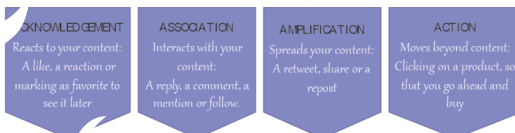
Common Social Media Apps



And many more...

What is Social Media Engagement ?

- Social Media Engagement is the measurement of comments, likes and shares.
- One of the greatest measure of social media success is an engaged audience! (not just the number of followers you have on Instagram that matter but how you keep your account lively and interactive!)



Impact of social media

Two sides of same coin



POSITIVE IMPACT

- ☐ Develops Awareness
- ☐ Develops Social Skills
- ☐ Inspires
- ☐ Develops reading and writing skills

NEGATIVE IMPACT

- ☐ Mental health problems
- ☐ Distorted body image
- ☐ Risky sexual behavior
- ☐ Score low in school/college

And many more...

Watch this!

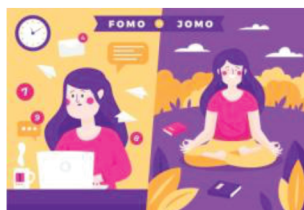


LET'S TALK!

- ☐ How would you react if in place of the girl in the Cafeteria?
- ☐ How would you talk to the girl on the swing if given a chance?
- ☐ What do you think the birthday girl is feeling?
- ☐ Was there something that bothered you in this clip? If yes, please share.

FOMO (Fear of Missing Out)

- The fear of missing out (FOMO) on social media refers to the apprehension that online content and interactions from others are unseen and reacted to in a timely fashion. FOMO can become problematic, leading to anxiety, interrupted sleep, lack of concentration and dependence on social media to generate gratification. (Alutaybi, A., et al 2020)







Signs to begin Distancing:



Do you spend a lot of time thinking about social media or planning to use social media?



Do you feel the urge to use social media more and more?



Do you use social media to forget about personal problems?



Do you often try to reduce use of social media without success?



Do you become restless or troubled if unable to use social media?



Do you use social media so much that it has had a negative impact on your job or studies?



Make way for Digital Detox!



© Randy Glasbergen / glasbergen.com



"My smartphone helps me be a lot more productive. Especially when I turn it off."

If you said YES to 3 or more of the previous questions...



You are at risk of

SOCIAL MEDIA ADDICTION

Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas."

(US Addiction Center)

Strategies to Prevent Addiction..

- ☐ Uninstall an app that you've been using the most, for an hour.
- ☐ Mute notifications from unwanted apps.
- ☐ Find your old hobby and get back at it.
- ☐ Spend quality time with loved ones by playing games indoor or outdoor.
- ☐ Set time limits for your usage of apps.
- ☐ Mindful scrolling (Introspect and maybe write down after 30mins of time spent on the internet)
- ☐ Take breaks in between.

And many more..



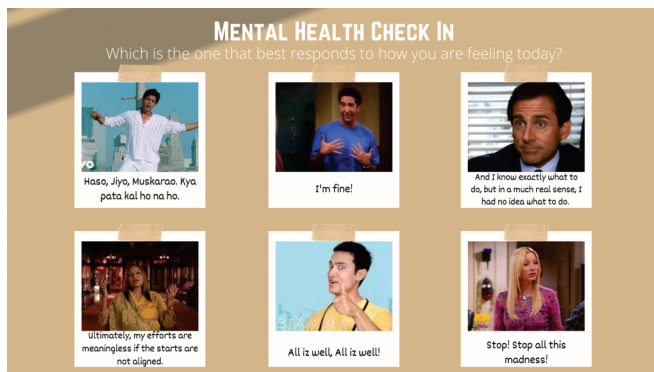
Like - Comment - Share

What if these terms aren't just limited to
Social Media, but come into real life as well?



Thank you!







**WHICH AMONG
THESE CONTAIN
CAFFEINE?**



Caffeine is a Psychoactive Drug!



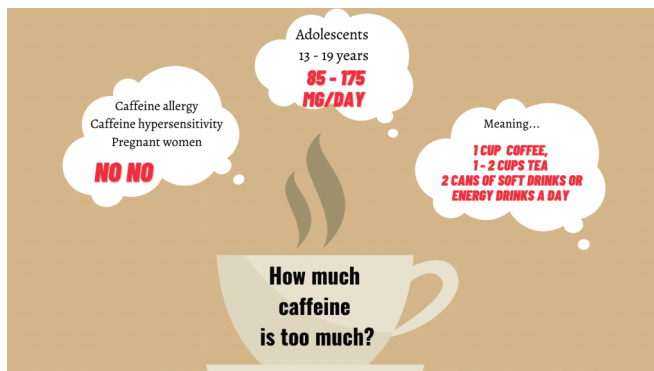


Caffeine intake in high dosages
can lead to exacerbation in
symptoms of anxiety, depression,
psychosis, hyperactivity

Here's Chandler on too much Espresso!







WARNING SIGNS

OF CAFFEINE INTOXICATION

As per DSM - 5



5 or more shortly after a recent, high dose caffeine consumption

- Restlessness
- Nervousness
- Excitement
- Insomnia
- Flushed face
- Diuresis
- Gastrointestinal Disturbance
- Muscle twitching
- Rambling flow of thought and speech
- Cardiac arrhythmia
- Inexhaustibility
- Psychomotor agitation

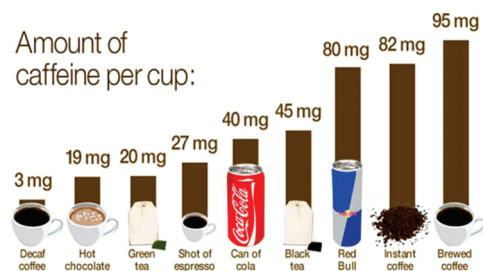
WHAT HAPPENS WHEN CAFFEINE ENTERS OUR SYSTEM?

Let's see!



NEXT

Amount of caffeine per cup:



NOTE: These are tentative amounts. Caffeine content in a product depends on a lot of factors.

2 TRUTHS, 1 MYTH

Teams Ready? Lets Start!



**MEH KO AISA
DHAK DHAK HO
RELA HAI..**

1

Caffeine causes Cancer.

Caffeine lowers the risk of certain types of Cancer.

Research on Caffeine and Cancer is not conclusive.

1

IT'S A MYTH!

Caffeine causes Cancer.

Caffeine lowers the risk of certain types of Cancer.

Research on Caffeine and Cancer is not conclusive.

2

Pregnant women must avoid caffeine.

It is safe to consume caffeine in pregnancy.

**Too much caffeine during pregnancy can affect the
baby's heart health.**

2

IT'S A MYTH!

Pregnant women must avoid caffeine.

It is safe to consume caffeine in pregnancy.

**Too much caffeine during pregnancy can affect the
baby's heart health.**

3

Caffeine only makes you 'feel' you are less intoxicated.

You Can Safely Mix Alcohol and Caffeine.

Caffeine intake after consuming alcohol is dangerous.

3

IT'S A MYTH!

Caffeine only makes you 'feel' you are less intoxicated.

You Can Safely Mix Alcohol and Caffeine.

Caffeine intake after consuming alcohol is dangerous.

4

There are absolutely no positive effects of caffeine.

Caffeine has some medicinal properties.

Caffeine is used in certain medicines.

4

IT'S A MYTH!

There are absolutely no positive effects of caffeine.

Caffeine has some medicinal properties.

Caffeine is used in certain medicines.

5

Caffeine only makes us feel alert and awake.

Caffeine can make up for lost sleep.

Caffeine delays sleep only for a short duration.

5

IT'S A MYTH!

Caffeine only makes us feel alert and awake.

Caffeine can make up for lost sleep.

Caffeine delays sleep only for a short duration.

**DID
YOU
KNOW?**

Half life of caffeine is about 6 hours!

This means, if you consume a cup of coffee at 6:00 pm, by 12:00 am midnight, half of it will still be in your system!

This is why it is recommended not to abstain from consuming caffeine post 4:00 pm



THE REAL-FUSAL SKILLS



Deconstructing and reconstructing ads



Deconstruction Questions

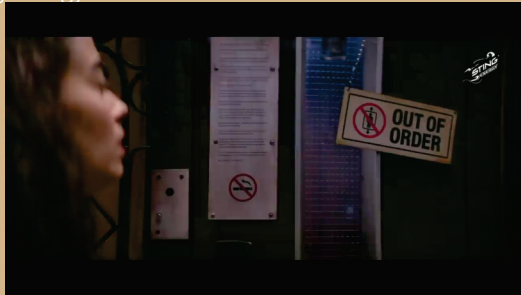
- Who is the target audience? Why do you think that?
- What story is this ad telling (messages)? How do you know? (Text, images, etc.)
- What strategies did the company use to make their product appealing?
- What might a 110% honest slogan be for this product?
- Was the ad successful? If yes, why? If no, why not?



Nescafe



Sting Energy drink



Red Bull



<https://www.redbull.com/in-en/videos/fortune-teller-advert>

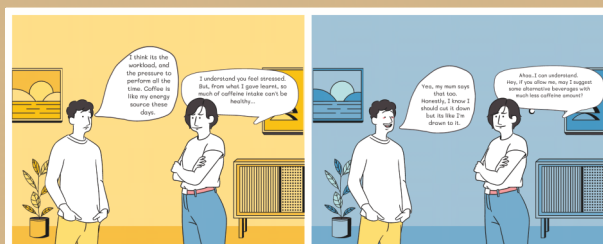
How to help someone who could be overusing caffeine?



GET INTO A CONVERSATION BRING UP THEIR CAFFEINE CONSUMPTION, GENTLY ASK THEM IF THEY ARE WILLING TO TALK ABOUT IT.



Listen intently. Be mindful of your language. Educate them about caffeine. Suggest alternatives.



Deaddiction - Where to find help?

<Participants will be provided with a list of professionals and their contact points after due permissions have been taken from the respective professionals and organizations>

It is, at the end, one's choices that make a difference.
Choose wisely!

**Coffee is never
the answer.**

Coffee is the question. Yes is the answer.

THANK YOU!



©Dunkan K. Bittner

Workshop on E-Cigarette Prevention

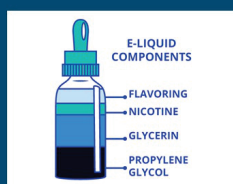
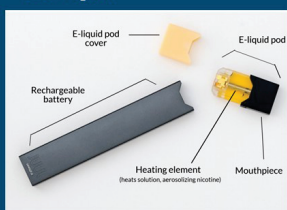
For Students in Grades 8, 9, 10

There are
over 7,000
different
e-liquid
flavors.



What are e-cigarettes?

- Electronic cigarettes are battery operated devices that convert liquid into vapour



What else do we know about e-cigarettes?

Activity 1:

Two Facts and A Myth

Question 1

- Many e-cigarettes do not contain nicotine.
- People can experience secondhand exposure to the vapor released from e-cigarettes.
- The mist released from e-cigarettes is similar to fog machine mist.

Myth: E-cigarettes don't contain nicotine

- E-cigarettes contain **a lot of nicotine**.
- The amount of nicotine mentioned in an advertisement is usually much lower than the amount an e-cigarette actually has

Question 2

- E-cigarettes only produce water vapor.
- The vapor from e-cigarettes contains nicotine, the flavor-containing chemicals, and a chemical that creates the mist you exhale.
- Some flavor chemicals, when inhaled, have been known to cause scarring in the lungs, a condition known as "popcorn lungs".

Myth: E-cigarettes only produce vapour

- E-cigarettes actually produce '**aerosol**'
- What's the difference between aerosol and water vapor?
- Vapour is **100% liquid**, while aerosol has **tiny bits of solid in it**
 - Another example of an aerosol? **Smoke!**

Question 3

- When using e-cigarettes, there is a risk of the electronics and batteries exploding
- E-cigarettes are safer than traditional cigarettes
- The heat generated in an e-cigarette can create formaldehyde from the liquid, and rip metals from the side of the device. This is delivered to the lungs.

Myth: E-cigarettes are safer than traditional cigarettes

- E-cigarettes are **just as likely** to cause lung and brain damage as traditional cigarettes
- They also have the added disadvantage of **battery failure or explosion**
- E-cigarettes are **just as addictive** as traditional cigarettes and have also been linked to deaths

Bonus Round: **One Truth, One Lie**

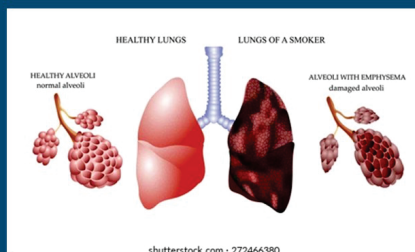
- Buying and Selling E-cigarettes is banned in India
- E-cigarettes can be used anywhere (including indoors).

Myth: E-Cigarettes can be used anywhere

As of 2019, the Government of India has **banned the use of E-Cigarettes** throughout the country

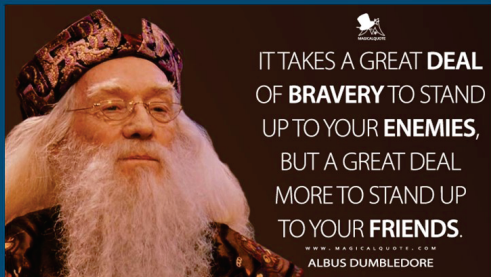


Activity 2: Physical Effects of Smoking

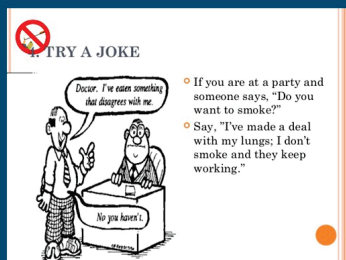


What are some other risks caused by using **e-cigarettes**?

Activity 3: Situational Role Play



Discussion: Practise Saying 'No'



Creative Ways to Say **NO**

- ✓ Not possible.
- ✓ By no means.
- ✓ I'm slammed.
- ✓ Not for me, thanks.
- ✓ Unfortunately, that's not something I can do at this time.
- ✓ I'm really booked.
- ✓ Thanks for thinking of me. I really wish I could.
- ✓ That's not an option.
- ✓ This is not negotiable.
- ✓ I think not.
- ✓ If only it worked, but ...
- ✓ Not for me my friend, thanks.
- ✓ I have something else.
- ✓ I'd like to, but I know I'll regret it.
- ✓ I really appreciate you asking me, but I can't do it.
- ✓ I really appreciate you asking me but I can't commit to that right now.
- ✓ No, thanks.
- ✓ Thanks for thinking of me but I can't.
- ✓ Unfortunately not.
- ✓ I'm afraid I can't.
- ✓ Maybe another time.
- ✓ I'm sorry I'm busy.
- ✓ That's not going to work for me.
- ✓ Maybe next time.
- ✓ I'd love to - but can't.
- ✓ My body say yes, but my heart say no.
- ✓ That doesn't work for me.
- ✓ I wish I could make it work.
- ✓ I am honoured that you asked me but I can't do it.
- ✓ Sounds tempting, but I'll have to pass.

www.englishstudyhere.com

Activity 4: Likes and Goals



THANK YOU!



Prevention and Management of Tobacco Use

Tobacco use is one of the leading cause of preventable deaths Worldwide

Classroom Check-in

1

Click the More tab in the editor side panel.

2





Select the Emoji or GIFHIT app.

3

Browse and click the Emoji or GIF you want to use.

How are you feeling?

Choose an Emoji, GIF, or image from a mood meter that best represents how you feel at the moment.



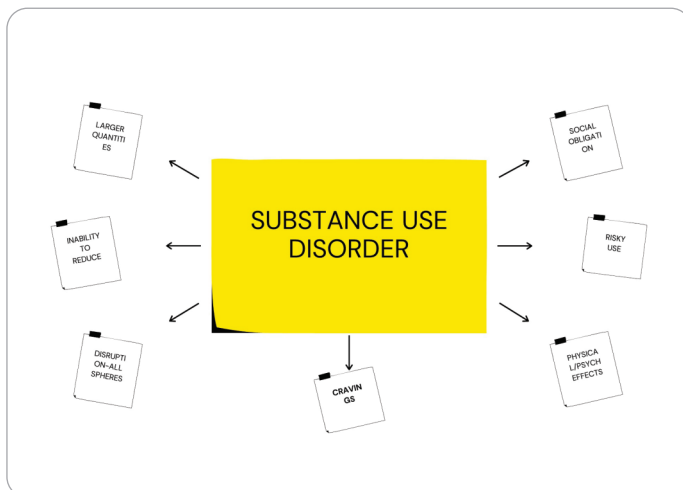
Time: 5 minutes

Lets introduce ourselves!
Let's start from alphabet Z and go backwards

Lets also say one thing we admire about ourselves.

Workshop's timeline

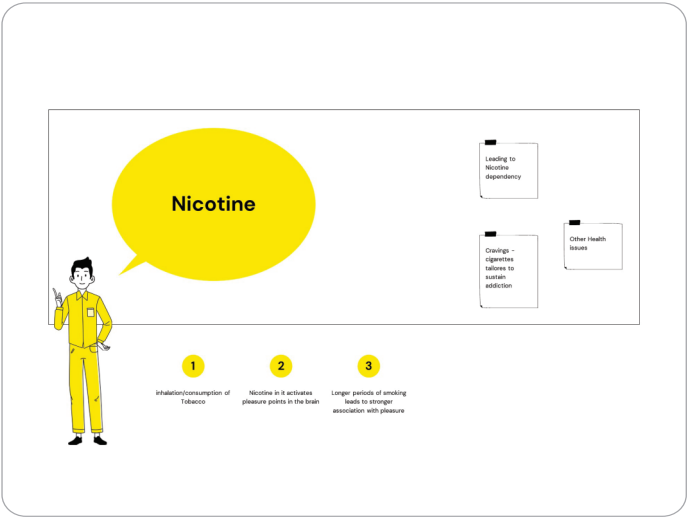
1	Introducing Ourselves using one trait that we love about ourselves	7	BREAK- 15-20 Min
2	What do we mean by Substance Use and substance use disorder	8	Watch: Tobacco Girls of India
3	What is tobacco and why is it addictive	9	Activity
4	What are the harms of tobacco use	10	Other health related facts- Covid
5	Other health related facts of tobacco use	11	How to manage Tobacco Use <small>steps to recovery</small>
6	Tobacco Industry in India	12	Resource <small>s</small>

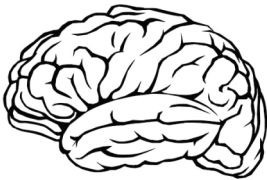


How many names of Tobacco products do you know/heard of?



- Hookah
- Chillam
- Cigarettes
- Beedis
- Chchuta
- chewable tobacco
 - naswar
 - mawa
 - qiwam
 - gutkha
 - kheni
 - zarda
- betel quid with tobacco
 - paan-masala
 - e-cigarettes
 - vapes





Understanding how Nicotine acts in our body

<https://www.youtube.com/watch?v=PqeEGpCQhBA>

Harms of Smoking/tobacco

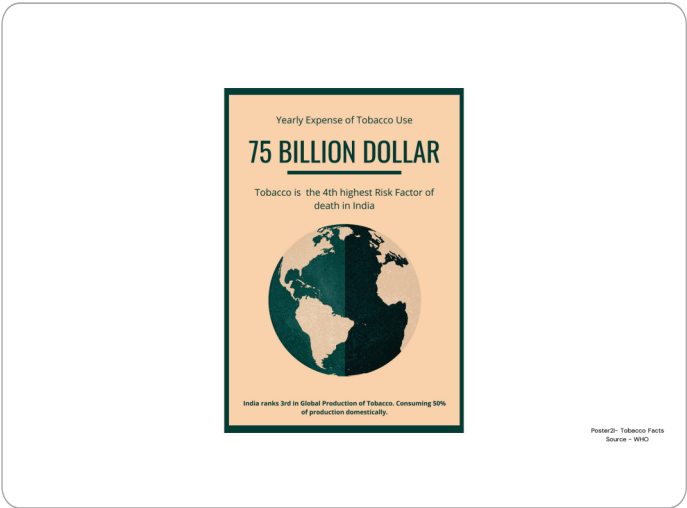
1	2	3	4
5	6	7	8

Time: 5-7 minutes

Worksheet : Harms of Smoking







Tobacco related Facts

India

- Smokers die 13-14 years earlier than non smokers
- Almost twice more likely to get heart attack
- Twice as likely to get stroke
- 30-60% more sick days
- 3 times more likely to have sudden death
- Can have various types of cancer
- Pulmonary diseases
- Oral and Lung cancer – 42% male, 18.3% female

TRUE OR FALSE

Globally 5 million people die from tobacco use

☐ ☐

Second hand smoke doesn't cause adverse effects

☐ ☐

An individual may relapse 30 times before quitting tobacco

☐ ☐

20,000 children in India die every year due to smoke related issues

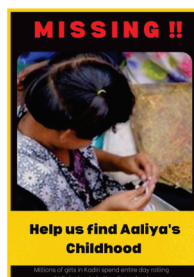
☐ ☐

Tobacco kills up to half of its smokers

☐ ☐

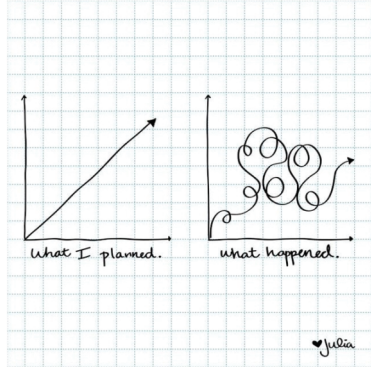
Time: 5 minutes

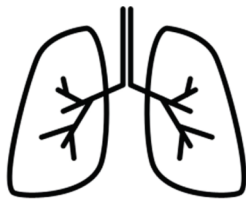
TOBACCO INDUSTRY IN INDIA



<https://www.youtube.com/watch?v=dazdWVYJig>

CHANGE AND GROWTH ARE NOT LINEAR





SMOKE FREE-PLAY STORE
QUIT TRACKER- PLAY STORE
WHO GUIDELINES- TOBACCO IN INDIA
ASPIRE MODEL

Before we end the session,
let's warm up a little with this question:

How would you quickly your mood right
now?

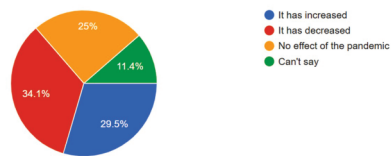
Remember to decide your safe space while
participating.
Please type in a word that resonates with you
if you are comfortable sharing

Time: 5 minutes



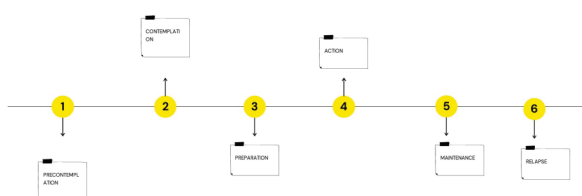
Time for some activity!

The Effect of Pandemic on smoking Patterns



result of short survey on smoking patterns 2021

Journey to recovery



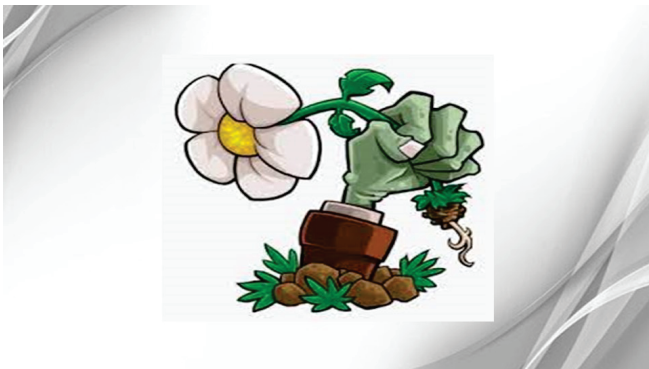
There is a simple error in this journey- can you spot it?





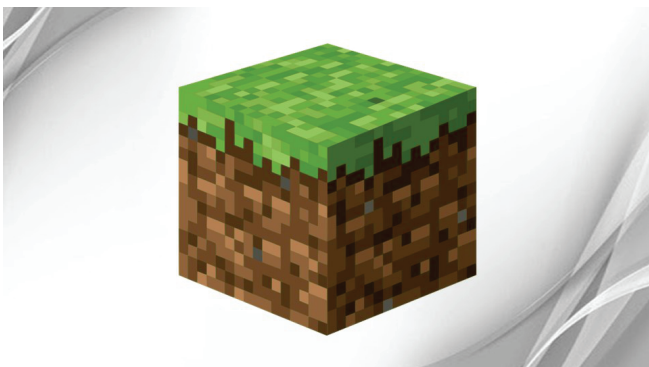


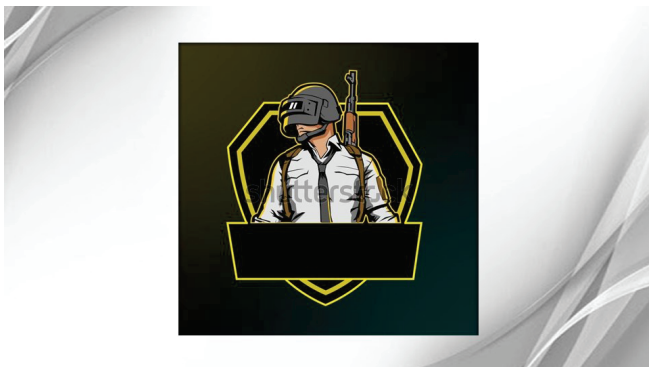




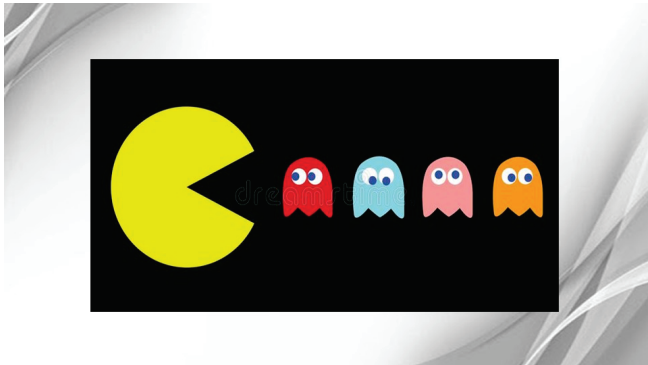










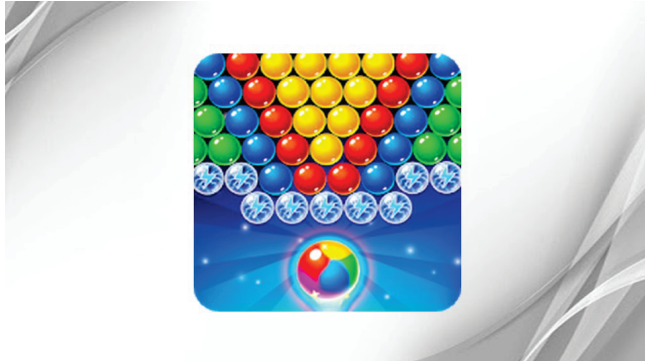












Activity 2



**How many can you relate
with?**

➤ **Addiction**

- Salience
- Mood modification
- Tolerance
- Withdrawal symptoms
- Conflict
- Relapse

➤ **Video game addiction**

➤ **Why are video games addictive?**

> Psychological symptoms of video game addiction

- Having a sense of well being or euphoria while at the computer or playing a video game.
- Inability to stop the activity.
- Craving more and more time at the computer or playing the video game.
- Neglect of family and friends.
- Feeling empty, depressed, irritable when not at the computer or playing the video game.
- Lying to employers and family about activities.
- Problems with school or job.

Activity 3



This or That Game

Advantages and Disadvantages of Video Gaming

ADVANTAGES	DISADVANTAGES
<ul style="list-style-type: none">● Familiarity with technology.● Understanding the importance of rules.● Increase in eye-hand coordination.● Increase in empathy.● Can be a family activity.	<ul style="list-style-type: none">● Can promote social isolation ⇒ Poor social life.● Neglect of responsibilities.● Aggressive game themes can increase aggressive thoughts and behaviors.● Graphic portrayal can lead to desensitization.● Poor academic performance.

Tips to take home

- Inform yourself about the content of the game.
- Set limits to playing time.
- Keep gadgets out of the room at night to prevent playing at night.
- Complete homework and chores before playing.
- Ensure that classes are not missed to play games.
- Find other outdoor and non-technological activities.
- Engage in social activities.



WHY ARE WE HERE TODAY?
ANY GUESSES?

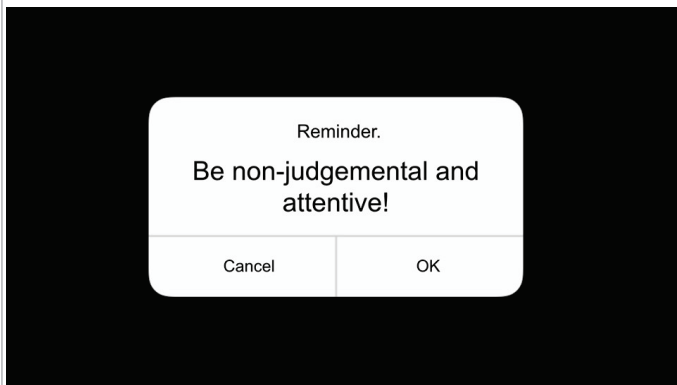
ICE BREAKER

YOU WILL NEED :

- To make notes
 - A pen
 - A notebook
- For the activity
 - Blank A3 sheet
 - Pencils
 - Eraser
 - Ruler
 - Colored pencils / sketch pens



ALCOHOL ADDICTION
WHAT YOU CAN DO TO PREVENT YOURSELF

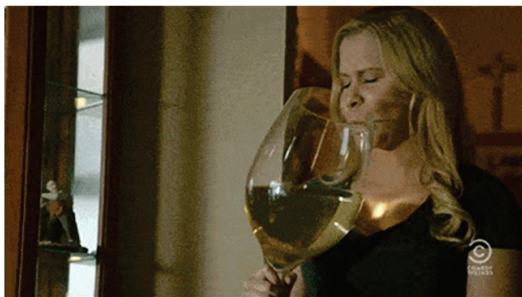


Reminder.
Be non-judgemental and
attentive!

Cancel

OK

ALCOHOL ADDICTION



WHY IS THIS WORKSHOP IMPORTANT FOR YOU??



Students of ages 18 to 24 are at high risk for addiction

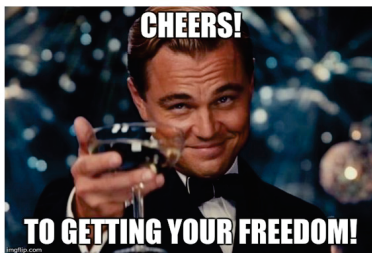


Millions of students every year are affected by college alcoholism



College students make up one of the largest groups of alcohol abuse

WHY STUDENTS TURN TO ALCOHOL?



WHY STUDENTS TURN TO ALCOHOL?



WHY STUDENTS TURN TO ALCOHOL?

10 minutes into the work day


Me:



COLLEGE STUDENTS & ALCOHOL ADDICTION



 What is Alcohol Use Disorder  

 **alcohol use disorder**

noun

A chronic disease characterised by uncontrolled drinking and preoccupation with alcohol.

ALCOHOL ADDICTION AND MENTAL HEALTH

Alcohol addiction can greatly affect your mental health

It can lead to -

- Depression
- Anxiety
- Antisocial behaviors
- Stress

ALCOHOL ADDICTION AND PHYSICAL HEALTH

- Increases blood pressure
- Heart: heart damage and heart attacks
- Liver: cirrhosis and liver cancer
- Stomach: stomach cancer and ulcers
- Fertility:
 - Reduced testosterone levels and sperm counts in males
 - Problems with periods

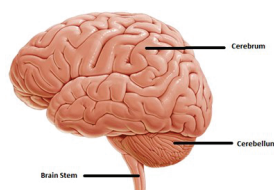
ALCOHOL ADDICTION AND ITS EFFECTS ON THE BRAIN

Drinking too much can affect -

- Concentration, judgement, mood, coordination and memory

Alcohol is a central nervous system depressant

It affects major areas of the brain such as cerebrum and cerebellum



ALCOHOL ADDICTION AND SOCIAL LIFE

- Alcohol addiction may lead to -
 - Isolation
 - Drinking alone
 - Interpersonal conflicts
 - Go out fewer times



ALCOHOL ADDICTION AND ACADEMIC PERFORMANCE

- Alcohol addiction may lead to
 - Low attendance for classes
 - Failure to complete academic obligations
 - Slack on assignments / late submissions / skip assignments
 - Avoid studying for exams
 - Failure in classes



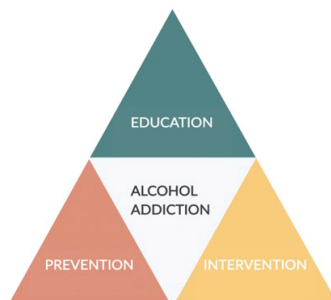
WHAT I'M TRYNA SAY IS...



You don't do alcohol, by the way, it does you.

IT'S TIME FOR AN ACTIVITY

ALCOHOL & YOU!



WE ARE NOT JUDGING YOU!

ENGAGE IN MODERATE CONSUMPTION BECAUSE



WHAT IS MODERATE CONSUMPTION



1 Drink A Day For
Healthy Women



2 Drinks A Day For
Healthy Men

BENEFITS OF MODERATE CONSUMPTION



Maintaining meaningful
relationships



Achieving a higher
GPA



Remembering
your experiences



Decreased likelihood of becoming
sick / having a hangover



You save money

So.....



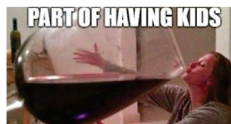
But how??

SIGNS AND SYMPTOMS

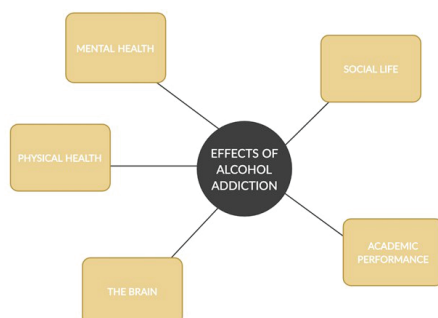
- Alcohol consumed in larger amounts
- Unsuccessful efforts to cut down alcohol use
- Craving of alcohol
- Lots of time spent in activities involving alcohol
- Failure to complete work, school, and home obligations
- Continued alcohol despite having interpersonal issues caused by alcohol
- Important activities given up
- Recurrent alcohol use in hazardous situations
- Continued alcohol despite physical and psychological problems due to effects of alcohol
- Need for increased amounts of alcohol to achieve intoxication
- Withdrawal

WHO IS AT RISK FOR ALCOHOL ADDICTION?

- How much, how often, and how quickly you drink!
- Beginning to drink at an early age
- Genetic and Family History
- Mental Health Conditions
- History of Trauma

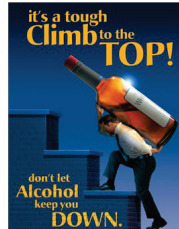


EFFECTS OF ALCOHOL ADDICTION



STRATEGIES TO ENGAGE IN MODERATE DRINKING

- Drink for fewer hours per occasion
- Drink on fewer occasions per semester
- Take limited amount of money
- Attend outdoor activities like hiking
- Practice yoga and meditation



IF YOU ARE DIAGNOSED WITH ALCOHOL USE DISORDER:



Book an appointment
with the therapist on
campus



Call the State Mental
Health Helpline



Take medication IF
prescribed



Talk to close friends
and family

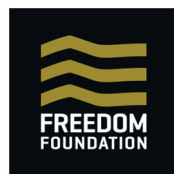


Join support groups

SOME SUPPORT GROUPS



Alcoholics Anonymous
<http://www.aagsoindia.org/>



Freedom Foundation
<https://www.thefreedomfoundation.org/>

RESEARCH STUDY

Common beliefs reported by college students:



Researchers tested how accurate these beliefs were....

PARTICIPANTS WERE DIVIDED INTO -

- 1 Thought they were getting REAL beer and got REAL beer
- 2 Thought they were getting REAL beer and got NEAR beer
- 3 Thought they were drinking NEAR beer and got NEAR beer
- 4 Thought they were drinking NEAR beer and got REAL beer

THE OUTCOME?

- Those who thought they were drinking alcohol, acted more outgoing - even if some of them were drinking near beer
- Those who thought they were getting near beer acted bored and sat in a corner - even if some of them real beer

What does this mean?

- Our expectations alter what we experience
- Alcohol doesn't always make things fun

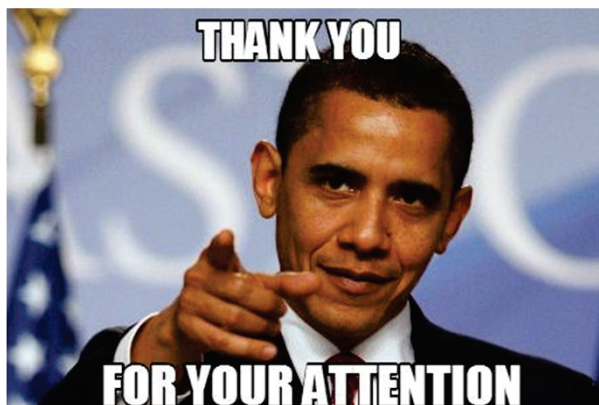
WHAT YOU CAN TAKE BACK FROM THIS :



YOU CAN STILL BE YOUR PARTY ANIMAL SELF, EVEN WITHOUT THE BOOZE

SO! TO FINISH OFF...





BINGE BAIT

ADDICTION PREVENTION WORKSHOP FOR BINGE WATCHING

ARIMA BHATNAGAR



I Spy A Lie!

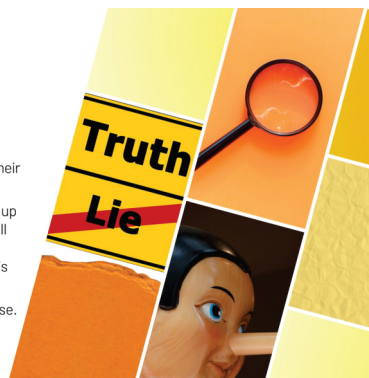
Rules:

Everyone gets 5 minutes to think about their TV Viewing habits.

Once time is up, each person must come up to the front, introduce themselves and tell the group 3 statements about their TV viewing habits - 2 of which are true and 1 is false.

Group must guess which statement is false.

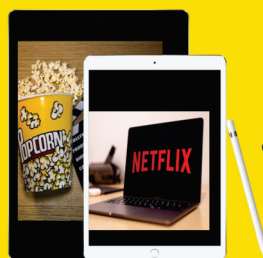
Ice Breaker Activity



The Making Of A Couch Potato

Binge Watching

Viewing multiple episodes (3 or more) of the same show in a single sitting.



- 1 63% - 73% Americans and 51% Europeans display Binge watching behaviors.

- 2 Avg. time spent Binge watching went from 1-3 hours to 5+ hours in India, Bangladesh, Indonesia and Nepal after the Lockdown began.

Heads Up!

Rules

Form 3 teams of 9-11 members each.

All members draw a card from the deck and place it on their forehead without seeing what is written on it.

Each player must guess their card word based on clues provided by group members.

First group to guess most words in 15 minutes wins.



'Just One More Episode'

Causes/ Antecedents for Binge Watching

Social



Social Interaction
Peer Pressure
'FOMO' - Fear Of Missing Out

Media Content



Cliff Hangers
Content and Genre
Favorite Stars/Actors

Technology



Auto Play
Easy Accessibility

Other



Procrastination
Entertainment
Relaxation

Follow the leader!

Rules

- Form teams of 2. One member is the leader, the other is the follower. Followers represent those vulnerable to binge watch.
- Leaders and followers on opposite sides of the room. Followers will be blindfolded.
- Leaders must guide followers through an obstacle course (obstacles = negative consequences of binge watching), right up to the finish line. First team to finish wins.



From Real to Reel: Life within the screen

Negative Psychological Consequences of Binge Watching



Increased Dependence



Poor Impulse Control



Hampered Productivity

Negative Emotional and Physical Consequences of Binge Watching

Feeling Sad, Empty and Lonely
Mental exhaustion
Disturbed emotions (frustration, anger, anxiousness)
Hampered sleep cycle and quality
Headaches and eyes hurting
Weight gain
Compromised hygiene



Negative Social Consequences of Binge Watching

Strained Social Relationships due to:

Pre-occupation with thoughts about binge watching and content of the show.

Inability to focus on household chores, professional responsibilities.



Spin it! Pin it!

Description: Arts based activity in which each participant makes a personalized spin wheel for themselves



Instructions:

- Each person pick a pre-cut cardboard circle and arrow from the back.
- Chose the art supplies of your liking.
- Make a spin wheel for yourself - stylize it however you wish to.
- Each section of the spin wheel must have an activity you like and can engage in, in place of binge watching.

Beating the Binge: Ways to reduce/manage binge watching

- Recognizing there is a problem - monitor time spent binge watching
- Time management
- 'No screens in bed' rule
- Practicing Mindfulness
- Decluttering - 'Out of sight, out of mind' rule
- Using alarms to keep track of time
- Alternate between genres



Healthy TV viewing Habits

- Snacking on fruits and vegetables in place of junk food
- Doing light and regular physical exercise in between episodes
- Keeping a pre-set limit on number of episodes / hours spent watching TV



Ball it! Call it!

Rules

Form a circle to play the game of catch.

On catching the ball, you must recall one thing you learnt in today's workshop, or mention one thing you are taking back from it.

After stating your learning, randomly pass the ball onto another person in the circle.

Feedback Session

On the sheets of paper provided, kindly give your feedback regarding today's workshop. Your overall experience along with any suggestions for improving the workshop. Once done, kindly drop the feedback in the box at the front of the room.

Living Mindfully in the times of digitalized world

Is our digital dependency turning into digital addiction?

Lets do the quick test!

- ☐ The first thing we do after getting up is checking our mobile
- ☐ Scrolling Instagram, Facebook is favourite time pass for hours
- ☐ The mobile is accompanying us even while using washrooms
- ☐ We have meals while setting our eye on screen

Signs that you are **ADDICTED** to your smartphones

You can't sleep	You feel lonely without it	Your relationship with your closed ones is suffering	You can't quit using phone even when you're sleepy, tired.	You no longer spend time on your hobbies
You can't sit or stand still without checking your phone	You need it even while having meals	You're acting impulsively	You can't imaging keeping it aside or leave it while going out	your appetite has changed.
You use your phone while driving/riding	You feel anxious	You feel stressed out by social media	You text more than talk	You mindlessly scroll and lose time

SIDE EFFECTS OF CELL PHONE ADDICTION

Physical Effect

Digital eye strain

Neck problem

Increased illness such as
fatigue, joints pain

Increased Accidents

Psychological Effects

Sleep Disturbances

Could lead to
Depression/anxiety

Relationship Problems

Low self-esteem

I'm with you! I'm listening to you...



Our classes are online

Our social interaction is restricted to online platforms

Our tuitions, extra curricular classes are happening online

Gaming, Binge watching movies/series is a new way to buy the stress



Feeling bored and anxious goes off when using cell-phone

Assignments are almost impossible to do without technology

Social media is informative too



Let us find balance to
live healthy life...



Physical self-care

- Taking frequent breaks while using smart phones
- NO Phones while having meals
- Stretching exercise
- Physical activities
- Family time



Psychological Self-care

- Setting digital detox time
- Going back to old hobbies
- Avoiding comparing personal life with the life portrayed on social media
- Avoiding negative news/posts/ people when needed

GOOD REASONS to put down your PHONE



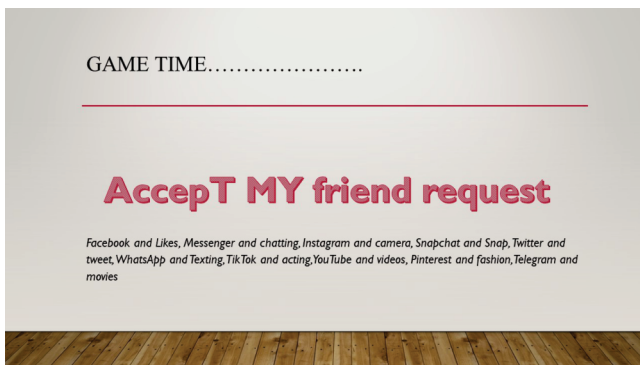


“
Going on a
digital detox is
a great way to
exercise mental
self-care.”









IS OVERUSE OF SOCIAL NETWORKING AN **ADDICTION**

- The symptoms of social networking sites overuse are similar to those of alcohol/ drug addict.



ARE YOU DEPENDENT ON SOCIAL NETWORKING SITES?

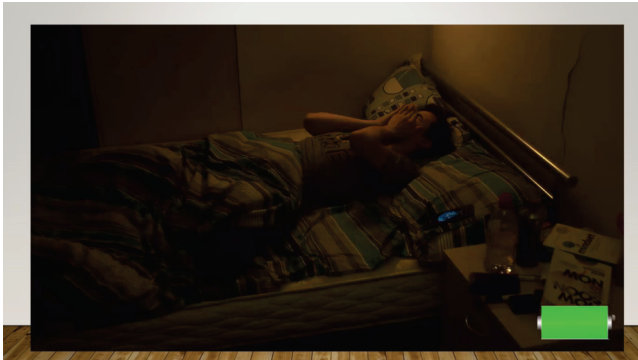


CAUSES OF SOCIAL NETWORKING SITES ADDICTION??

- Decreases face-to-face communication and hamper confidence to communicate in real world







WHY DO WE USE SOCIAL NETWORKING SITES?

- To **socialize** and meet new people
- To keep in touch with friends and family
- To fill in spare time
- Sharing and consuming content
- Companies use it to promote their products and services
- To access information about music, literature, fashion etc.

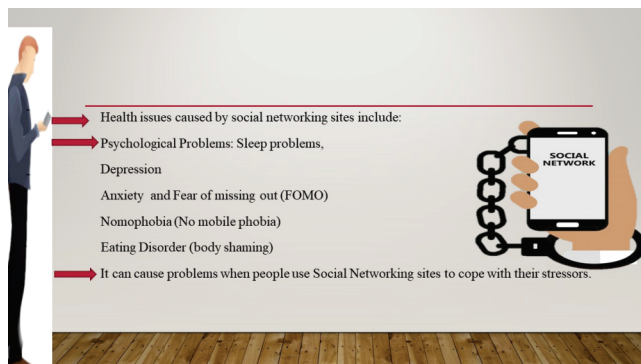
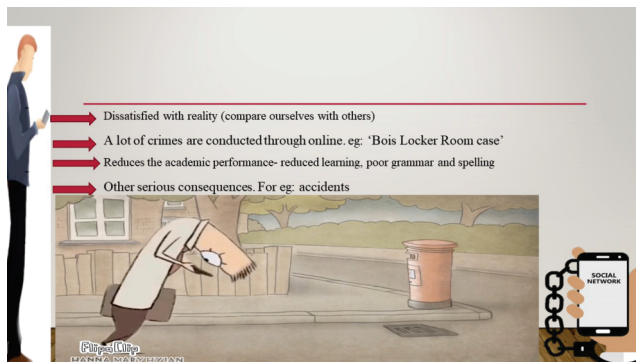
Share

Connect

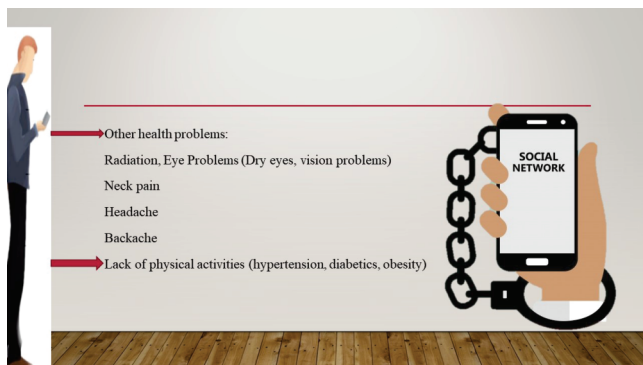
News

Kill boredom

- Reduces self-esteem
- Reduces self-worth and identity







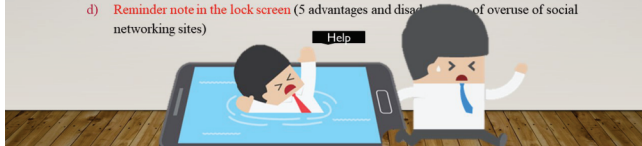
- Other health problems:
 - Radiation, Eye Problems (Dry eyes, vision problems)
 - Neck pain
 - Headache
 - Backache
- Lack of physical activities (hypertension, diabetes, obesity)



WHAT CAN YOU DO TO PREVENT SOCIAL NETWORKING SITE ADDICTION?

Social networking sites detox

- Setting time limits
- Disable notifications and delete the apps that you don't use
- Engage in hobbies/ activities
- Reminder note in the lock screen** (5 advantages and disadvantages of overuse of social networking sites)



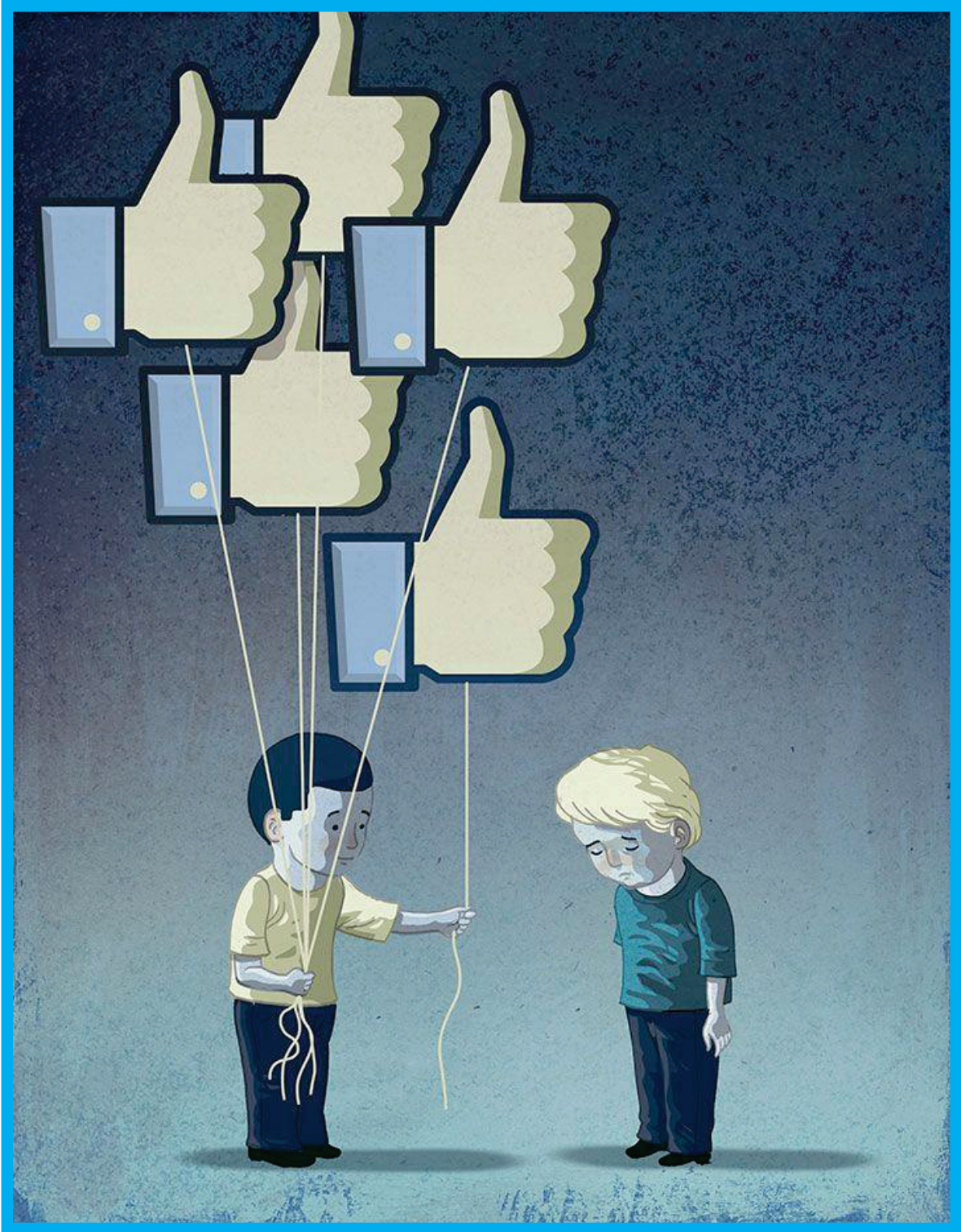


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- Kuss, D.J., & Griffiths, M.D. (2017). Social Networking Sites and Addiction: Ten Lessons Learned. *International journal of environment resource and public health*, 14(3): 311.
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POSTERS





THINGS TO CHANGE EVERYDAY



PROFILE
PICTURE

#THIS GENERATION

DALE JOHNSON



Discussion points:

The concept of being entrapped.

Do these platforms set you free, or bind you?

Who should be the master, us or them?



Discussion points:

Do we really need to 'document' everything?

Do we lose the joys of life, eg. giving,
as we lose ourselves in selfies?



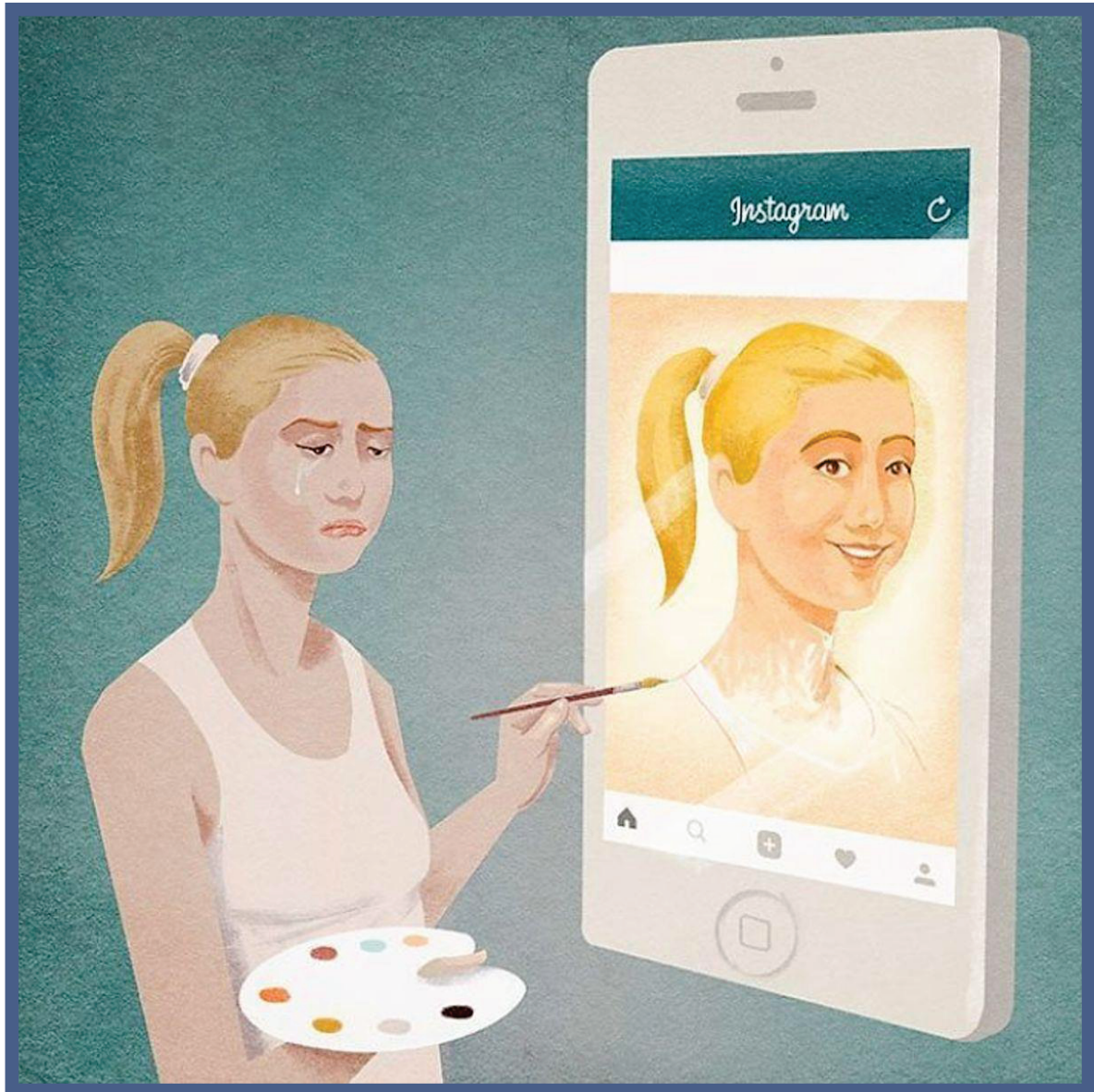
Discussion points:

The participants' own interpretations of the image

Does the image seem fearful to the participants?

And if so, what is the takeaway?





Discussion points:

How do we seem to others?

“As we are” or “as we portray ourselves”?





Discussion points:

How do we seem to others?

“As we are” or “as we portray ourselves”?

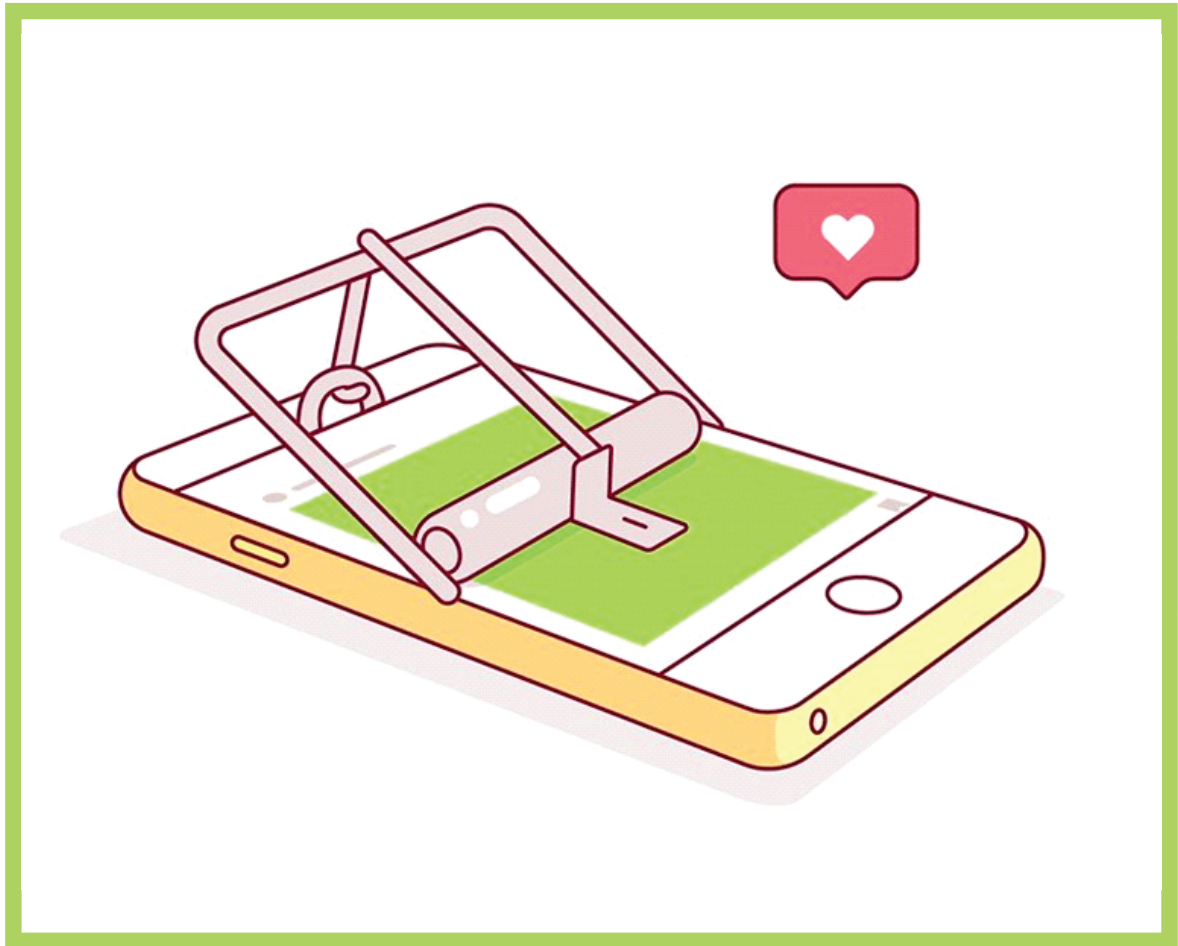


Discussion points:

Can these “pills” save us?

Discussion on online and gadget addictions
as equivalent to substance addictions





Discussion points:

The concept of being entrapped.

The play on the smartphone as the trap.

What is usually put in to sweeten a trap,
eg. cheese for a mouse.



Discussion points:

Do we really need to 'document' everything?

Do we lose the joys of life, eg. the beauty of nature,
as we lose ourselves online?

Yearly Expense of Tobacco Use

75 BILLION DOLLAR

Tobacco is the 4th highest Risk Factor of death in India



India ranks 3rd in Global Production of Tobacco. Consuming 50% of production domestically.

30 % OF US USE TOBACCO

It's time to say no to tobacco and say yes to life.



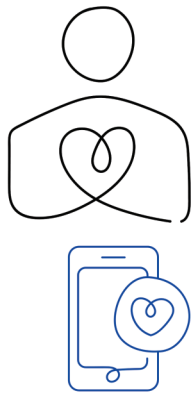
**WHILE A MUCH HIGHER
POPULATION IS EXPOSED TO
SECOND AND THIRD HAND
SMOKING**

MISSING !!



Help us find Aaliya's Childhood

Millions of girls in Kadiri spend entire day rolling
bidis instead of attending school



Being mindful in the times of online lifestyle



Red flags to notice when getting addicted to gadgets

- Irritability
- Headache
- Lack of concentration
- Disturbed sleep routing
- Fear of Missing Out
- Not able to stay away from gadgets for a long time. (Even while having meals)
- You being obsess over sending and updating posts on Social media

unplugged

How to do Digital Detox?

- Turn off push notification
- Using alarm clock
- Embracing hobbies such as dancing, painting
- Setting time for social media
- A technology day off when possible
- Avoiding multitasking when possible. that is cooking while listening to music, studying while watching movies.

WHY TO DETOX TECHNOLOGY



- Increased focus
- Better time with family
- Improved sleep pattern
- Improved appetite
- Reduced stress and anxiety
- Better health
- Prevent burnout



what can you do to support your child?

Guidelines for Parenting Gamers



Monitor your child's video game time.
Establish rules and consequences.



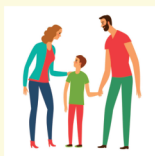
Insist on keeping devices away and
switch off the Wi-fi during bedtime.



Set a good example by monitoring
your own screen time.



Talk to them. Listen and understand
their gaming behaviours.



Help them seek professional help if
necessary.



Effects of Alcohol Use



EYES & MOUTH

Nystagmus
Blurred/ double vision
Slurred or confused speech

LUNGS

Increased risk of lung infections,
Tuberculosis, pneumonia.

Breast cancer (in females)

LIVER

Liver damage
Swelling and pain
Cirrhosis of the liver

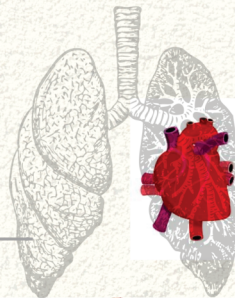
KIDNEYS

More urine generated
Dehydration
Loss of minerals and salts



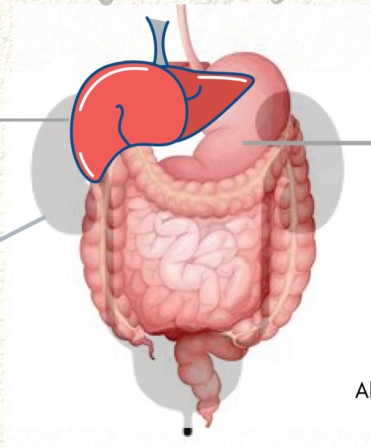
BRAIN

Impaired attention & memory
Impaired Judgment
Impaired co-ordination
Insomnia
Blackouts and memory loss
Seizures/ Stupor/ Coma
Hallucinations/illusions



HEART

Cardiovascular diseases
High blood pressure



STOMACH & INTTESTINE

Bloating
Stomach ulcers
Gastritis
Inflammation of food pipe
Nausea, vomiting
Alcohol is absorbed from the gut
into bloodstream

SKIN

Flushing
sweating



OTHERS

Mood lability
Autonomic hyperactivity
Sexual problems (in men)
Unsteady gait and difficulty walking
Inappropriate sexual or aggressive behavior
Interaction with other medicines

BONES

Risk of early onset
Osteoporosis





Alcohol Prevention



BINGO



EXERCISES AND GAMES

WOULD YOU RATHER...?

... be able to fly or be invisible?

... live without music or without movies?

... meet your friends in person or talk to them online?

... have really small hands or really big feet?

... check your phone the minute you receive a notification or wait until you finish your work?

... spend hours looking at memes or dedicate some time to social media per day?

... have a car that can fly or go underwater?

... eat pizza for every meal or ice cream for every meal?

... play with your friends outside or only play online games with them?

... see a giant ant or a tiny giraffe?

PARENTS' PLEDGE

1.I will be a good role model and never text or use apps while driving or during other activities where phone use might be dangerous.

2.I will be considerate of others, including my family members, by refraining from using the phone when it might disturb people around me.

3.I will talk with my kids and set reasonable expectations about their smartphone use.

4.I will be considerate of my child and not text him or her at inappropriate times, such as while he or she is in class.

5.I will take whatever action is appropriate if I feel my child has misused his or her phone or broken a family rule, but I will be thoughtful about such actions and not overreact.

SOCIAL MEDIA QUIZ

1. What is a symptom of social media addiction?

- Body shaking every time your phone is away from you
- Constantly checking notifications
- Dreaming about sharing memes on Instagram
- Having entire conversations using only emojis

2. WHAT percentage of children believe social media distracts them from their homework?

- 20%
- 0%
- 57%
- 2%

3. How long does an individual have to spend on social media PER DAY to be considered addicted?

- 9 hours
- 2 hours 30 minutes
- 1 hour 20 minutes
- 30 minutes

4. What is any activity that could help control the urge to check social media?

- Meditation
- Checking social media
- Hitting a punching bag
- Get addicted to television

5. Why do we like to share on social media?

- It gives us a distraction
- Getting likes and mentions is like getting a reward
- We are bored and don't want to do our homework
- It's too much effort to talk to people in person

6. When something exciting happens in our life, we should ...

- Enjoy it with our friends and family
- Immediately take a picture and post it
- Vlog about it for our YouTube Channel
- Ignore it

7. What is an exercise you can do to control social media addiction?

- Start playing video games instead
- Get verified on Instagram
- Give up your phone or computer
- Limit time spent on social media and meet your friends in person

8. How many people in the world are addicted to social media?

- 3.96 billion
- 210 million
- 1.3 billion
- 100 million

9. The more likes we get on Instagram, the more..

- We begin to feel sad and upset
- Our brain produces cortisol which makes us stressed
- Dopamine production increases and we feel happy
- We hate people paying attention to us

10. If gone unchecked, what can be a serious outcome of social media addiction ?

- Wrist ache
- Depression
- Dementia
- Separation Anxiety Disorder

LINKS TO AUDIO VISUAL MATERIAL

Link to presentation “Let's Talk about Cannabis”

https://www.youtube.com/watch?v=kM0N6Sb_jXY

Link to youtube video

“Child labor employed in tobacco industry”

<https://www.youtube.com/watch?v=dazdWWVYJig>

Link to behavioral/Digital addiction

https://www.youtube.com/watch?v=NMq_MyOFtW8

Link to Escaping Video Game addiction

https://www.youtube.com/watch?v=EHmC2D0_Hdg

What happens to the brain on nicotine?

<https://www.youtube.com/watch?v=PqeEGpCQhBA>

Video on saying no to peers <https://vimeo.com/129631483>

POLICY DOCUMENTS

This section includes a quick overview of recently published policy documents which every practitioner in the addiction prevention field would do well to acquaint themselves with.

The first document is a WHO Document created by the India country office which is available on the website, but a brief abstract is found below:

WHO India Country Office Guidelines for Substance Prevention in Disaster Affected areas.

This beautifully illustrated manual is created by WHO-India office in collaboration with Alcohol and Drug Information Center (ADIC) India (adicindia@vsnl.net) and was published in 2005. The 75 page Training manual is devoted to alcohol and substance abuse intervention in vulnerable population affected by disasters. The modules therein were developed under the GOI/WHO Collaborative Project WR/ICP EHA 011 XD 04. Most of the material in the training kit focuses on work with post Tsunami fallouts and the impact on potential for addictive behaviours to emerge.

India policy country wide initiative for substance prevention

The Ministry of Social Justice and Empowerment in India has developed This small 26 page document to elaborate its scheme for Prevention of Alcoholism and Substance Abuse in the country. The activities detailed therein are largely targeted at Non Government sector organizations to take the lead in this initiative. The Government has shown willingness to support these initiatives monetarily, listing statewise the various organizations recognized for doing this work.

Ministry of Social Justice and Empowerment 2019 Operational Guidelines

This small 23 page document is created primarily to provide operational guidelines for Community based Targeted Interventions for Drug Abuse prevention, Screening, Assessment and Counseling. Created by Ministry of Social Justice and Empowerment in February 2019, this document interestingly outlines Community based Peer led interventions as well, in spite of the title that mentions Targeted interventions. Vulnerable adolescents and Youth are to be targeted through these modules. The modules themselves are however not specified here, and there is only a listing of the locations of the centers, statewise.

Magnitude of Substance use in India report 2019

Finally, this report, also generated in 2019 by the National Drug Dependence Treatment Center (NDDTC) and AIIMS, New Delhi, is an excellent 87 page report which touches upon survey findings of substance use distribution across the states of India, gender wise break up across age groups from 10 to 75 years, also reflected in graphs. Help seeking and access to treatment is also adequately covered. The report gives the reader perspective by comparing Global, Asian and National estimates.

All soft copies are available on website.

Illustrated Children's miniBook

Author: Dr. Anuradha Sovani

Illustrator: Ms. Kalpana Nahata

A box of treasures

The whole world slept, but Vik was awake. Actually, the whole world can never be asleep at the same time, Vik thought. The earth is round, so while it is pitch dark here, there is a sunny morning somewhere else, and a bright afternoon in some other place. Vik felt good that someone somewhere was awake when he was.

It had been an amazing Sunday. Vik's mom and dad had cooked up a delicious meal for them all, and Vik had eaten till he thought he would burst. Then with thick curtains drawn against the sun blazing outside, Vik had been lulled to sleep under the lazily turning fan. He had woken up when the shadows were long, and was not at all sleepy now. He did not mind. This was fun too. Night time was mystery time.

He watched the shadows chase across the wall. It was as if the darkness held a mirror to the world outside: when a car went from right to left on the road outside his house, the shadows ran from left to right. So as soon as Vik heard a car, he would guess which way the shadows would run, and he was right every time.

Vik could close his eyes and listen to the sounds of the night, and tell what time it was. If the watchman came knocking his stick, it was past midnight. If it was super quiet and there were no car horns, just some dogs barking far away, then it was even later, but not yet dawn. And then the birds and squirrels would start chirping after a few hours, because they always knew it was dawn before the sky actually became lighter.

Vik wondered whether to take out his biscuit box of treasures from under his bed. But he decided to unpack it in his head instead. There was the tooth, of course, which had just fallen out. He had not yet had time to bury it in the garden. His friend had told him that if he buried it deep in the soil, his new tooth would come out straight and strong. Vik knew that was not true, but it would be fun to bury it anyway. Then there was his color wheel, which he had colored in equal parts with all the rainbow colors with his new color pencil set. His dad had told him that if they spun it really fast, the colors would disappear and turn white. He had to try that too, soon. So the treasure box was not just a treasure box, it was a box with treasures that had more hidden treasure within each.

He wondered what other people's treasure boxes would contain. His mother's box would surely have lots of books. She was always reading whenever he found her free. She looked so happy when she read. He loved watching her. When she read stories to him, she would be excited and laugh with him. But when she was reading alone, he could look at her and tell if it was a sad story or a happy one, and the funny ones made her laugh out loud. So he guessed each book was sort of like a treasure box by itself. His father's box would probably have tools; hammer, nails, pliers, and stuff to make things with. Big gardening shears and tools to dig the soil. Those were good treasures, he thought. Just a few treasures could help you make so many more. Dad loved making stuff, and repairing broken things, and gardening. Vik was going to learn that from him.

The Uncle next door? His treasure box would be full of cigarettes. Vik knew where he hid his cigarettes because people at his house did not let him smoke.

Uncle coughed when he smoked; his fingertips looked yellow, and his teeth looked kind of black and his face looked grey. Vik did not like to get into the lift with him, because his shirt smelt of smoke.

There are no treasures inside cigarettes, Vik wanted to tell the Uncle next door. Dad's toolkit would make shelves and grow flowers, and Mom's treasure box would have stories and poems and pictures. Maybe his teacher in school would stuff words and letters and numbers inside her treasure box because she loved writing them all on the blackboard in her neat handwriting.

But Uncle's treasure box would have black stuff that looked like mud, rolled up into tubes of paper, and maybe some smoke and some bad smells and depressing colors. What use were those? I can try telling him, thought Vik sadly, but I don't think he will listen. His cigarettes will call out to him louder than I can.

I guess each one of us had to build their own treasure box, Vik thought. Whether to make it happy or ugly was our choice.



**“Shacklefree” is a universal prevention program in the area of
Substance and Non substance/Behavioral Addiction Prevention.**

It is the result of a collaboration between
Department of Psychology, SNDT Women’s University,
Rotary Club of Mumbai, Ghatkopar
and Rotary Club, Maldegem, Belgium.

Anuradha Sovani

Professor and Head,

Department of Psychology
Dean, Faculty of Humanities,
SNDT Women’s University

Yogesh Zaveri

Project Partner,

Rotary Club Mumbai,
Ghatkopar

Johan Maertens

Project Partner,

Rotary Club Maldegem,
Belgium



ROTARY ACTION GROUP -ADDICTION PREVENTION (RAG-AP) works through the RAG-AP
International Scientific Committee and the National Scientific Committee on Addiction

