

PROMOTING POSITIVE & HEALTHY LIFE CHOICES



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RESISTANCE EDUCATION AGAINST DRUGS



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National Council on Drug Abuse

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I am a
READ
child



RESISTANCE EDUCATION AGAINST DRUGS
5-7 years

Rationale

A survey conducted by the National Council on Drug Abuse (NCDA) in 2006 confirmed that the age of initiation of drug use among Jamaican youth is lower than 10 years old. This finding is an indicator for rising prevalence and addiction in Jamaica in the future. This ominous fact precipitated the decision of the NCDA to develop a series of selected prevention programmes that meet the needs of children and adolescence to build protective factors for risky behaviour.

The programme developed to address this need is Resistance Education Against Drugs (R.E.A.D).

READ for the 5 to 7 age group is a product delivered in the first years of primary school to boost the ongoing Prevention programmes in schools. It also supports the goals of the Healthy, Physical and Mental Lifestyle initiatives of the Ministry of Health.

This initiative was piloted among 200 children from 20 inner city schools in Kingston and St. Andrew in 2009. The findings support the need for an extended programme among this age group.

Goals & Objectives

The goal of the READ programme is to provide the participants with the knowledge to recognize negative behaviours linked to drug use and thus reduce their intention to use substances of abuse. This initiative aims to:






1. Develop self awareness skills for emotional intelligence
2. Develop decision making skills
3. Provide age appropriate drug and health information
4. Develop resistance skills

Programme Delivery

The participants are selected based on them belonging to a group that has a high risk for substance use. **The children involved in the programme are not individually assessed to be at risk for substance abuse.**



Sessions are facilitated by persons trained to deliver READ. During sessions, the class teachers are present. The programme includes:

-  Workbook completion
-  Educational Movies
-  Interactive Sessions
-  Playing of Games
-  Quiz Competitions

Benefits



-  Facilitator certification by the NCDA.
-  Tokens such as exercise books, pencils and other memorabilia are provided to the participants in the programme.
-  Each school participates in parish, regional and national quiz competitions using the READ material.
-  Facilitation of field trips during the programme.
-  Monitoring and evaluation of programme impact.
-  Exposure to anti-drug messages.
-  Opportunity to participate in the development of a mass media campaign.

