



ASSOCIATION FAITH AND JUSTICE

PEER EDUCATOR BOOKLET

Sensitization manual against drugs in schools



I engage myself in fighting against the circulation and the consumption of drugs in my school

This manual is produced for the attention of young school children trained as part of the advocacy against the circulation and no-medical consumption of psychoactive drugs and other drugs in schools in Cameroon; a project lead by the Association Faith and justice and the platform for the fight against drugs abuse in schools





Association Faith and Justice is an organization created in 2010 by the Catholic Missionary Congregations through the Conference of Major Superiors and Delegates of Cameroon (CSMDC). Marked by the weight of injustices affecting Cameroon, Faith and Justice wants to act through advocacy on subjects that affect the structures of life in Cameroon and exert a positive influence on government policies that affect the lives of populations.



Association Faith and Justice

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INTRODUCTION

In Cameroon, drugs abuse is a wreak havoc. It affects all the levels and milieu of the society, making indeed the circulation and consumption of drugs, a problem to health and security to the public. Educated youth are not left out. This therefore leads to damages of the social climate in the education milieu. Students and educators evaluate in a risky environment.

The fighting against drug abuse in our society and particularly in schools is our duty to all. Students are having a great role to play in this fight. At their level, they have to be informed, then inform and thus make awareness to their classmate on the misdemeanor of drugs and lastly guide them to a reliable support.

This is what is particularly waited from an educator peer. There are 750 educators peers formed in almost 20 schools in Yaounde and Batouri. This document is a note reminder for them. It is q condenses of some elementary points of the formation they received, during the framework of **advocacy against the circulation and consumption of psychoactive medicines and other drugs in the education milieu in Cameroon (2018-2021)**.

We remind you that an educator peer should not work alone. His activity must always be directed by the school relay, which is also formed in the same framework. All these, in the supervision of the school head.

We wish a good luck to our youths peers educators!

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I. EDUCATION BY PEERS

What is education by peers ?



It is a communicating strategy whereby people who share the same principles and the same common points of view (same age, generation, sex...) can better communicate, argue and have an influence between each other

Who is a peer educator?



The peer educator is a young girl or a young boy, who is formed to help his classmates in his community to adopt a good and responsible behavior, in the matter of drugs addiction.

Profil of a peer educator

To be a peer educator, you need to be:

- A regular and identified student by his school ;
- Have a good reputation or name ;
- Be a member of a club(health, anti-tobacco or anti-drugs)
- Chosen by the teachers or those in charge of the social services.

What are the qualities of a peer educator ?

The qualities of a peer educator are:

- Having interest on the issue of drugs.
- Be polite and respectful ;
- Be cultivated and make research of a good information ;
- Be capable of listening and showing empathy (understanding the others) ;
- Be sociable, that is being able to integrate in his or her environment ;
- Useful used of the new technologies of information and communication.



What are the roles of a peer educator ?

The peer educator should :

- Sensitize the youths on the consumption of drugs and their harmful effects in the organism;
- Arouse the participation of the youths around his area;
- Convince and orientate the youths to do a demand of curing in a specialize health center or an adequate persons(responsible) of your school;
- Participate in the champagne of sensitization through the distribution of flyers, deplanes and any other sensitization materials ;
- Convince the youths to adopt a responsible behavior;
- Be a relay between the youth with others community members;
- Animate educative talk;
- Accept to work without an interest;
- Maintaining communication with teachers ;
- Be worried about the wellbeing of his peers;
- Be a model to other youths.



What a peer educator should not do ?

The peer educator should avoid:

- Spreading false informations or rumors ;
- Deciding in the place of others ;
- Judging, mocking, humiliating others and playing the role of a moralist ;
- Asking to be paid by his peers for his work;
- Stigmatizing: that is dismissing his classmates in school activities ;
- Avoid saying he/she is a drug addict, failure, sold or ill lucked...
- Prescribing medicines; only a health personnel can prescribe medicines.



Advantages of a peer educator?



En étant Pair éducateur, tu as l'opportunité :
You have the opportunity ;

- To know the harmful effects of drugs consumption on health;
- The capacity to ameliorate in your communication, in counseling and in interpersonal relationships with others (youths, supervisors, health personnel's, etc);
- Being known by the educative staff as a model for your mates;
- By helping oneself on how to preserve your own health.

With what does the peer educator use in sensitizing?

- **Gadgets of sensitization** : deplanes, flyers, videos etc
- **Educatives or friendly discussions** ;
- **Motivational conversation** :Is a conversation with someone in which you help the person to achieve his or her objective(for examples having goods marks)

What to do if a friend or mate takes drugs?

- Express empathy: Which is the capacity of putting yourself in the place of others, understanding his ideas and emotions ;
- Ask questions on the nature of what the person is consuming ;
- 3-Explain the consequences of drugs consumption in the person's organism ;
- 4- Put him/her in to contact with a supervisor or the person in charge in the school to accompany and follow up.

II. WHAT TO KNOW ABOUT DRUGS AND THEIR HARM

Drugs : what is't ?

It is a substance taken for non-medication reasons, which affects the brain, modifies the way of looking at things, feelings or emotions, way of thinking and behaving, causing dependence and harmful damages(to physical and mental health).

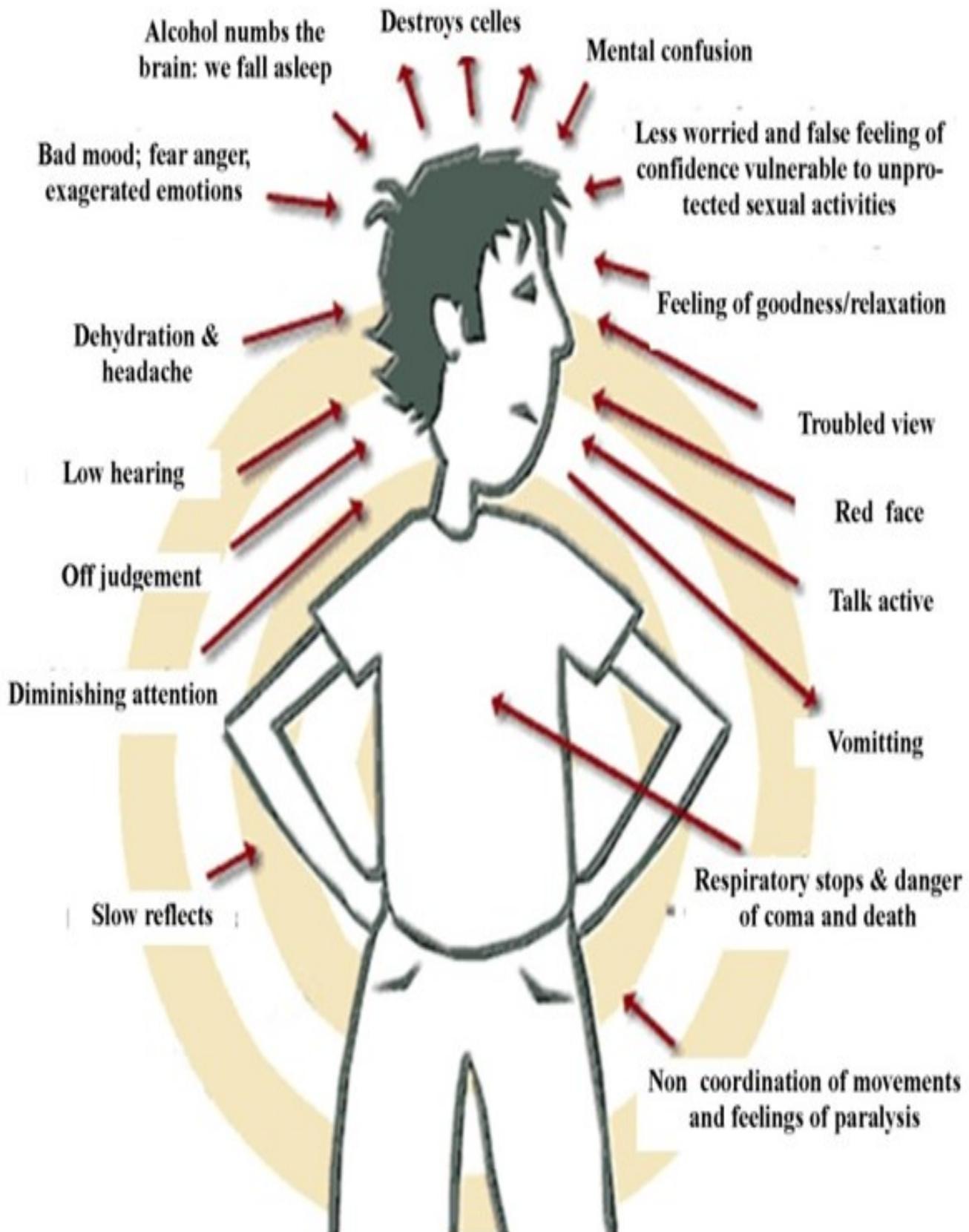
Types de drugs

- **Narcotics:** heroine, Morphine, Opium, Tramadol, Demerol....
- **Stimulants :** cocaine, crack, amphétamines, cola, Nicotine Methamphetamines, and Caffeine ;
- **Perturbators:** cannabis; inhaling products (solvent gum, fuel), tobacco, Ketamine, PCP, champignons.
- **Hallucinogens :**LSD, Mescaline or Peyote, ecstasy ;
- **Depressors:**Alcohol, Barbiturics, Benzodiazepines, Gamma Hydroxybutyrate (GHB) Rohypnol ;
- **New products of synthesis:** many of these substances are mostly powerful, mostly dangerous and mostly addictive than drugs that they imitate.

Beer and tobacco

They are called legal drugs but they are psychoactive whose consumption, selling and consumption are controlled by the law. But, it has a certain impact on consumers' health. These drugs are forbidden to youth of less than 18 years because of their impact in their brain which is still in growth till 25 years.

Short term physical effects of alcohol



The more the alcohol in the blood, the more the effects are felt

SHIHA

WHAT DO YOU KNOW?

Une chicha,
c'est rien!



1 session =
40 cigarettes!

The water filters
the smoke



Only a small part
of toxic substance

It's just
taste!



It is TABAMEL =
tobacco + metass +
chemical fruit
essence

less dangerous
than cigarettes



Exposure to metals,
tars and fine parti-
cles is also toxic

Not even
addicted



There is NICOTINE
so it makes you
addicted!

Tobacco

Tobacco contains nicotine which has a substance called dependogine which is an opening door for the consumption of other drugs.



Cocaine and crack usually called coke, white, coco, dynamite, neigh, soubrette



It is a strong stimulant in the form of crystal or little stones. When consumers run short of cocaine, they enter a state of depression and they can easily commit suicide.

Le cannabis

It is the third most consumed drug. Those consuming cannabis are noted for violence and are known as thieves.



Heroin usually called fee white, horse, H, white powder, brown sugar...



It is an injectable drug which affects the brain rapidly and creates a certain strong dependence. In case of overdose, it results in death.

Le LSD acide lysergique diéthylamide encore appelé acide, cube, tabs, microdot,, gel, tabs, la souris déglinguée...

It is a drug in form of tablets placed on a paper and divided into cubes and each cube represents a dose. The consumption of this drug creates a feeling of panic, mental disorder and a feeling of hopelessness.



Tramadol

It is an anti-pains medicine prescription. Consuming without the knowledge of the doctor led to difficulties in concentration, memory breakdown, an accelerated cardiac respiratory system that can cause CVA ; shortage of sleep, extreme fatigue, headed, suffocation, hallucinations and also aggressive and depressive humor.



Cristal meth and methamphetamine called crank, meth, ice, quartz, speed glass, tweak ...



It looks like little fragments of glass or little white blue stones. They causes serious mental and made disorder.

Inhaling drugs called inhaling gas, whippets, poppers, rush...

Contains chemical product that are found in glue, paint...; Consumption of this product causes loss of odor, nose bleeding, and suffocation and in worse cases CVA (because the product when inhaled, consumes oxygen in the lungs and the nervous system).



What is an addiction ?

An addiction is a chronic sickness, repeated impossibility of controlling a habit or a behavior which is characterized by a continuous following up of a habit without knowing bad consequences.

We talk of addiction when there is :

- **Repeated impossibility of controlling a habit or behavior ;**
- **Continues following up of a habit without knowing bad consequences.**

How do addicted people behave?

Addicted persons show resistances because they totally refuse to stop despite the risks attached.

Six categories of resistance behaviors

- **Argueing:** They question; do not consider and are hostile;
- **Interrupting:** They interrupt the other persons and talk louder than others;
- **Defensive:** Blaming; not in accordance with others, feels out of the negative consequences, minimizing, being pessimist, they question;
- **Ignore:** Not attentive, avoid the subject, absence of response, going out topic;
- **Avoid:** Absence from meetings, systematical late coming;
- **Being in a deny:** Strictly denying, refusing to admit the truth.



III. CONSEQUENCES OF DRUGS ON HEALTH, SCHOOL AND FAMILY

On health

Psychoactive substances causing many damages at times, irreversible on the human body organs; the nervous system central (the brain and mole spinier) is mostly touched.



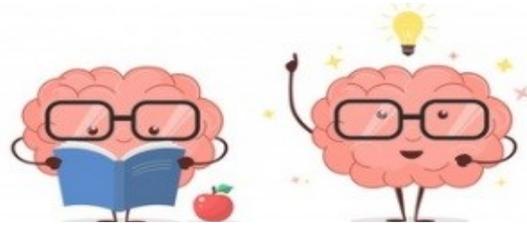
In the other hand, we identified cancers, cirrhosis, a reduction in concentration, memory breakdown, cardiovascular troubles, epilepsy crisis, misbehavior, stressing up, drop in sight, hypertension, irregular menstruation, loss of weight, high depression, panic crises and even lack of fertility.

School

It damages the functioning of brain and causes lack of sleeping, difficulties in concentrating, loss of memory, late coming and absences from school, which therefor causes a drop in school performance that leads to failure and abandonment of school. It is also a cause of violence and insubordination.

Family

Drugs create division in the family link by destroying relationships between father and mother. They generate insecurity, distress, anger, blame and shame in the family. Parents give more attention to drug addicts because of their vulnerability, which can make other children feel neglected. Parents are stigmatized, because they are considered as bad educators.



NOTES REMINDER

Drug addiction : or trouble link with drug abuse is an illness that affects the brain and the behaviour of someone who consumes drugs.

Stigmatisation : It is the rejection of persons with immoral behaviours which are in contradiction to religious, cultural and societal rules.

Brain lesion : It is more or less the wide destruction of the nerve tissues which causes a deficit in perception, understanding sensitivity or the motricity of the role played by the neurocognitive architecture of the brain.

Apathy : It is a feeling of indifference or no emotions which is usually a sign of depression, alcohol or drugs abuse.

IV. MYTH AND REALITY ON THE SUBJECT OF DRUGS

« Drugs adds the strength of man »

NO, Drugs does not add the strength of man. Instead, it reduces it and destroys his genital organs.

« Drugs gives you courage »

FALSE AND FALSE. Drugs give you the impression that you are effective but are not true.

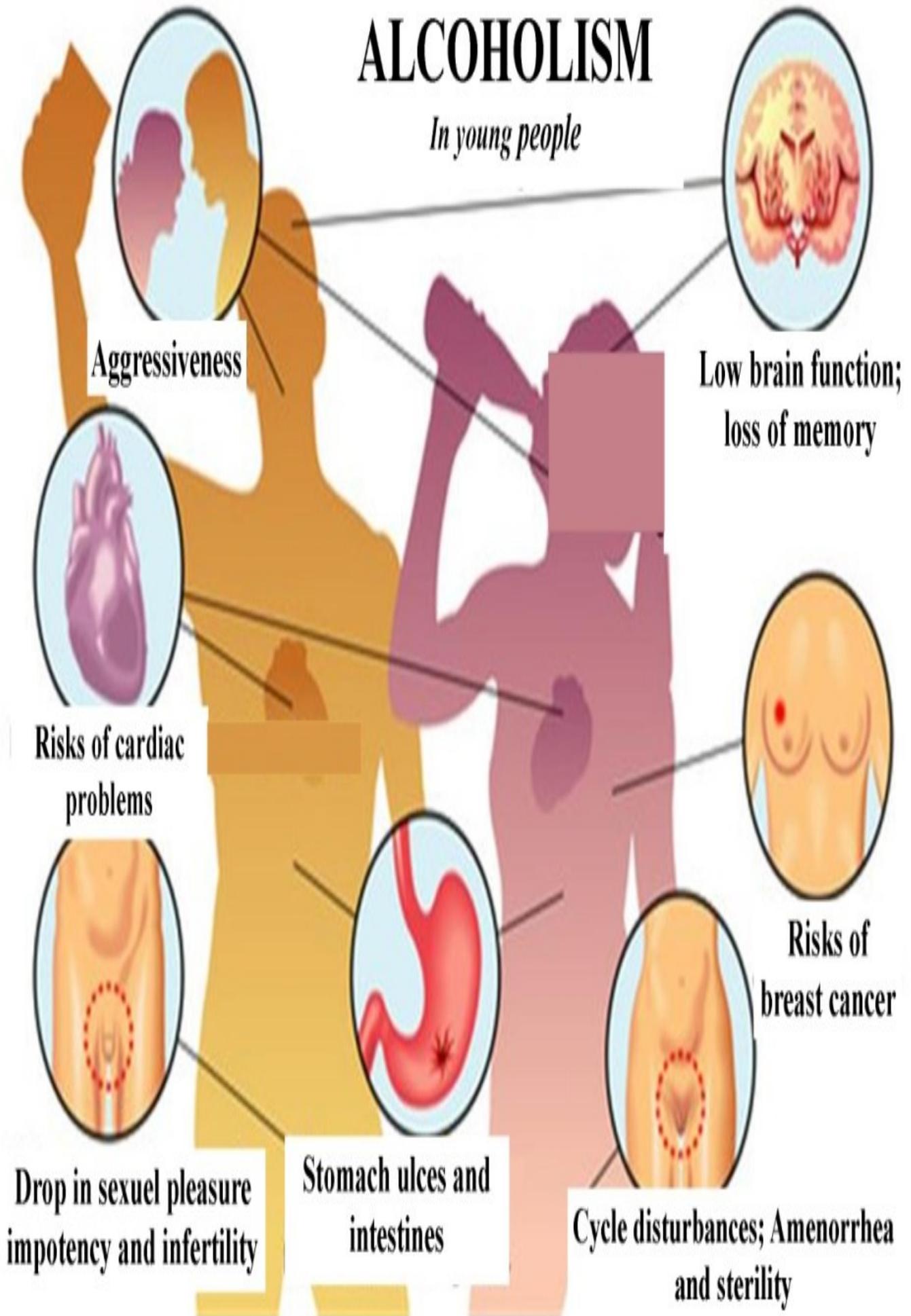
« Drugs are not the main cause of cancers »

VERY TRUE ; the consumption of drugs is at the origin of more than 10 cancers in the body (lungs, vessel, breast, col of uterus, gastric, pharynx, larynx, leukemia, pancreas, liver, rein, esophagus...)



ALCOHOLISM

In young people



Aggressiveness

Low brain function;
loss of memory

Risks of cardiac
problems

Risks of
breast cancer

Drop in sexual pleasure
impotency and infertility

Stomach ulcers and
intestines

Cycle disturbances; Amenorrhea
and sterility

Risks from Smoking

Smoking can damage every part of the body

Cancers

Chronic Diseases

Head or Neck

Stroke

Blindness

Gum infection

Lung

Leukemia

Aortic rupture

Heart disease

Pneumonia

Stomach

Hardening of the arteries

Kidney

Pancreas

Chronic lung disease & asthma

Colon

Reduced fertility

Bladder

Cervix

Hip fracture



V. USEFUL ADDRESSES

If you wish to have more knowledge or you have other worries :

- Consult the websites: www.drugs.ie/fr or www.who.int
- Call or write to us on WhatsApp : (+237) 6 58 40 43 84
- Write us on Facebook Messenger: Stop Drogues;
- Go to the social service assistance or orientation service of your school ; or at the site of the association of faith and justice at Mvolye.

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