



# HIGH Life



basic education

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

# High on Life<sup>cap</sup> Resource Kit



# NATIONAL STRATEGY FOR THE PREVENTION AND MANAGEMENT OF DRUG USE AMONGST LEARNERS IN SCHOOLS

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# ARE YOU GAME?

**CHANGE YOUR LIFE:**

YOUR THINKING

YOUR BELIEFS

YOUR ATTITUDE

YOUR ACTIONS

YOUR HABITS

YOUR LIFE

# INTRODUCTION

Substance use is a global challenge, which has effects on the health, wealth and security of nations (UNODC, 2010).

The Inter-Ministerial Committee on Combating Alcohol and Drug Abuse, together with the Interdepartmental Technical Task Team were set up in 2011 to ensure collective responsibility and concerted action on both alcohol and drug abuse through the development of an Anti-Substance Abuse Programme of Action.

The strategy outlines the role and responsibilities of the different levels of government as well as other important stakeholders.

# NOTE TO SELF



YOUR BIG OPPORTUNITY MAY  
BE WHERE YOU ARE RIGHT

NOW. *Napoleon Hill*

# PURPOSE

To provide a strategy to guide the DBE and Provinces

- The Education delivery agreement 2025 to improve schooling and the Action plan to 2014
- Goal 25 'Use the school as a location to promote access amongst children to the full range of public health and poverty reduction interventions' (DBE,2010).

## Key Goals

- Learner Retention
- Providing quality Early Childhood Development
- Effective In-Service Teacher Development
- Support & Accountability

Part of the broader CSTL framework/ NDMP

# WHO SHOULD USE THE STRATEGY?

Provincial and District Coordinators who deal with substance abuse

Other government departments

NGOs

DBE - Senior management





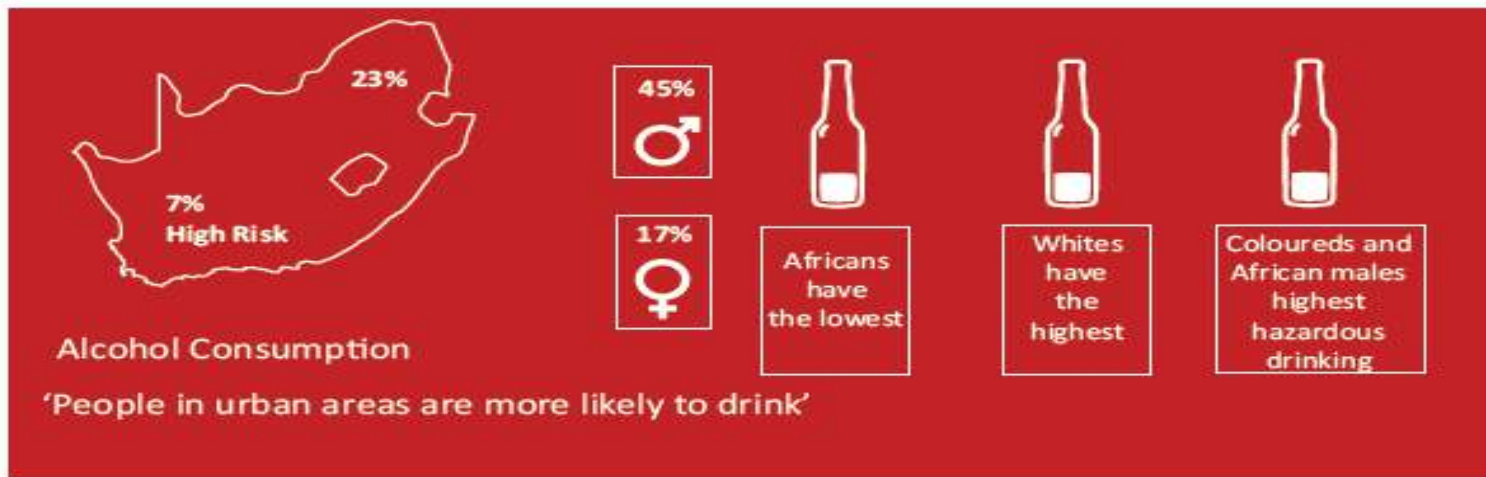


Smoking ↓ from 42% to 35%



Smoking 11% ↓ from 11% to 10%

'people in urban areas are more likely to smoke' 'Africans smoke less than other races'



25% females Exceed recommended levels over the weekend

21% of males and 7% of females have experienced drink problems during their lifetime.

Western Cape, Northern Cape and North West highest % of high risk drinkers.

Alcohol problems highest among those with lowest education, Coloured people and in the North West.



Cannabis is the most common substance at 2%. Higher among adolescents, White and Coloured groups and in urban areas.

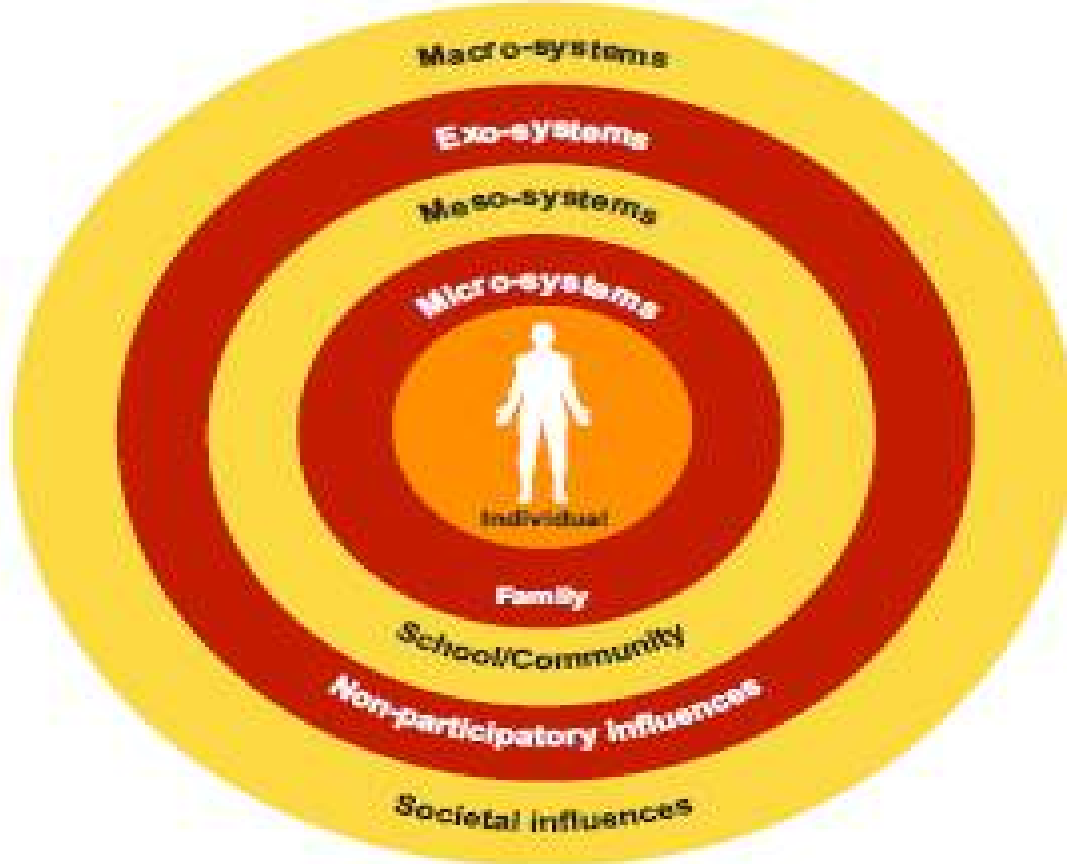
**Cocaine 0.3%**

**Sedatives 0.3%**

**Amphetamines 0.2%**

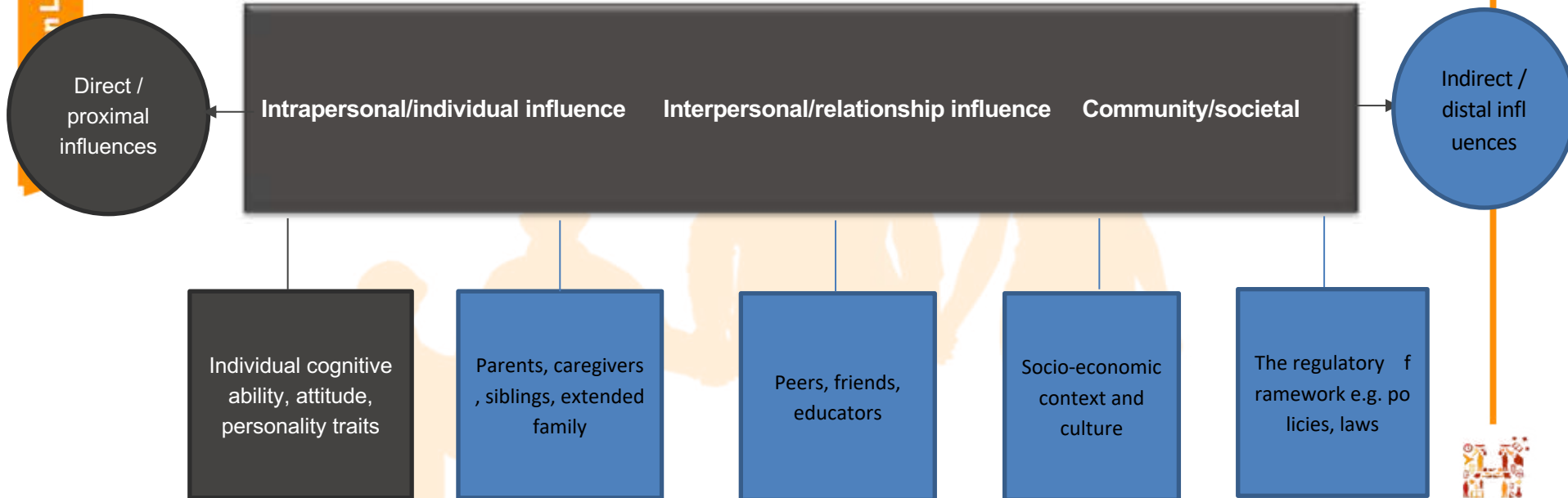
**Inhalants, hallucinogens, and opiates 0.1%**






# FACTORS LEADING TO SUBSTANCE ABUSE





# ECOLOGICAL SYSTEMS THEORY FRAMEWORK



	Individual	Family	School	Community	Societal
					
RISK FACTORS	<ul style="list-style-type: none"> <li>Delinquency</li> <li>Peer Pressure</li> <li>Rebelliousness</li> <li>Rejecting parental authority</li> <li>Sensation seeking</li> <li>Impulsiveness</li> <li>Aggression</li> <li>Poor sense of well-being</li> </ul>	<ul style="list-style-type: none"> <li>Parental drug use</li> <li>Family conflict</li> <li>Poverty / Affluence</li> <li>Family Context/ Structure and Cohesion</li> <li>Low Expectation</li> </ul>	<ul style="list-style-type: none"> <li>Deviant peer affiliation</li> <li>Skipping school</li> <li>Availability of alcohol and other drugs in or around school premises</li> <li>Low academic aspirations</li> <li>Poor school performance</li> </ul>	<ul style="list-style-type: none"> <li>Exposure to public drunkenness</li> <li>Neighbourhood affirmation of substance use</li> <li>Few job opportunities</li> <li>Abundance of free, unstructured time</li> <li>Ease of access to alcohol and other drugs</li> </ul>	<ul style="list-style-type: none"> <li>Advertising that promotes drug use</li> <li>Moral and Social Degeneration</li> </ul>
PROTECTIVE FACTORS	<ul style="list-style-type: none"> <li>Self confidence</li> <li>High self esteem</li> <li>Good relationships</li> </ul>	<ul style="list-style-type: none"> <li>Good relationship between caregiver &amp; child</li> <li>Good communication between caregiver &amp; child</li> <li>Parental monitoring (e.g. setting rules)</li> </ul>	<ul style="list-style-type: none"> <li>School policy on substance use</li> <li>Code of Conduct</li> <li>Quality of Educational Experience</li> </ul>	<ul style="list-style-type: none"> <li>Community disapproval of substance use</li> <li>Access to positive leisure activities</li> </ul>	<ul style="list-style-type: none"> <li>Taxation</li> <li>Controlling availability and access to substances</li> <li>Increasing minimum legal age of alcohol consumption</li> <li>Effective policy implementation</li> </ul>

# CONTENT OF THE PROGRAMME

- FOCUS ON PROTECTIVE FACTORS
- REDRESSING THE NORM
- LEGAL AND ILLEGAL SUBSTANCES
- INTERACTIVE METHODS
- AVOID EXCLUSIVELY INFORMATION BASED PROGRAMMES
- CLARIFY VALUES WITH LEARNERS
- AVOID SCARE TACTICS



### Enabling Environment

#### Policy

- Develop integrated policies
- Allow for regular review of policy and legislation
- Implement policies in schools

#### Institutional

- Engender political support
- Establish support teams in schools
- Make available human & financial resources
- Advocate for more age-appropriate services and greater funding
- Keep accurate records of alcohol and drug use in schools
- Ensure that relevant research is disseminated
- Monitor and evaluate programmes

#### Partnerships

- Coordinate multi-sectoral and inter-institutional responses
- Participate in lobby groups in the community



### Primary Prevention

#### Curricular

- Implement school-based alcohol and drug use prevention programmes including life skills training as part of life skills / orientation subject

#### Co-curricular

- Implement information & awareness campaigns
- Implement co-curricular activities and safety interventions such as peer education clubs
- Implement drug free sport programmes
- Involve families & communities



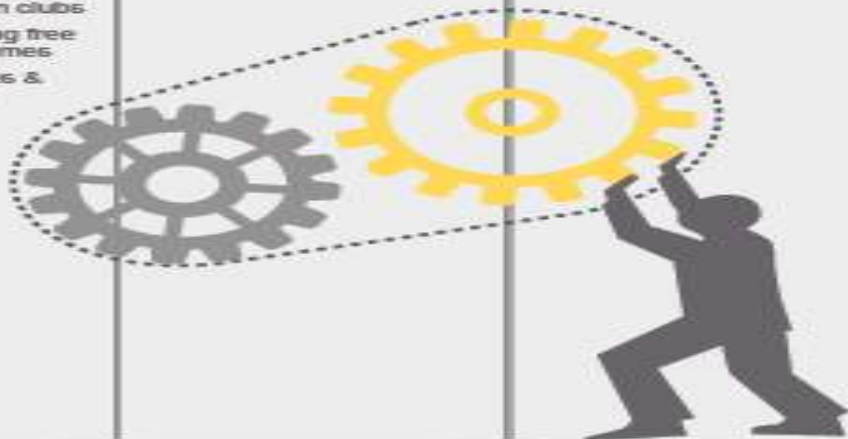
### Early Detection

- Partake in early warning systems
- Train educators & parents to identify warning signs
- Train educators & district officials to conduct drug testing
- Implement drug testing in schools where there is reasonable suspicion that learners are using drugs



### Treatment, Care and Support

- Establish strong referral systems to access treatment, care & support
- Create awareness of treatment and counselling services
- Address barriers that limit access to treatment amongst learners (e.g. transport, cost, stigma)
- Set up systems to ensure continuation of education during treatment



# ROLE PLAYERS

- DBE
- PROVINCIAL DBE
- DISTRICT BASED SUPPORT
- SBST





## Contact Us

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