

# Prevention

## 1- Policies and national views on prevention

The Islamic Republic of Iran's general policies on drug control in the field of prevention are as the following:

- Adopting solutions on prevention and countering threats and harms that emanate from narcotic drugs and psychotropic substances by using governmental and non-governmental facilities with emphasis on strengthening people's religious beliefs as well as cultural, artistic, sports and educational activities and publicity works;
- Adopting necessary arrangements for active contribution by the people and families in the fields of prevention, harms reduction and treatment of drug addicts;
- Developing applied studies and researches in the fields of drug control, prevention and treatment of addicts by relying on latest scientific achievements in the world and applying relevant scientific and technical capacities in the country.

In line with this, paragraph "g" of article 97 of the Islamic Republic of Iran's fourth plan on economic, social and cultural development has been allocated to the issue of preventing addiction to drugs and drug demand reduction. On this basis, the national plan for countering narcotic drugs and psychotropic substances has been formulated by making use of national capacities and capabilities and is based on preventing addiction to drugs and its smuggling. The national instrument for trans-sectoral development in the campaign against addiction and narcotic drugs has also provided an appropriate strategic framework in this regard.

## 2- Strategy

Based on such major policies, the strategies on prevention and demand reduction have been adopted in the following manner:

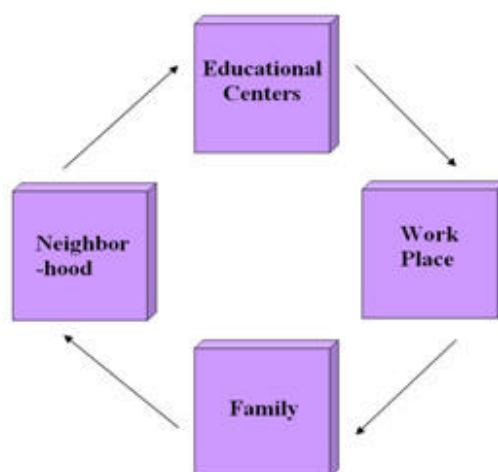
- Wide-scale educational programs including economic, social and life skills;
- Disseminating information and raising awareness;
- Strengthening alternative activities;
- Interventions such as developing centers involved in counseling and social support activities;
- Training specialized staff;
- Empowerment of NGOs;
- Expanding cooperation among cultural sectors;
- Wide-scale use of the mass media;
- Paying attention to community-based preventive measures;
- Using applied and fundamental researches;
- Evaluation of preventive activities;
- National, regional and international cooperation in the field of prevention.

## 3- Major activities and plans

Various plans in the field of prevention and demand reduction have been implemented by cultural organizations within the framework of formulated strategies by concentrating on families, educational centers, communities and work places and the most important activities are as the following:

- School-oriented preventive plans with the aim of trainings life skills and health in elementary schools as well as guidance schools and high schools;
- Plans for offering trainings in the field of social and life skills in universities;
- Offering training to families for preventing drug abuse;
- Community-based preventive plans;
- Preventive plans for work places;

- Preparing educational packages (CDs, brochures, ...);
- Sport activities in communities for promoting exuberance;
- Holding applied and scientific seminars in the field of prevention;
- Holding artistic and cultural festivals on preventive measures;
- Training specialized staff in the field of prevention;
- Extending support to NGOs active in the field of prevention;
- Production and broadcast of radio and television programs.



***Preventive measures are conducted in four levels***

***6350756 individuals are covered by preventive programs in 2008***

<b>Row</b>	<b>Type of activities</b>	<b>Number of individuals covered</b>
1	Implementing a school-oriented preventive and participatory plan in elementary schools by the Ministry of Education and Welfare Organization	373012
2	Implementing a plan on training life skills in middle schools by the Education Ministry	312337
3	Implementing a plan on health-oriented schools in high schools throughout the country by the Education Ministry	363917
4	Offering training to families on the issue of prevention	734076
5	Offering training on community-based prevention by the Welfare Organization	1472086
6	Offering training on prevention at work places by the Welfare Organization	220919
7	Implementing preventive plans at dormitories by the Ministries of Health and Higher Education	712573
8	Offering counseling services on prevention to individuals exposed to the risk of addiction	65390
9	Offering special training on life skills to young offenders and female prisoners by the Prisons' Organization	72714
10	Offering training on life skills and counseling on prevention for prisoners' families by the Prisons' Organization	31620
11	Offering training to a specialized team by holding workshops and training courses on preliminary prevention	98560
12	Developing community-based sports activities and sports contests (marathon, cycling, etc) by the Physical Education Organization	106249
13	Producing and broadcasting radio &TV programs (mini-series, documentaries, etc) on the issue of prevention	1547777

14	Holding seminars, workshops and gatherings on the issue of prevention	3625 hours
15	Holding a workshop for health instructors, etc by the Health Ministry	183489
16	Holding a workshop for clerics by the	14322
17	Islamic Propagation Organization	25793
18	Offering training on life skills to members of the Basij force by Basij Resistance Force	15810
19	Implementing a plan for taking care of students that are exposed to risks and have addicted parents and offering cultural and educational services and support by Imam Khomeini Relief Committee	120
20	Supporting NGOs that are active in the field of prevention	1140
21	Producing educational packages including pamphlets, brochures, posters, photos, films, CDs, cassettes, animation films and clips with the aim of disseminating information and raising awareness by cultural institutions	12395425 copies
22	Holding cultural festivals, art exhibitions, showing films on prevention aimed at raising awareness by the Ministry of Culture & Islamic Guidance	1194 art exhibitions 106 theater movies 106 art festivals 900 film show
23	Total number of individuals covered by these activities	6350756

#### 4- Best programs and activities

##### 4-1- Using new executive potentials

- Activating the center for intellectual development of children and young adults;
- Engaging the municipalities in prevention programs;
- Making use of National Organization for Youths' Affairs Potentials in prevention programs;
- Activating the "cultural-artistic centers" in mosques.

##### 4-2- Expanding media activities

- Short radio programs (announcements, roundtables, chat shows, etc);
- Short TV documentaries;
- Animation films on prevention;
- Activating IRIB's department for producing programs related to children and young adults;
- Holding gatherings for raising the awareness of artists and media experts;
- Formulating an educational pamphlet based on the media policies of the Drug Control Headquarters;
- Making operational a unit for releasing the latest news at DC HQ.



*Educational journals and pamphlets*

#### **4-3- Expanding related researches**

- Evaluating the cost and effectiveness of preventive programs;
- Standardization of preventive interventions;
- Evaluating the effectiveness of media programs.

#### **4-4- Formulation of by-laws**

- Formulating a by-law on how to tackle addiction in work places;
- Formulating a by-law on how to tackle addiction at academic centers (schools and universities);

#### **4-5- Empowerment of relevant NGOs**

- Merger of NGOs involved in prevention in municipal districts;
- Offering training to relevant NGOs involved in prevention;
- Empowerment of Basij force in the field of prevention;
- Empowerment of health liaisons in the field of prevention;
- Establishment of health NGOs among students.

#### **4-6- Publication of educational books**

- Reference book on prevention;
- Educational books on prevention for different age groups

#### **4-7- Creating new opportunities for dissemination of information and creating more sensitivities**

- Dissemination of information via SMS;
- Dissemination of information via e-mail;
- Dissemination of information via blue-tooth;
- Dissemination of information via distribution of CDs;
- Dissemination of information via internet websites.

#### **4-8- Offering training to students**

- Offering standard prevention packages including life skills and preventing addiction to drugs;
- Offering training via NGOs active in the field of student health;
- Inclusion of texts related to drug addiction in the curriculum;
- Publishing pamphlets on addiction prevention;
- Holding certain events for raising students' awareness about addiction to drugs;
- Using the capacities of radio and television for offering training to students.



*Students visiting a prevention-demand reduction festival*

#### 4-9- Offering training to parents

- Offering standard educational packages;
- Offering training via community-based NGOs (health liaisons, community-based plan ...);
- Offering expertise training at work places;
- Using the capacities of radio and television for offering training to parents;
- Offering training at gatherings attended by school authorities and parents;
- Creating a national line for offering counseling on the issue of addiction to drugs.



*Parents are other addressors of preventive-demand reduction programs*

#### 4-10- Other preventive measures

- Custody of children whose parents do not offer them proper care;
- Expanding sports for all by holding different contests such as mountain-climbing, cycling, etc;
- Concentrating on doping and abuse of anabolic substances by athletes;
- Offering academic training to operational forces;
- Stabilizing the preventive structure in institutions affiliated to the Headquarters;
- Holding a permanent exhibition on addiction;
- Creating a think-tank on preventing drug addiction.



*"Woman and promotion of social health" seminar*

## **5- Details of the programs**

In this segment of the report, a brief explanation is presented about three programs namely "Neighborhood Teams for Preventing Addiction", "Schools for Promoting Health" and "Plan on Life Skills".

### **5-1- Neighborhood Teams for Preventing Addiction**

The main goal of this program is to promote the mental health and social welfare of the members of the society. This program concentrates on neighborhoods. In each neighborhood the local authorities who are familiar with the vulnerabilities of the community hold a number of meetings. In these meetings, after some briefings, the activities of the community are given priorities and are finalized at the presence of a facilitator. The person in charge of the committees is selected based on public vote and implements the relevant activities. These activities are fully public-oriented and on a voluntary basis.

### **5-2- Schools for promoting health**

The aim of this plan is to set up schools so as to pave the way for a better realization of issues related to students' health and these schools benefit from the following characteristics:

- 1- Training of issues related to health;
- 2- Services required for health purposes (school counselor);
- 3- Contribution by teachers, students, families, community trustees and authorities for promoting health.

### **5-3- Programs on life skills**

Every individual in the society is in need of educational training. In rural areas as well as small towns, the family and the school met the person's needs concerning the acquisition of necessary life skills. With the growing intricacies in today's societies as well as the communication revolutions and the emergence of new concepts such as "global citizenship" and the "global village" there is the need for more scientific and technical trainings. Hence the individuals engage in smart communication with others while sustaining their national and local identities.

The programs on life skills seek to provide the individuals with the following skills:

- Creating effective and appropriate inter-personal relations;
- Expanding the social responsibility;
- Collective decision-making;

In line with this, efforts have been made so as to offer training aimed at strengthening certain individual skills such as decision-making, problem solving, innovative thinking, critical thinking, establishing effective communication, establishing compatible inter-personal communication, self-awareness, having sympathy with others and countering anxieties and tensions.

## **6- Problems and difficulties**

Despite all the success achieved in the field of prevention and demand reduction, there are still elements that hamper the materialization of the said goals. The most important elements are as the following:

- Proximity of the country to Afghanistan as the biggest producer of drugs;
- Lack of plans in some cultural institutions to benefit from public contribution in drug abuse prevention;
- Shortage of specialized staff and lack of enough attention to their capacities;
- Insufficient budget;