



### Director's Message

*World No Tobacco Day* brought into focus the need to protect, especially the young ones and the planet, against tobacco and other harmful substances. An effective way to do that is to equip the children and youth with information and support mechanisms to say NO to substance use while enabling them to also support their peers. BREADS' DREAM programme is doing just that by training young students to become ambassadors of change, supporting their peers to dream beyond drugs and other forms of addiction. This edition of *Slice* tells you more about them.

**Fr Rubin Mathew sdb**  
Executive Director, BREADS

### The Power of Peers

Drug Rehabilitation Education and Mentoring (DREAM) is a rights-based initiative from BREADS that aims to empower lakhs of children and youth in Kerala to dream beyond drugs. Awareness creation, counselling and mentoring activities are underway in 10 districts in Kerala: Thiruvananthapuram, Kollam, Kottayam, Ernakulam, Thrissur, Alappuzha, Kozhikode, Kannur, Wayanad and Kasaragod, in collaboration with the Excise, Education, and other Government departments.

Peer pressure is an important factor that influences young people to first try out addictive substances and behaviours. DREAM's strategy is to use this factor positively to support young people to make healthy, empowering choices for themselves. Suitable young people are selected as Ambassadors and trained to take on the role of positive role models and support agents in their schools and colleges. They are trained about addictive behaviours and substances and how they can support their peers in times of need. By 2025, DREAM would have empowered 2400 such young people to be change agents in their local communities.

During April-May 2022, the DREAM teams across the districts conducted 13 trainings, reaching 570 students. These trained Ambassadors will be facilitated to use the government platforms of VIMUKTHI Clubs in schools and colleges, to lead activities for the prevention of substance abuse among the students in their campuses. The training sessions consisted of peer group sharing, success stories, and interactive sessions handled by field experts and government officials/ doctors/ staff of deaddiction centres.

Listen in to what the young Ambassadors have to say.

### Voices of the Ambassadors

**Christina Stany**

**Class 9, Marymatha ICSE School, Puthukad**

What do you think about the project DREAM?



DREAM is a project which is working for the children like me, to help us to dream, to achieve our dreams by being more responsible towards life. DREAM helps many children to understand the ill effects of drugs in our lives and to help those who use them.

I enjoyed the camp and at the same time, I was able to learn more about addiction and its different associated problems. It helped me understand why should we stay away from these addictive behaviours and prevent others from using drugs as well. The programme helped me learn what I can do as a leader in my school, and how I can help my friends if they are facing such problems. I also got to know about child rights and the laws associated with children. I liked the sessions.

*Please share your experience and learnings from the Ambassador training programme?*

*What were the topics and major points of discussion during the programme?*

On the first day, Civil Excise Officer had a talk with us, sharing his experiences in this field. The Don Bosco brothers taught us about leadership and how to become a good leader along with many games. On the second day of the training, we had a session on child rights and the JJB. It was the first time that I am hearing about these and it helped me to know more about the rights and laws associated with children. The session had games and activities associated to mental health.



The training made clear my roles and responsibilities as a leader in my school and among my friends. I have heard many names of drugs, but I did not have a clear understanding of them. Such things were discussed in detail and so I got a clear idea of what is happening around me.

*As an ambassador of DREAM, what can you do in your school to help your friends in need?*

With all these inputs, if I come across such an incident, I will check that it is genuine and then report it to the concerned authorities at school. I will talk to the students about the problems and after-effects associated with the use of drugs.

*What is the relevance of DREAM in today's scenario especially among children?*

I think it is a need of the hour. I came to know about mental health, its importance, and the types of addictions including behavioural addictions through the awareness sessions by DREAM. Now I know when and how to seek help. I was able to share this knowledge with my parents. Those sessions helped me change my perspectives on addiction and related problems. Today a lot of people get influenced mostly through movies and songs, to start using these drugs. So, I think DREAM has to do more by creating a scientific awareness among children like us.

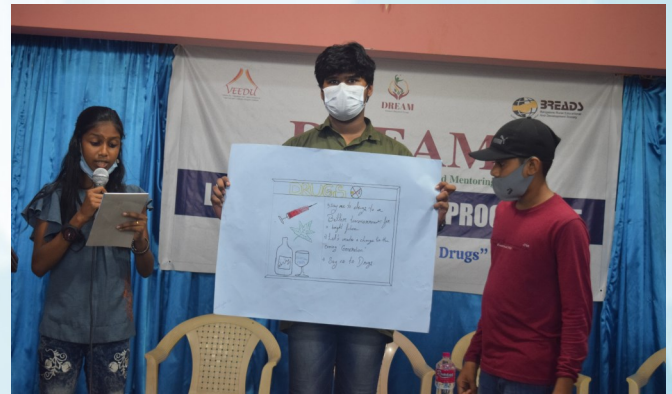


**Govind S**

**Class 10, Krist Raj HSS, Kollam**

It was my school counsellor who told me about a two-day training by Drug Rehabilitation Education and Mentoring (DREAM) programme and encouraged me to attend. A few months ago, I had also attended the awareness session in our school, conducted by DREAM Kollam. I have seen many of my friends buying and using drugs and other products from the shops near my school. Many times, they forced me to use the same but I was not interested. I knew quite a bit about the harmful effects of drugs and that their use can lead to various diseases and disorders in human beings.

The DREAM training in school was very different from other trainings that I attended. I learned about addiction and its stages, and the brain psychology behind addiction. The session was very interesting, with games and video presentations that helped us to pay attention. I understood what the DREAM project is doing in the district, and its main services. So, when I had the chance to attend DREAM's two-day camp, I was so excited!



On the first day, the classes focused on how increased use of drugs among children affects them, their families, and the community. It became clear to us how a child can become addicted to drugs and narcotics, which could lead to other kind of addictions. We learned what to do and where to receive help if someone falls into this trap of substance abuse.

The second-day sessions focused on building our leadership skills and how to build a good personality. We were divided into different groups for games and activities which helped us to bring out our leadership skills. There were sessions on the importance of interpersonal and communication skills and how we can make a group more cooperative through proper coordination.

Through these two days of camp, I learned so many things and I will try to apply the same in my life and share with others. I am sure that I can set an example with a good personality and will also encourage others to DREAM BEYOND DRUGS.



### **Rebooting from Addiction in Kollam**



Manish S Kumar (name changed) and his mother visited the DREAM Kollam counselling centre with complaints of excessive use of the mobile phone, anger outbursts and aggression towards his mother if questioned about the phone. As a result of the prolonged use of the mobile phone, and a lack of routine and exercise, Manish had also become obese. His behaviour caused several disagreements with his mother, a single parent, who was fed up with his behaviour and was worried about his low academic performance. She brought him for counselling with the hope of changing his life for the better.

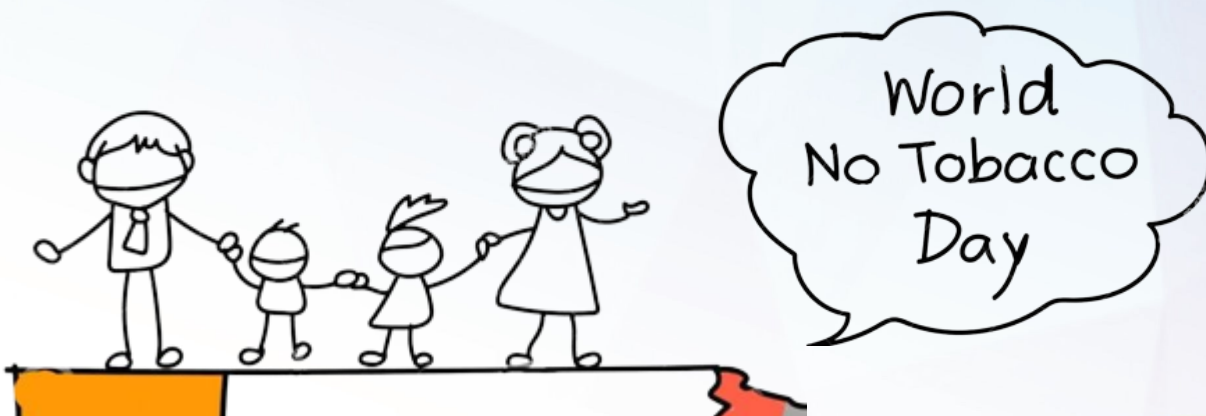
The Counsellor of DREAM Kollam was able to provide counselling and psychological support to Manish and his family. She helped him establish a healthy routine and sleep pattern. Manish was asked to track his daily tasks and he began to substitute his screen time with physical activity. As a result, he was able to overcome his smartphone addiction, becoming more active and able to strengthen his relationship with his mother. By *Dreaming Beyond Addiction*, Manish is now living a happier life.

## World No Tobacco Day 2022

World No Tobacco Day, observed on 31 May, is significant to DREAM's interventions because across the world, nicotine is the most common, socially accepted gateway to other deadly substance use. Tobacco products are also a massive source of environmental pollution.



DREAM teams across 10 districts in Kerala came up with innovative ways to raise awareness among more than 2650 adults and children about the adverse impact of tobacco on the health of people and the planet.



Congratulations to the 48 students from DB Young at Risk centres in Karnataka, who passed their 10th class exams with good grades! Wishing them all the best in their future studies!



Jeevitha



Rahul



Yashwant



Johnson



Nandini



Jennifer



Madhu



Sathya



Tanuja



Hemalatha



Ganesh



Sai krishna



Sujatha



Bhavani



Amrutha



Chandrika



Shivamurthy



Vasanth



Vishnu



Muniswamy



Omprakash



Santhosh



Ravi



Fathima



Riyaz



Hallamma



Prajwal



Ajay



Rehamath



Rekha



Sathishnaik



Sharath N

## Calendar

### May 2022

- Inauguration of renovated SUPRABHA, Davangere (shelter home for children at risk)
- Monitoring and evaluation of BREADS' projects
- DREAM state-level Staff Meeting and Training
- *Santoshadindha Shalege*—BREADS' campaign to send underprivileged children back to school with a smile.

### June 2022

- World Environment Day campaigns - CREAM programme
- World Day Against Child Labour campaigns – CREAM programme
- International Day Against Drug Abuse and Illicit Trafficking - DREAM
- State-level DREAM Coordinators meeting
- *Santoshadindha Shalege*—BREADS' campaign to send underprivileged children back to school with a smile.

## BREADS NEWS



### Apna Bazaar by KISMAT, Kerala

Kerala Interstate Migrants Alliance for Transformation (KISMAT), a programme of BREADS Bangalore, organised a day-long exhibition cum sale at Perumbavoor on 28 May 2022...[more...](#)



### DREAM staff training cum review meeting

Bangalore Rural Educational and Development Society (BREADS) Bangalore organised a two-day staff training cum state-level review meeting for the programme staff of its Drug Rehabilitation Education and Mentoring (DREAM) programme on...[more...](#)



### WE-AUTO THIRD PHASE INAUGURATION & DISTRIBUTION

The third phase of the BREADS' WE-AUTO project, which provides electric autos to the fisherwomen belonging to the Kollam area, was inaugurated on 17 May 2022 by Mr. G. D Vijayakumar...[more...](#)



### Kaliyaranqu 2K22 by DREAM Thrissur

BREADS' Drug Rehabilitation Education and Mentoring (DREAM) team in Thrissur organised a campaign 'Kaliyaranqu 2K22' in Manalur panchayat on 23 April 2022 with the theme **#Dream Together**...[more...](#)