

STAND STRONG AGAINST DRUGS THE LAW STANDS WITH YOU.

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STUDENT HANDBOOK

YOUR GUIDE TO AWARENESS,
COURAGE, AND ACTION.

*YOUR CHOICES TODAY SHAPE YOUR TOMORROW.
THE FIGHT AGAINST DRUGS BEGINS WITH YOU!*

WELCOME NOTE

Dear Student,

Every generation faces challenges that test its strength. For our generation, one of the most dangerous battles we must fight is against drugs and substance abuse.

Drug abuse is not just a personal choice – it is a public health crisis, a legal risk, and a social emergency that is destroying lives every single day. It is a trap that targets the most promising years of your life. When a young person falls into drug use, it does not just harm them physically - it affects their family, their education, their career, and the future of their entire community.

This handbook is not just another booklet to read and forget.

It is a survival guide – a roadmap to help you stay safe, make informed decisions, and protect your future from being stolen by addiction or criminal involvement.

WHY THIS MATTERS

OUR GOAL WITH THIS HANDBOOK IS TO HELP YOU UNDERSTAND:



THE TRUTH ABOUT DRUGS

- *What really happens to your brain, body, and emotions when drugs enter your system.*
- *The science behind addiction and why it is so hard to break free once you start.*
- *The social, legal, and financial consequences of getting caught with or using drugs.*



THE COURAGE IT TAKES TO SAY NO

- *How to handle peer pressure without feeling embarrassed or excluded.*
- *How to stand up for yourself and for your friends.*
- *How to build confidence and make drug-free living a source of pride, not fear.*



THE ACTION STEPS YOU CAN TAKE

- *How to safely report drug dealers or unsafe activity in your area.*
- *How to protect your friends and campus without putting yourself at risk.*
- *How to get professional help for yourself or someone you care about if they are struggling.*



A CALL TO ACTION

You are the future of your family, your community, and your country. The choices you make today will decide the kind of life you live tomorrow.

THIS IS YOUR OPPORTUNITY TO



Stay Aware

Know the risks and recognize danger before it's too late.



Be Brave

Have the courage to say no, even if others are saying yes.



Take Action

Speak up, report wrongdoing, and help create a safe space for everyone.

WHY THIS MATTERS

Together, we can build a generation that chooses strength over weakness, courage over fear, and life over addiction.

STAY AWARE | BE BRAVE | TAKE ACTION.

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DRUGS: A SILENT EPIDEMIC

Drug abuse is not just a “big city” problem. It is quietly spreading into **schools, colleges, hostels, tuition centers, and even small towns and villages.**

Dealers deliberately target students because:

- Students are curious and easy to influence.
- Peer pressure makes it easier to convince one to try.
- Addiction creates “repeat customers,” guaranteeing profit for the dealer.

What starts as “**just one try**” at a party or with friends can become **a trap that consumes your health, money, and freedom.** The first use may seem harmless, but each use rewires your brain and increases the risk of addiction.

THE REAL IMPACT ON YOUR FUTURE

1. Academic Damage

- Drug users often lose focus and motivation.
- Attendance drops, assignments get ignored, and grades plummet.
- Bright students lose scholarships or fail competitive exams.
- Some are suspended or expelled - permanently damaging their academic record.

2. Legal Trouble

- Possession, use, or sale of illegal drugs is a criminal offense.
- Even being found in a group where drugs are present can get you arrested.
- Juvenile records can block your future - including:
 - **Government Jobs:** Most require police clearance and a clean record.
 - **Visas & Immigration:** Countries like the US, Canada, and UK reject applicants with drug charges.
 - **Private Sector Jobs:** Many companies conduct background verification and drug tests.

3. Social Impact

- Drugs create distance between you and the people who care for you.
- Friendships are replaced by risky, toxic company.
- Families lose trust, leading to conflict and emotional pain at home.
- Students face social stigma, gossip, and loss of respect from peers.



DRUGS: A SILENT EPIDEMIC

THE REAL IMPACT ON YOUR FUTURE

4. Financial Ruin

- Addiction is expensive - even small amounts cost hundreds or thousands of rupees per week.
- Some students start borrowing or stealing money.
- Debts and criminal activity (like theft or extortion) often follow.

5. Physical & Mental Health Damage

- Brain Damage: Memory loss, reduced IQ, poor decision-making.
- Body Damage: Liver failure, heart problems, risk of overdose.
- Mental Health: Drugs can trigger anxiety, depression, paranoia, and psychosis.
- Infections: Shared needles spread HIV, Hepatitis B & C.

SOME HARD NUMBERS



1 IN 7 YOUNG PEOPLE (15–24 YEARS OLD) WORLDWIDE HAVE TRIED
ILLEGAL SUBSTANCES



90% OF DRUG USERS STARTED
BEFORE AGE 18.



A SINGLE POLICE CASE UNDER NDPS
CAN MEAN 10–20 YEARS IN JAIL



A LONG-TERM DRUG USER LIVES 15–
20 YEARS LESS THAN A NON-USER.



OVER 60% OF ACCIDENTS INVOLVING
YOUTH INVOLVE ALCOHOL/DRUGS



DRUGS: A SILENT EPIDEMIC

THE RIPPLE EFFECT

DRUG ABUSE DOESN'T JUST AFFECT THE USER - IT AFFECTS:



CLASSMATES

SAFETY ON CAMPUS
IS THREATENED.



FAMILIES

PARENTS LOSE PEACE
OF MIND, SIBLINGS LOSE
A ROLE MODEL.



COMMUNITIES

CRIME RATES RISE WHEN
DRUGS SPREAD IN AN AREA

WHY THIS FIGHT MATTERS

EVERY TIME A STUDENT SAYS NO TO DRUGS OR REPORTS A DEALER, IT IS NOT JUST ONE PERSON SAVED – IT IS AN ENTIRE CIRCLE OF FRIENDS AND A FUTURE GENERATION PROTECTED.

THIS IS NOT JUST ABOUT STAYING OUT OF TROUBLE.

IT'S ABOUT TAKING RESPONSIBILITY FOR YOUR OWN LIFE, YOUR EDUCATION, AND YOUR FUTURE – AND MAKING SURE YOUR FRIENDS AND JUNIORS GET TO LIVE THEIRS TOO.

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AWARENESS: KNOW THE DANGER

KNOWLEDGE IS YOUR FIRST LINE OF DEFENSE

You cannot protect yourself from what you don't understand. Drug dealers often lie about the effects of drugs, calling them "safe," "cool," or "just for fun." The truth is very different - and often much darker.

Below are the most common substances students are exposed to - and what they really do to your body, brain, and future.

TOBACCO & NICOTINE (CIGARETTES, VAPES)

- **Short-Term Effects:** Yellow teeth, bad breath, faster heartbeat, breathing difficulty.
- **Long-Term Effects:** Lung cancer, throat cancer, heart disease, chronic bronchitis, infertility.
- **Reality of Vapes:** Most e-cigarettes contain nicotine, which is highly addictive. Some also contain harmful metals and toxic chemicals that can permanently scar lung tissue.
- **Legal Note:** Selling cigarettes and vapes to anyone under 18 is illegal in India.

ALCOHOL

- **Short-Term Effects:** Loss of control, poor judgment, accidents, violence.
- **Long-Term Effects:** Liver cirrhosis, stomach ulcers, brain shrinkage, memory loss.
- **Special Risk for Youth:** Your brain is still developing until age 25. Alcohol damages the growth of brain cells and can permanently affect decision-making skills.
- **Legal Note:** Underage drinking can lead to arrest, fines, and even juvenile records depending on state laws.



AWARENESS: KNOW THE DANGER

KNOWLEDGE IS YOUR FIRST LINE OF DEFENSE

CANNABIS (MARIJUANA, WEED, GANJA, HASH)

- **Short-Term Effects:** Distorted thinking, slower reaction time, poor coordination.
- **Long-Term Effects:** Damage to memory, lower motivation, difficulty learning, risk of schizophrenia or psychosis.
- **Reality of Vapes:** Street cannabis is often laced with other chemicals to make it stronger or addictive - making it far more dangerous than you think.
- **Legal Note:** Possession or use is a criminal offense under the NDPS Act - punishable with jail time.

OPIOIDS (HEROIN, MORPHINE, FENTANYL, PRESCRIPTION PAINKILLERS)

- **Short-Term Effects:** Drowsiness, nausea, intense pleasure followed by severe withdrawal.
- **Long-Term Effects:** Severe physical dependence, collapsed veins, infections, overdose leading to death.
- **Special Risk for Youth:** Needles used for opioids spread HIV and Hepatitis B/C.
- **Legal Note:** Heroin possession is one of the most serious drug crimes - can result in 10–20 years of imprisonment in India.

SYNTHETIC DRUGS (MDMA, LSD, METH, COCAINE)

- **Short-Term Effects:** Hallucinations, extreme euphoria followed by crashes, dehydration, high body temperature.
- **Long-Term Effects:** Brain damage, seizures, stroke, permanent mental illness.
- **DANGER: Synthetic drugs are often made in illegal labs with unknown chemicals. One dose can be fatal.**
- **Legal Note:** Possession, sale, or use carries heavy jail sentences and fines.



SIGNS OF DRUG USE AROUND YOU

KNOWING THE WARNING SIGNS CAN SAVE A LIFE – YOURS OR SOMEONE ELSE’S.

IF YOU NOTICE SEVERAL OF THESE SIGNS IN YOURSELF OR A FRIEND, IT’S TIME TO TALK TO A TRUSTED ADULT OR COUNSELOR.



ACADEMIC SIGNS

Sudden drop in grades, missing classes, lack of interest in studies or hobbies.



BEHAVIORAL SIGNS

Change in friend circle, secrecy, lying, staying out late, avoiding family.

PHYSICAL SIGNS

**BLOODSHOT OR DROOPY EYES
UNEXPLAINED WEIGHT LOSS OR GAIN
NEEDLE MARKS ON ARMS
SMELL OF SMOKE, CHEMICALS, OR ALCOHOL**

EMOTIONAL SIGNS:

**MOOD SWINGS, AGGRESSION, PARANOIA
ANXIETY, DEPRESSION, HOPELESSNESS
SUDDEN WITHDRAWAL OR ISOLATION**

VISIT FOR SUPPORT
WWW.DRUGSFREEYOUTH.ORG



MYTHS VS. FACTS

MYTH 1: "IT'S JUST FOR FUN, I CAN STOP ANYTIME."

FACT: Drugs physically change how your brain works. Your brain begins to crave them, making quitting extremely hard without professional help.

MYTH 2: "ONE TRY WON'T HURT."

FACT: Many addictions start with "just one try." One pill, one puff, one drink can be enough to set a lifelong pattern.

MYTH 3: "IT'S HARMLESS IF IT'S NATURAL."

FACT: Not true. Tobacco and cannabis are natural but still cause cancer, memory loss, and mental illness. Poison ivy is natural too – but you wouldn't eat it.

MYTH 4: "DRUGS MAKE YOU CREATIVE OR COOL."

FACT: Drugs dull your brain over time, slow your thinking, and destroy confidence. The coolest thing you can do is take full control of your own mind.

**AWARENESS IS NOT ABOUT SCARING YOU – IT IS ABOUT
GIVING YOU THE POWER OF CHOICE.**

**WHEN YOU KNOW THE DANGER, YOU CAN MAKE
DECISIONS THAT PROTECT YOUR LIFE AND THE LIVES OF
THOSE AROUND YOU.**

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COURAGE: SAY NO WITH CONFIDENCE

THE POWER OF REFUSAL

Saying “NO” to drugs is not a sign of weakness – it is a sign of strength, maturity, and self-respect.

Your refusal does not just protect your life, it can also inspire your friends to do the same.

Many students later confess that they tried drugs only because they didn't know how to say no without feeling awkward. This page will help you practice and prepare for that moment.

PEER PRESSURE REALITY CHECK

- Peer pressure lasts a few minutes.
- The consequences of saying yes can last a lifetime.
- True friends will never push you to harm yourself.
- If someone mocks you for refusing, they are not a real friend - they are trying to drag you down.

SIGNS OF REAL COURAGE

- Saying no when everyone else is saying yes.
- Walking away even if others laugh or call you boring.
- Helping a friend say no by standing with them.

COURAGE IS NOT ABOUT FIGHTING OR SHOUTING – IT'S ABOUT MAKING THE CHOICE THAT KEEPS YOU SAFE, EVEN WHEN IT'S DIFFICULT.

REMEMBER

SAYING NO IS YOUR RIGHT.

YOU DON'T NEED TO EXPLAIN YOURSELF TO ANYONE.

IF SOMEONE PRESSURES YOU TO TAKE DRUGS, THEY ARE NOT YOUR FRIEND.



COURAGE: SAY NO WITH CONFIDENCE

TECHNIQUES TO SAY "NO"

1. Be Clear & Direct

Keep it short and strong:

- "No thanks, I don't do that."
- "I'm not interested."
- "That's not for me."

Do not apologize or hesitate. A firm, confident "no" is enough.

3. Use Humor

Humor can break the tension and make it less confrontational:

- "No thanks - I'm crazy enough without it."
- "I like my brain cells. I'm keeping them."

This allows you to refuse without sounding judgmental.

2. Be Firm

If they keep insisting, repeat your refusal:

- "I already said no."
- "You can do what you want, but I'm out."

Repeat calmly. Your body language should match your words - stand tall, look them in the eye, & speak confidently.

4. Have an Exit Plan

If things feel unsafe, walk away immediately.

- Keep your phone charged and have money for transport.
- Have a trusted friend or parent you can call.
- Attend parties or gatherings with a "buddy system" - friends who share your values.

Leaving is always better than giving in.

REMEMBER

YOUR "NO" IS POWERFUL.

YOUR "NO" CAN SAVE YOU FROM ADDICTION, POLICE CASES, FINANCIAL RUIN, BROKEN TRUST, AND EVEN DEATH.

WHEN YOU CHOOSE TO STAND STRONG, YOU SET AN EXAMPLE FOR OTHERS. YOU BECOME A LEADER.



THERE'S MORE:

FOR MORE INFORMATION ON

- **COURAGE: SUPPORTING A FRIEND**
- **HOW TO REPORT**
- **ACTION: STAY SAFE**
- **BUILDING A DRUG-FREE LIFESTYLE**
- **REAL STORIES, REAL IMPACT**
- **COMMITMENT PAGE**



SCAN THIS QR CODE

**STAND STRONG.
SAY NO TO DRUGS.**



ONE SCAN COULD SAVE A LIFE.



SEE SOMETHING SUSPICIOUS?
TAKE ACTION & SCAN NOW.

Mangalore



Udupi



● ANONYMOUS

● SECURE

● IMMEDIATE ACTION

STAND STRONG.
SAY NO TO DRUGS.

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TOGETHER WITH OUR COMMUNITY AND THE LAW, LETS WORK TO PROTECT
EVERY FUTURE FROM THE GRIP OF DRUGS.