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Director's Message

Research, as well as Don Bosco's Preventive Method of Education, which involves close accompaniment of vulnerable youth, has demonstrated that the presence of caring non-parental adults has a definite positive impact on the lives of young people. In its DREAM initiative, BREADS uses this strategy of mentoring by sensitised significant adults, to create a supportive community for children and young people at risk for substance use and addictive behaviours. This edition of Slice tells you more.

Mentors Training for School and College Teachers

Research has shown that significant adults have an extraordinary impact on young people and can influence:

- Increased self-esteem
- Reduced use of alcohol, cigarettes, and drugs
- Improved school achievement and high school graduation rates
- Higher aspirations for their careers



Drug Rehabilitation Education and Mentoring (DREAM) is BREADS' initiative to empower children and youth in Kerala to aspire to full lives beyond drugs and addictions. As significant adults, school and college teachers play a crucial role in supporting and inspiring their students to make healthy, empowering choices in their

lives. With continuous access to vulnerable young people, they become important collaborators in DREAM's strategy, as mentors who can impact young people in their spheres of influence.

The DREAM strategy is to equip teachers with information and skills about the various types and prevalence of addictions, their consequences, the stressors



that put children at greater risk, the means to identify danger signs, and the basic skills for early intervention. Towards this end, two-day mentorship trainings were organised for two school and college teachers from selected schools/colleges.

The teachers were chosen based on their interest and whether they were likely to remain in same institution, to ensure their sustained interest and presence.

The training was organised with the help of professional counsellors and doctors from deaddiction centres, and officials from the Excise Department, who covered the following topics:

- Substance abuse and other forms of addictions
- Early symptoms and signs of drug use/other addictions
- Types of drugs prevalent among children and youth and how to identify them
- Legal aspects related to substance abuse
- Counselling guidelines for children using substances or with other addictions

SN	District	Trainings	Participants
1	Thiruvananthapuram	3	207
2	Kollam	2	110
3	Alappuzha	3	103
4	Kottayam	1	25
5	Ernakulam	1	64
6	Thrissur	1	47
7	Kozhikode	4	130
8	Kannur	1	43
9	Wayanad	1	25
Total		17	754



Through the training of mentors, DREAM was able to reinforce the need for anti-drug activities in schools and colleges as well. Sensitised and informed mentors were able to refer **865** vulnerable children to DREAM for counselling and other support.

The multifaceted DREAM strategy aims to create awareness among students and simultaneously create an environment with informed supportive adults, while providing access to required services to address any

issues of mental health or addiction.

As a result of the training, the teachers approached the DREAM staff to conduct awareness sessions in their schools. The teachers also took the initiative to conduct various activities and competitions to raise awareness among the students. In some schools, the teachers formed counselling cells and the DREAM teams were invited to extend their services to them.

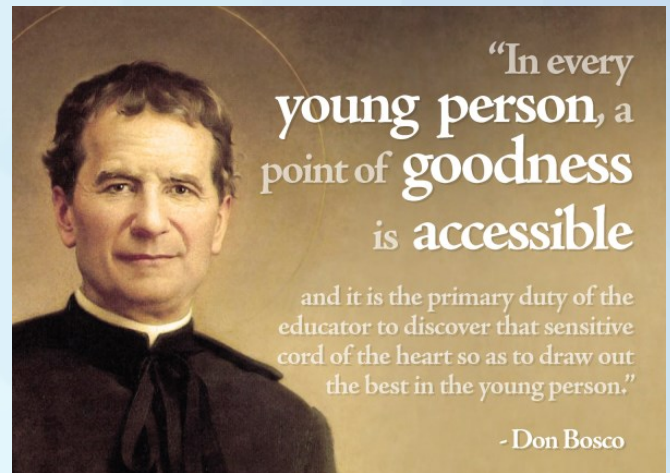


The Impact of the Trained Mentor

In the current scenario, when younger people sometimes seek happiness through unhealthy means, a good mentor with profound knowledge of life skills and the adverse effect of drugs and substance abuse, is invaluable in guiding students to better life choices. In its effort to prepare such mentors, DREAM Kottayam organised a training programme for 25 identified teachers.

Mrs Meera Dileep from Don Bosco Central School, Puthuppally participated in the Mentors' Training organised by DREAM Kottayam on 18 March 2022. After the programme, Mrs Meera took a major interest in strengthening the Vimukthi Club (Anti-Narcotic Club) in the school. One of the creative efforts that she and the Vimukthi club members initiated, was to write positive, motivating thoughts to prevent substance abuse and addiction, on the whiteboards of each class with the help of the student representatives.

The training programme enabled Mrs Meera to identify and manage children with behavioural and family is-



sues in a systematic way. The sessions helped her to identify children with different types of addiction, mainly screen addiction, and refer them to the DREAM counselling centre. Mrs Meera has become the main advocate of DREAM activities in her school, putting immense efforts into making children aware of the adverse effects of addiction and substance abuse, by organising different types of competitions such as drawing, essay writing, and street plays.

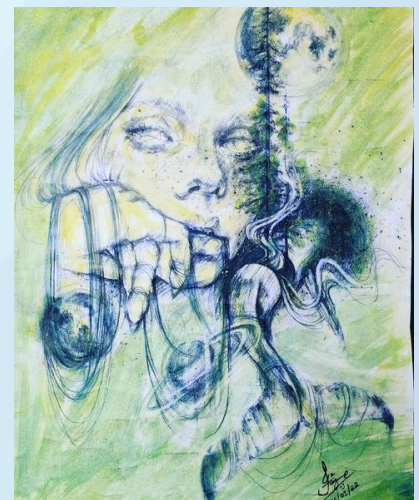
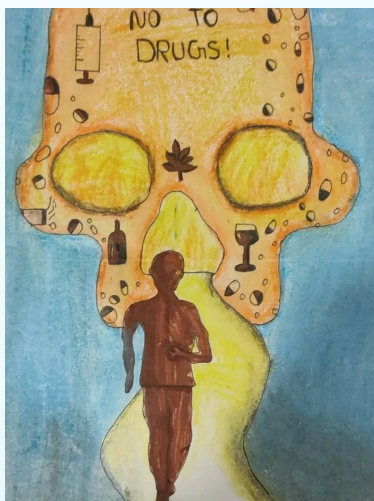
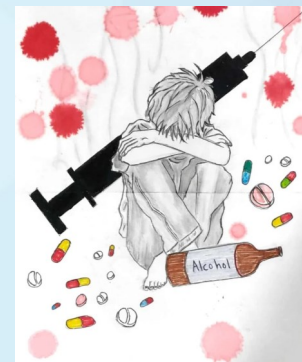
My name is Anagha, studying at GHSS Chavara, Kollam. Chithra ma'am, a teacher in our school, had attended the mentors training programme organised by the DREAM initiative. After that programme, she organised several competitions and activities in association with our Vimukthi club and DREAM, which created a sense of responsibility in our minds to fight against substance abuse, and to properly understand the ill effects of substance abuse on individuals and society. She guided me in several situations. She instills values and principles and is a good mentor to all of us.



Choose Life. Not Drugs — a DREAM Campaign

The Drug Rehabilitation Education and Mentoring (DREAM) programme initiated a month-long campaign **Choose life. Not Drugs**, across 10 districts in Kerala, starting 11 October to 14 November 2022.

The campaign provided an excellent opportunity to educate young people and the general public about healthy choices, while also allowing a variety of important stakeholders, including school and college students, volunteers, youth, teachers, and professionals, to showcase their talents through a variety of competitions. Have a glimpse of some of the contributions received: [DREAM KERALA \(@dre_amkerala\) • Instagram photos and videos](#)



Calendar

October 2022

- Gandhi Jayanthi observance
- Monitoring and evaluation of BREADS' projects
- DREAM campaign across Kerala

November 2022

- Monitoring and evaluation of BREADS' projects
- Children's day and Child Rights Week celebrations
- Inauguration of Don Bosco Sadan, Monvila
- DREAM state-level workshop on substance abuse & prevention

BREADS NEWS



Observance of Gandhi Jayanthi by DREAM Wayanad

In observance of Gandhi Jayanthi, DREAM Wayanad organised a Lahari Virudha Sandesha Yatra (Anti-drug campaign) in collaboration with the Janamaithri Suraksha Project of the...[more...](#)



MOCHANA: Anti-drug week observance in connection with Gandhi Jayanthi

The Drug Rehabilitation Education and Mentoring (DREAM) programme team in Thiruvananthapuram organised a week-long campaign *Mochana*, in connection with Gandhi Jayanthi...[more...](#)



Tying up criminals instead of making ropes

Over the past years, Don Bosco Devadurga has been running a bridge school centre for child labourers. The school course, which is a process of rescue and rehabilitation, lasts for one year....[more...](#)



These smiling faces shine brighter than any lamps!!

It is Diwali season; and Mr. Rajinder Gandotra (Founder-CEO of Avekshaa Technologies Pvt Ltd), along with his team in Bangalore, gifted 15 children, a day packed with happiness. The young girls are less-privileged...[more...](#)