

## **The Association for Farmers Rights Defense, AFRD**

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### **Statement on Drug Use among Older People Delivered at the Civil Society Hearing at the 128<sup>th</sup> Session of International Narcotics Control Board-INCB, Vienna, August 31- September 4, 2020**

The preventive measures are of top priority in the strategy of our NGO related to reacting against illegal use and turnover of drugs. Prevention is the best way to keep people from becoming addicted to drugs. According to our data, the approach based on strengthening health-forming healthy lifestyles is the most promising. It combines personal choice and social responsibility for health. A person's life competence is an important component of this concept. The basis of the program related to health strengthening is the development of the personality that has chosen a healthy lifestyle of behavior. The latter not only positively influence personal welfare but also contributes to positive changes, social and cultural situations and the environment, as a whole. Social activity of the rising generation by means of physical culture can ensure their mental and moral activity. Approving such a position will allow us to differently consider the phenomenon of physical culture that can develop stable mental sets and values systems among young people. These sets and systems allow us to react against joining the environment of drug addicts and to maintain a stable negative attitude to bad habits. The aim of our research was to develop the organizational and methodological basis of counter-drugs physical culture and preventive work among teenagers. The results of our research prove that it is reasonable to perform special prevention by stages in relation to different categories of school children: primary psychological and pedagogical prevention must be applied to all school children, the secondary one must be applied to school children from the "high-risk group" and the tertiary one to school children who try psychoactive substances. Preventive measurements as our Research indicates people who share a close relationship with their families are less likely to become drug addicts. The guidance and support provided by the family make it easier for a person to deal with life pressures and stay away from all types of harmful substances. The same is true for having a close relationship with good friends that are responsible and trustworthy. The inability to deal with normal life pressures is one of the major reasons that drive people to drugs and alcohol. For many people, drug and alcohol consumption is a way to escape the harsh realities of life. Learning to cope with life's pressures will go a long way when it comes to helping people stay away from drugs and alcohol. Some people, particularly teenagers and young adults, experiment with drugs just to portray a cool image in front of others. They do it to fit in among their circle of friends. Some kids wrongly believe that doing drugs or consuming alcohol will make them more acceptable and popular with other kids.