

YOUTH DEPARTMENT
Dr. Elisa Masuku - World Director

Students from a Polytechnic School in Bulawayo and an off-campus group of students from Solusi University, both in Zimbabwe, Africa were asked the following questions. Their answers were compiled with the hope it will be helpful to youth internationally and to youth leaders.

1. How are you dealing with the popularisation of marijuana use and the fact that there are more and more states in the USA and other places around the world legalizing the use of marijuana?
 - a) Spend less time with people who drink and take other substances. Try to occupy friends with activities and conversations which do not include alcohol and smoking.
 - b) Have prayer and fasting sessions and conduct seminars that inform people about effects of substances.
 - c) Keep company with people of sober habits.
 - d) Stay away from people who use such substances.
 - e) Keep away from environments that encourage and promote substance abuse.
 - f) Join groups that have positive impacts to my life.
 - g) Withstand peer-pressure and be independent.
 - h) Associate with people who don't consume alcohol or other drugs.

2. How do you deal with the social pressure to consume alcoholic beverages in social settings like colleges, universities, work, or even when hanging with friends?
 - a) Avoid friends that encourage drinking alcohol.
 - b) Stay at home and associate with people who have the same interests as me.
 - c) Spend time with supportive family and friends.
 - d) Maintain my principles.
 - e) Simply say "No".
 - f) Stick to my good morals.
 - g) Use my spare time doing something entertaining rather than drinking.
 - h) Give health talks at assemblies.
 - i) Start a WCTU club.
 - j) Never start drinking alcohol, smoking, or taking drugs.

3. How do you intervene when you have a friend or relative struggling with alcohol or substance abuse?
 - a) Suggest they go for rehabilitation if they can't stop on their own.
 - b) Offer the opportunity for counselling and if needed, a 5-day plan to stop smoking.
 - c) Tell them about the effects of alcohol.
 - d) Get them professional help.
 - e) Encourage them to talk to an adult who is sober and seek prayers.
 - f) Let their parents know.
 - g) Arrange for counselling sessions.
 - h) Invite them to church.

4. What strategies do you suggest WCTU members should employ to reach more youth for total abstinence?
 - a) Educate about the effects of drugs.
 - b) Have former drug addicts speak to youth.
 - c) Show DVD's on drug abuse.
 - d) Form youth clubs in schools.
 - e) Promote public campaigns against drugs.
 - f) Provide meaningful entertainment to youth groups.
 - g) Show benefits of abstaining with posters.

5. How do you manage to abstain and remain drug-free?
 - a) Read more about a healthy style, and its importance.
 - b) Learn more about the effects of substance abuse.
 - c) Ask God to help me live a healthy lifestyle.
 - d) Stay away from people who indulge in drug abuse.
 - e) Drink a lot of water- a free and safe drink.
 - f) Stick to my principles and know what is right for me.
 - g) Hang around with friends who don't engage in substance abuse.
 - h) Engage in activities that promote good health.
 - i) Never take drugs.
 - j) Listen to God's word.
 - k) Consider my health and my future.
 - l) Consider the effects of drug use and how it would affect my family and me.
 - m) Have friends who have good values.