

Preventive measures against substance use in Schools

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Abstract:

Various policy documents and acts in India indicates that the school students are getting into the habit of substance use and its addiction. Supreme court of India has also taken a serious notice in this context. This problem prevails unexpressed among students and unnoticed by stakeholders like teachers and parents. In this paper, measures and mechanism of prevention of substance use in schools has been discussed in the light of related govt. policies and acts.

Keywords: Substance, Addiction, Prevention, Teachers, Students

Introduction:

Substance use among the adolescents has become a global concern. In India, also the seriousness about this issue has been expressed through several policy documents. Several policy reforms and the institutional efforts have been introduced there in India so as to prevent the issue of substance use among the adolescents. Smoking and drinking are common ways of substance use. However, substance use is different from the substance abuse or drugs abuse or drugs addiction. The terms *abuse* and *addiction* indicate towards the addictive nature of consumption of intoxicative objects and thus reflect more hazardous problems among the individuals. On the other hand, the term *substance use* may include occasional and limited consumption as well as too much consumption. Substance use refers to the use of any intoxicant object in any quantity which may be or may not be harmful to user. Though, the frequent or excess use of substances eventually can hamper the cognitive, emotional and social aspects of individuals (James et. al, 2013). Different surveys (NCPCR, 2013; IIPS, 2017) suggest that so far school students are more involved in substance use instead of addiction. Substance use at early age among adolescents may lead towards the addictive and hazardous consumption in later stages of life span (Grant,

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