

## LIFE SET FREE



MORE THAN 160 YEARS OF SERVICE IN COMMUNITIES, FOR CHILDREN AND YOUTH, FOR WOMEN'S RIGHTS AND EQUALITY, AGAINST RACISM AND SEGREGATION, FOR DEMOCRACY AND HUMAN DIGNITY, WORLDWIDE.



## LIFE SET FREE

### Harness potential

- Develop life skills, and self-esteem.
- Empower independent decision-making in children and youth.
- Build capacities to be active citizens.
- Provide safe, creative environments where people of all ages, and especially children and youth, can live up to their full potential.

ALCOHOL HARMS THE USER'S MENTAL, PHYSICAL HEALTH. ALCOHOL USE ALSO HARMS OTHERS THAN THE USER, ESPECIALLY BURDENING CHILDREN AND YOUTH.

EVERY 10 SECONDS SOMEONE IN THE WORLD DIES BECAUSE OF ALCOHOL.

### Support Families

- Provide help and support for children of parents with alcohol use disorders.
- Facilitate family recovery from alcohol use disorders and other forms of alcohol harm.
- Provide help and service to women and children who suffer from domestic violence.
- Empower women to take charge of their own and their family's fortune, to believe in their capacities.

ALCOHOL HARMS THE ECONOMIC SITUATION OF HOUSEHOLDS AND IS OFTEN LINKED TO CHILD ABUSE AND NEGLECT AS WELL AS DOMESTIC AND INTIMATE-PARTNER VIOLENCE.



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## Strengthen Communities

- Run grass-roots projects in urban and in rural areas adversely affected by alcohol.
- Efforts for more alcohol free environments to promote inclusion, safety and foster community development.
- Advocate for evidence-based, cost-effective alcohol policies.
- Prevention programs that protect vulnerable groups in a community, and reconcile different groups in conflict areas.

ALCOHOL INHIBITS THE CAPACITIES OF PEOPLE TO BE ACTIVE CITIZENS AND CONTRIBUTE TO THEIR COMMUNITY. ALCOHOL OFTEN CONTRIBUTES TO THE FLOUTING OF SOCIAL NORMS OF DECENCY AND CONDUCT - MAKING WOMEN FEEL UNSAFE AND DEGRADED.

## Develop Societies

- Promote citizens well-being, economic prosperity and democracy through alcohol policy.
- Population responses to the epidemics of HIV/ Aids, NCDs, and violence against women and girls.
- Empower and enable civil society to engage with and contribute to political processes affecting their livelihoods.

ALCOHOL BURDENS THE PRODUCTIVITY, SUSTAINABILITY OF ECONOMIES.

ALCOHOL HARM IN THE EU COSTS €156 BILLION EVERY YEAR.

ALCOHOL IS A MAJOR RISK FACTOR FOR COMMUNICABLE DISEASES LIKE HIV/AIDS AND NCDs LIKE CANCER.

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IOGT International is the premier global interlocutor for evidence-based policy measures and community-based interventions to prevent and reduce harm caused by alcohol and other drugs.