

# Living Drug Free

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What you hold in your hand now is the leader's guide to the material "Living Drug Free," originally produced in Sweden by the Temperance Guide and Scout Association in the spring of 2003, and revised in 2006. The aim of the material is to aid Guide and Scout leaders in their work to help children and young people develop preferences free of alcohol, narcotics and other intoxicating substances.

All other organizations, associations and schools doing work to encourage a drug free teenage period are welcome to use this material. Those who put it together are Guide and Scout leaders as well as professionals working with children and young people. All exercises have been tested by Guides and Scouts, students and colleagues.

At first sight the material might seem a bit chaotic, but once you see how it is meant to be used, we think that you will find it helpful. The original material consisted of 18 leaflets on different topics and came in a backpack. The English version is not as extensive, but the idea of dividing the material into small leaflets which are easy to put in the pocket and take out in the forest, for instance, is a good one. The reason why the text is rather large is that it should be possible to read even in the glow of kerosene lamp.

Each separate part of the material has an introduction and a short guide for the leader.

Most parts of the material contain evaluation exercises of different kinds, since studies made in several countries have shown that facts and propaganda intending to scare young people into staying away from drugs and alcohol have not been very successful. None of the ill effects for your health if you use tobacco and alcohol seem to be significant enough to compel the choice of a drug free life. What does influence how children and young people make their

choices is attitudes and values. This is why we must find ways to help young people make choices based on their own, individual convictions, and help them become aware of what these are and how they guide each and every choice one makes.

"Evaluation exercise" is such a method, and the exercises are designed to support this work.

Children are influenced by adults in many different ways, whether it be at home, at school or at Scout meetings, but TV, radio, magazines, music, films, commercials, and what they find on the internet, etc., has great influence also. In these present times, children and young people tend to identify more with people and ideas outside their family, teachers and Scout leaders.

Unless you are already familiar with evaluation exercises, we recommend that you yourself participate in some before you start leading them. Most of them can be used with adults as well.

And please remember that a warm, open atmosphere is the most important thing of all. Children and young people are experts at giving you the answers they think you want to hear, and this would make any evaluation exercises worthless.

Also keep in mind that these exercises and case studies are taken from Sweden. Please, feel free to adapt the exercises according to the daily life experience of the young people of your country.

Last, but not least, please keep your eyes and ears open, because if you do, you will notice that almost everyday there are articles or news items in the daily paper or on radio that can be used in your work to try to help your young people stay away from drugs.

Good luck in your work!

Anneli Fredriksson and Birgitta Persson

# Who are we?

The Temperance Guide and Scout Association is one of the five Guide and Scout associations in Sweden. It has about 4500 members. The Temperance Guide and Scout Association is connected to the Swedish Guide and Scout Council, and through this to WAGGGS and WOSM. The Temperance Guide and Scout Association is also connected to the Temperance Movement. Many of the Guide and Scout associations in Sweden were started by an already existing organization, for example the YMCA, the YWCA, the Salvation Army and the Temperance Movement.

The aim of the Temperance Guide and Scout Association is to give the members:

- basic moral values,
- democratic education,
- international understanding,
- interest in the nature and responsibility for a good environment,
- a personal standpoint against all kinds of drugs, including alcohol.

With this aim the Temperance Guide and Scout Association want to fulfil the mission of Scouting "to contribute to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society, and the mission of Guiding "to enable girls and young women to develop their fullest potential as responsible citizens of the World."

As a member of the Temperance Guide and Scout Association you make a promise of total abstinence. We help build a better world by not only working for democracy, a good environment and international understanding, but also by creating a strong civil society without drugs. Guiding and Scouting are drug free environments where young people are given the strength and role models, to say no to drugs.

Each age group in the Temperance Guide and Scout Association have discussions and are given information to motivate Guides and Scouts to live without alcohol and other drugs. The material "Living Drug Free" is used in this work, whose objective is to give knowledge of what drugs do, arguments for total abstinence, support for a personal commitment and strength to influence others. Members of this association are to have made the promise of total abstinence by the time they turn twelve.



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