



Drug and alcohol abuse prevention

11 non-governmental organizations

Realized by, among others:

- DRABINA ROZWOJU Foundation
- "KARAN" Catholic Antinarcotic Movement Association
- "MARATON" Foundation for Drug Abuse Prevention
- "Powrót z U" Mazowsze Association of Families and Friends of Addicted Children
- Monar Association
- PROGRAM STACJA Association for Children and Young People





The following amounts have been
allotted for 2008-2010 :

- 2008 :

PLN 448.690,00 (132.356,00 €)

- 2009 :

PLN 442.482,00 (130.525,00 €)


- 2010 :

PLN 453.540,00 (133.787,00 €)



Prevention is carried out by:

- **partyworkers** – activity aimed at informing and educating young people in their meeting places, both formal and informal
- **youth leaders** – promotion of healthy lifestyle among their peers,
- organization of **free time** for the young demonstrating risky behaviour,



Activities aimed at informing and educating young people in their meeting places, both formal and informal- partyworkers

- Programmes aimed at participants of parties in pubs, clubs, discos and mass events, secondary school children and students in particular
- **The objective** of these programmes is the prevention of drug initiation and reduction of harm connected with occasional drug use

Partyworkers have duties at youth clubs :

- they inform and educate about risks connected with using psychoactive substances
- partyworkers' stand in „chillout” – distribution of information materials, condoms, earplugs, water and isotonic beverages, taking blood pressure
- observation of the partying people paying special attention to health complications connected with drug use; first aid
- actions motivating to changes in behaviour and to undergo treatment

Partyworkers reduce harm



partyworkers' stand





youth leaders promote healthy lifestyle among their peers

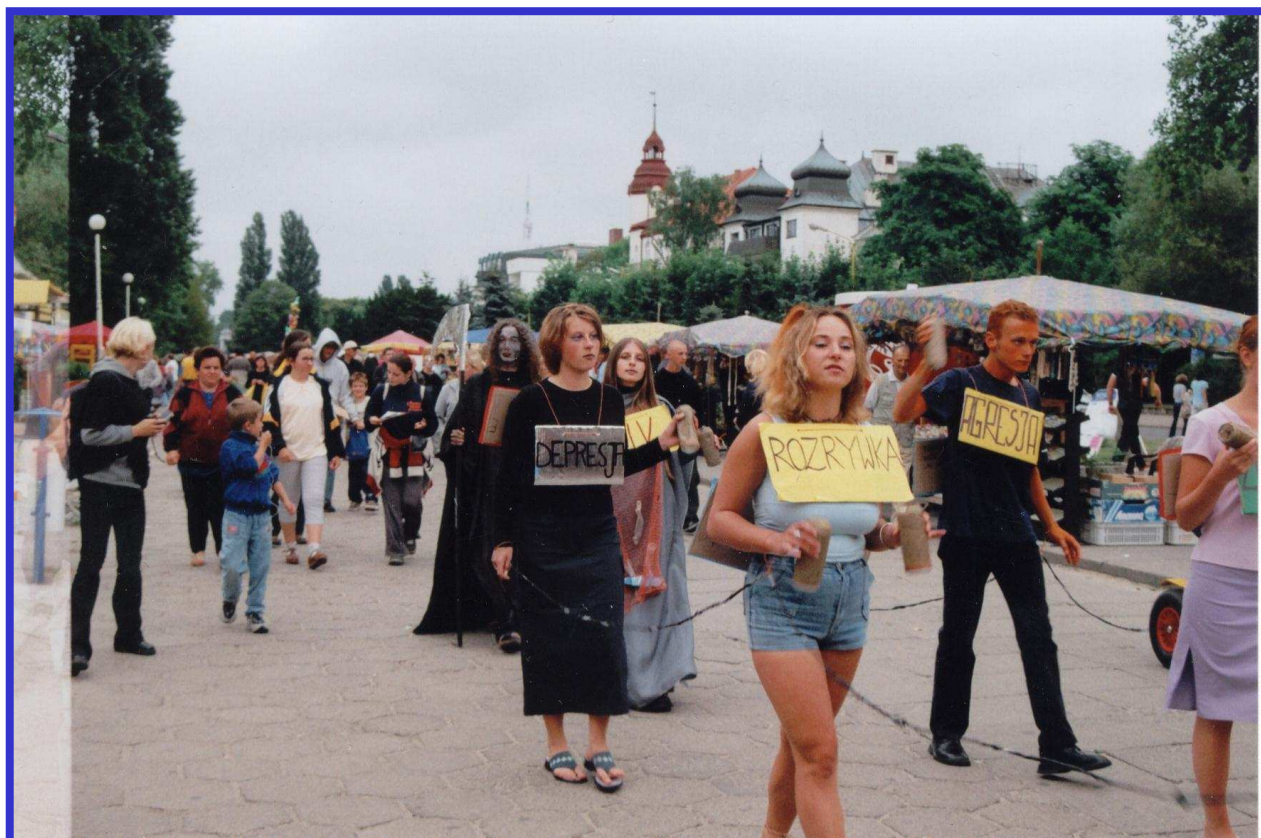
- **the objective** is to reduce risky behaviour of the young and increase the effectiveness of prevention actions
- the programme is aimed at young people,
- it is carried out by youth leaders trained in proper social attitude, creative and active leisure pursuits



The leaders realize this by:

- participating in personal development groups – development of one's social skills, involvement in social actions (help in organizing holiday meetings by OPS, voluntary work in children's homes, family district events)
- tennis, modern dance
- mediation workshop
- „FAIR PLAY School of Youth Leaders” – educates on skills useful at school, abilities to deal with one's feelings and aggression and to relax. Aggression Replacement Training is realized.

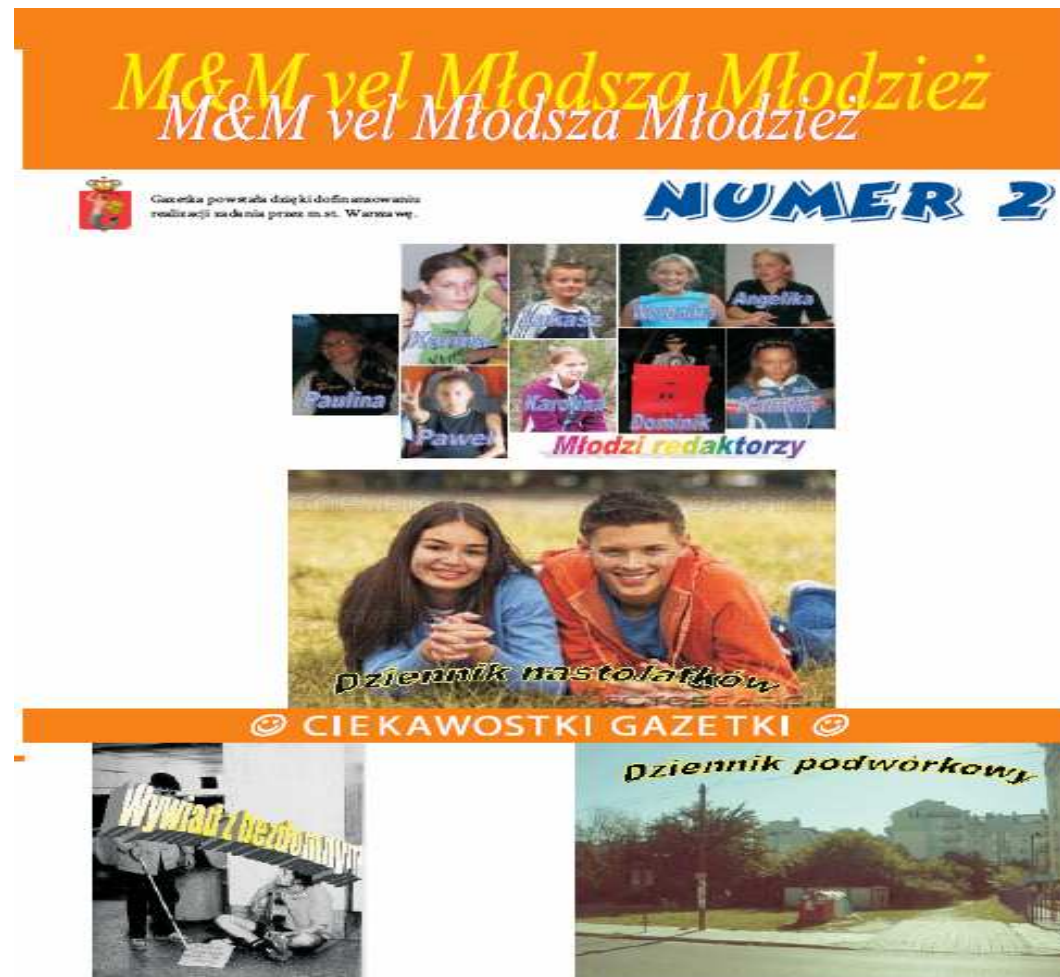
District parties



One of many forms of education



Magazine education



Leisure as an alternative to using psychoactive substances

- Aimed at young people aged 14 to 19 from Warsaw demonstrating risky behaviour and at risk of drug abuse.
- **The objective** of the programme is to protect the youth from drug abuse, to shape their attitudes and teach them to make rational decisions, to show them constructive ways of spending their free time, to educate them in health matters.



It is realized by means of :

- Workshop on how to organize music events and mix music, the best dj competitions, dance classes, music workshops (how to compose and write lyrics), how to make records in a recording studio.
- martial arts and weigh trainings, aerodance, sports activities (capoiera), volleyball, basketball, football league
- PURE „CLEAN IS IN FASHION” parties with clubbing subculture stars declaring their negative attitudes towards drugs
- social skills workshop, humanitarian education and drug abuse prevention
- film and journalism workshop, literary and drama workshop,
- computer graphics, painting and innovative painting techniques classes
- Spanish language courses





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„There’s no shortcut to anywhere worth going.” (Beverly Sills)





Thank you for your attention.