PARENT SUPPORT QUESTIONNAIRE:

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1.	Name five drugs that are common in today's society. These can be legal or illegal.
2.	What are some of the side effects from smoking marijuana
	la alaahala ahuu oo NANaabaana aa af bha laaan baana affa aba
3.	Is alcohol a drug? What are some of the long term effects of alcohol abuse?
4.	Name five consequences that result from drug addiction.
5.	Do you think that any of those consequences could ever happen to you?
6.	Everybody's got a dream! What's your dream?
7.	Where do my talents lie? And what do I enjoy most?
8.	Where am I going to start, to make my dreams come true?
9.	If I have any problems, who am I going to ask for help?
10.	If someone offers you drugs, what are you going to say? And why?

The No-Way Campaign

The No-Way Campaign is a leading drug and alcohol prevention, and early intervention program that encourages and empowers young people to make healthy, positive, lifestyle choices, to remain drug free.

The No-Way Campaign believes that by educating our youth about the real dangers and consequences associated with illicit drugs and alcohol; it will allow young people to make good, informed choices on this very important issue. This in turn will lead to a happy, but more importantly, safe and bright future without having the need to indulge in drugs.

Drug and Alcohol awareness

OUR COMMITMENT

COMMUNITY SATISFACTION

The highest priority is given to encouraging and understanding the needs of all who participate.

ETHICS

We will promote sound, caring and honourable ethics in the conduct of all our affairs.

CONTINUOUS IMPROVEMENT

Individually, in teams and as an organisation, we are committed to ongoing improvement.

OUR MAJOR GOAL

We are committed to educating our youth about the dangers and consequences of mind altering substances.

For further information contact:

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The No-Way Campaign

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DRUGS

NO



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The No-Way Campaign

educating...encouraging...empowering..



What are drugs?

There are many different kinds of drugs in our society today. The most common ones are nicotine and alcohol which are both legal, but by no means any less harmful.

Many people assume that alcohol is not a drug. Let us not get confused; alcohol is a drug and is just as harmful as any other drug.

Other drugs in our society which are illegal include cannabis, amphetamines (more commonly known as speed), cocaine, ecstasy and heroin.

All these drugs can, and do, have a terrible affect on your life no matter who you are.

All drugs are only a temporary escape from reality, but as always they wear off quickly, eventually leaving you lost and confused, and often feeling very depressed.

Drugs are highly addictive and once you start, it's almost impossible to stop. Drugs are not in any way cool or glamorous and anyone who tells you any different is a fool.

Once you become addicted to drugs, your whole life completely changes.

You eventually lose all your self esteem and confidence and your enthusiasm for life just disappears.

Drugs have such a huge impact on your life once they take control - and in most cases they will - you lose all understanding of who you really are.

You will certainly not find any answers to life through experimenting with drugs.

Drugs will only leave you empty every time, and there is no future in them at all.



The consequences of drugs!

The most dangerous thing about taking drugs is the consequences. And you have to be aware of these potentially life-threatening dangers.

Drugs will eventually result in the deterioration of your health, your capacity to learn and concentrate, as well as your ability to communicate.

One of the main problems with taking drugs is that you become dishonest in all areas of your life.

First you start lying to your friends, and then your whole family, and in the end yourself. This behaviour has a devastating impact on families and relationships.

Drugs are a serious business and should not be taken lightly, as these other consequences will reveal. Many lives are ruined by drug addiction, with the ramifications often including relationship breakdowns, court appearances, prison sentences and ultimately, death.

The majority of people in our prisons are there as a result of drug-related crimes. Drug addiction can make you do things you wouldn't normally do, including criminal acts. Some drug addicts will stop at nothing to feed their habit.

Illicit drugs can also trigger mental health problems, including depression, which often leads to self harm and even worse, suicide.

This is the harsh reality of drug use. So if you are thinking of experimenting with drugs, just make sure you think about the consequences before you do, because drugs are dangerous and often deadly.





Everybody's got a dream! What's your dream?

There is one thing we all have in common – dreams and aspirations. Some may be big, and some may be small. But one thing's for sure, we all have them.

Dreams are sometimes hard to follow, but don't let that hold you back. For any dream can come true, if you're prepared to work hard enough and believe in yourself.

But of course be realistic; if you don't happen to have a talent for swimming, you would not expect to win a gold medal, would you? However there are always exceptions to the rule.

The most important thing to do is to identify your talents, and what brings you the most fulfilment in life.

All dreams have different meanings to different people. But that does not make them any more or less significant. Your goals are the most important in your life, no matter what they happen to be.

You may not dream of becoming an elite sportsman one day, or a lead singer in a rock band. Maybe your dream is to become a good parent and to raise a family all of your own.

Who knows, your dream could even be singing in the local church choir, or maybe helping someone elderly when they retire. Whatever your dreams are, make sure you do everything in your power to follow them.

Because when you're working towards achieving a dream, it leaves you with a sense of purpose and direction in life. So go ahead and follow your dreams – the best time to start is right now.

Only one person can make it happen and that is you. But remember, even the tallest tree once started out as a seed, it just happened to never give up. So don't ever give up, no matter how high the odds are stacked against you, and enjoy yourself while you do it.