

RISING TOWARDS BRIGHTNESS

*Guideline for Educators of Street Children
for the Rehabilitation of Drug Addicted and
Children Working on the Streets*



(Childhood Enhancement through Training & Action)

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We r thankful to that children's who helps us in making this handbook

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MESSAGE

I am very glad to know that a social service organization like CHETNA (childhood enhancement through training & action) is working for drug addicted and children working on the street in order to make their future bright. The centre is working to get them out from the drug addiction and is trying to give them a rightful place in society.

CHETNA is publishing a book RISING TOWARDS BRIGHTNESS for social workers who are working for drug addicted child and street workers as a guideline for them.

I urge all you social service members, working for the cause of drug addicted and children working on the streets to read the book RISING TOWARDS BRITHNESS carefully and get full benefits out of it. I believe that it will very helpful to all of them.

I want to congratulate CHETNA on their publication and I wish they rise in future .

Vinod Kumar Tikku

Member

National Commission for Protection of Child Rights

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GOAL OF GUIDELINE



To create awareness about drug addiction



How do prevent a drug addict child from exhibiting bad behaviour

Present In this guideline

- ❖ Some experiences
- ❖ Some exercises
- ❖ Study items & guidelines

This guideline is best used by reading and doing the activities prescribed in the guideline. Please follow the rules and regulations mentioned in the guideline.

WHAT ARE SUBSTANCES?

There are some items which we use in our daily life like gas, oil or semi solids. Such items when used for substance addiction by consuming (eating or drinking) are known as 'substance'. These items affect our brain and the person consuming these may be unconscious. Examples of such substances are:

- ⇒ Correction fluid
- ⇒ Sprit , petrol
- ⇒ Boot polish , pain killer
- ⇒ Sketch pen etc.



All items are toxic in nature. In chemistry we know by the name

“Cineol methane”

Children misuse it by smelling or by eating.

WHAT IS THE EFFECT OF SUBSTANCES ON CHILDREN?

By such substances children get physically & mentally disturbed & spoils their social life .

- ⇒ **Physical effect**: Many body parts like brain, lungs, kidney etc, are always in danger of failure, smell or listening skill could be damaged. Headache, nose bleeds or weakness are common symptoms that arise from prolonged substance abuse.
- ⇒ **Mental effect**: Short term memory loss, aggression, unbalanced routine, tongue sleep, unexpected behavior.
- ⇒ **Social effect**: Society and family don't give respect, exploitation, cannot do work properly, rapid ageing, can adopt undesirable ways like committing crimes to procure substances.

In children substance abuse a growing serious problem, if we will not stop it the results will be very scary!

What could be the mindset of social workers working for this cause?

- ⇒ It's a job for me and it's for the survival of my life.
- ⇒ It's our social responsibility.
- ⇒ Haven't got any job so doing this.
- ⇒ I would like to do this work in my life.
- ⇒ I know that children's will not be good but center has given me such work so doing.
- ⇒ It's a good work and it's provides me satisfaction.
- ⇒ I am doing this work till I find better.
- ⇒ Here I myself lived that substances n same thing I want to do for the children.

You may have joined this work for any of the above reasons but you have to be aware that this work needs patience, honesty and guts. Only interest is not sufficient.

For a second, suppose you are in the place of those children, what will you do?

FROM EXPERIENCE

CHETNA as an organization works with children who are addicted to drugs. While working with these children it was found that a different way of approaching them was required. The reason for this is that they do not want to leave their habit, secondly they do not know that these drugs are harmful for them .

The CHETNA team found that to work with these children *it is first necessary to bond with them*. Only then can we convince them about the harmful effect of drugs.

To gain the trust of these children the CHETNA team found a way to come into a relation with them .For this to happen it was necessary to mingle with children .This is why we met every single child who was addicted to drugs at the station .Many a times most of the children were not to be seen and if they were seen , then they were not willing to talk .Sometimes other children provoked them

saying that they are not of any use . It is not easy to gain the trust of children.

The CHETNA team decided that even though the children did not want to meet them even then they would go to meet the children .We went to meet the children every day. Even though they did not want to talk to us. Eventually some of the children started trusting us.

They started coming to us and listened to us .They told other children that we were working for their safety and providing their right. Now the children come to CHETNA organization on their own and willingly want to fight their addiction towards drugs.

It can be true that every child living near the station is addicted to drugs .They do not get into drugs on their own, but because of their living conditions they are become addicted to it. It is important for us to make them understand the harmfulness of these drugs.

WHO ARE THE CHILDREN WHO USE SUBSTANCES?

The children who come under it they are not any special kind of people but some children addicts are involved in activity like:

- ⇒ Children living in critical and working conditions.
- ⇒ Children who don't have their houses.
- ⇒ Children working on the streets.
- ⇒ Children In extreme stress.
- ⇒ Children from vulnerable families.
- ⇒ Children who have not been loved ever.



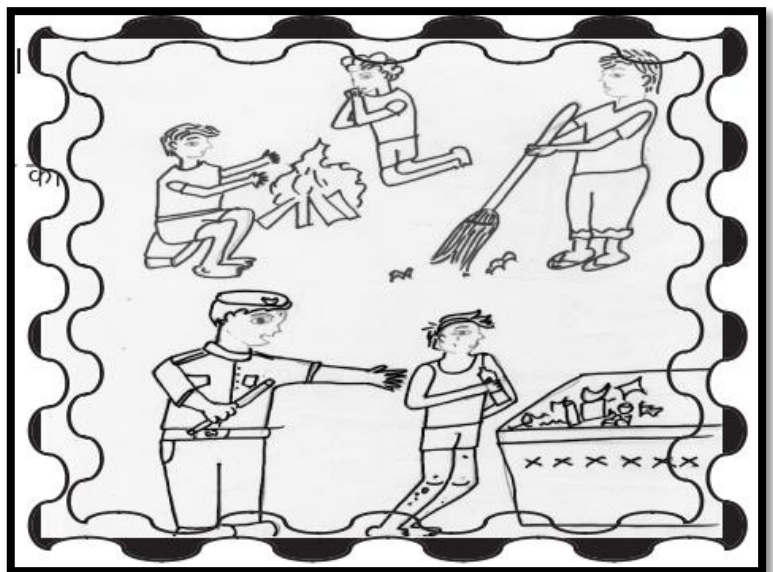
Anyone can be those children, But there is need to recognize them and in this you are perfect...

JUST THINK!

UNDER WHICH CONDITIONS WILL THE CHILDREN GET INTO A HABIT OF SUBSTANCES.

- ⇒ They can easily find drugs.
- ⇒ In bad condition like starvation, mental or physical exploitation.
- ⇒ Loneliness.
- ⇒ Bad friends' circle.
- ⇒ They don't get emotional advice.
- ⇒ Increasing craze of movies and TV.
- ⇒ Lack of law to stop it.
- ⇒ Excitement.
- ⇒ For sudden satisfaction.
- ⇒ Not eligible to secure money what they earn.

The children may be using drugs for any reason. There is need to know that reason and by that we can easily help them to stay away from drugs.



HOW TO RECOGNIZE THE CHILDREN ADDICTED TO DRUGS?

The following symptoms can be seen in children addicted to drugs:

- ⇒ They look dirty because they don't give time to clean them self.
- ⇒ Sudden weight lose or increasing and decreasing of appetite.
- ⇒ Smell of substance.
- ⇒ Tongue slip or slurry speech.
- ⇒ When you ask about substance they run away.
- ⇒ Extra serious or aggressive.
- ⇒ Red eyes.
- ⇒ Again and again take money on credit or commit theft.
- ⇒ Sudden changes in friendship with those children who addicted with drug.
- ⇒ They hide them self from going school.
- ⇒ White spot on clothes or on body.
- ⇒ Smell a piece of cloth.

To recognize these things you have to know conditions & have prior experience.

HOW TO SAVE CHILDREN FROM USING SUBSTANCE?



For children addicted to drugs every child has a different condition so we have to take care of them according to their conditions. Children addicted to drug we can divide them into 3 categories and then devise plans to rescue them .

CHILDREN USING SUBSTANCE SOMETIMES

Such type of children can easily come out from using drug. And with them such activities perform as follow:

- ➡ Continuously in touch.
- ➡ Emotionally in touch.
- ➡ Study their conditions and help them.
- ➡ Tell them about effect of drugs

CHILDREN USING SUBSTANCE REGULARLY

In this guideline book the upcoming part is totally about that type of children that how to stop them from using substance.

CHILDREN WHO STOPPED USING SUBSTANCE

- ⇒ Continuously in touch/follow up
- ⇒ Fixed routine/busy in works
- ⇒ Emotionally in touch
- ⇒ Action against substance using
- ⇒ Family/regular counseling

Don't judge children in one category everyone is different and their drug addiction is also different .So keep this in your mind then think about the solution.

TO PREVENT CHILDREN WHO USE DRUG REGULARLY SOME METHODS THAT CAN BE USED TO HELP THEM ARE GIVEN BELOW: To prevent children from drug all or any one of them can be useful:-

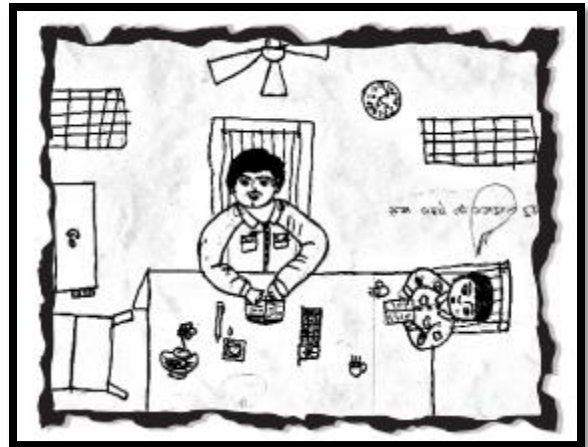
- ⇒ Counseling.
- ⇒ Meditation/exercise.
- ⇒ Participate in fine art.
- ⇒ Aesthetic work/creative work.
- ⇒ Virtuosity of life.
- ⇒ Story writing.



To prevent children from drug make them busy in such activities that can divert their mind from the drug.

COUNSELING

Counseling is a mental social work, in which we target atmosphere (friends/family) of the children. There is an interaction between children and counselor. In



which counselor tries to change the bad habit of children.

It is a process in which the counselor knows the capacity of the child and deals with the life and tries to make them strong.

Nelson and Jenso have given a formula for counseling in 1994 is known as DASIE.

D	Develop a relationship with child.
A	Assess the problem.
S	State working goals & plan intervention.
I	Intervene, to develop problem solving skills & coping strategies.
E	End the counseling process,

- ⇒ Main part of counseling is to get close to the children and create a good impression for yourself.
- ⇒ First give your introduction to the children.
- ⇒ Be friendly with them.
- ⇒ Tell them how you and they can together solve their problem.
- ⇒ Give them time or else how will they know you.
- ⇒ Show your love and affection to them

To make a good long lasting change in a child's future, counseling is most important step.

MEDITATION AND EXERCISE

Children who live on the street or who use substances, suffer from a lot of stress. Reason of that stress is their condition and struggling



life. Their concentration is so weak because of that they are unable to do any activity for a prolonged duration.

Meditation is very helpful to them. Meditation and exercise increase level of concentration and it also releases stress from the mind.

INSTRUCTIONS

Arrange children in a circle and tell them about the benefit of the meditation after which you can start the activity.

MEDITATION-1: Tell all the children to sit in a circle. Then tell them to close their eyes and think about any picture which they like. Concentrate 5-10 minute on same picture.

⇒ Ask them what kind of picture they have thought and ask if they were happy by that. Tell them that when they are in stress they can do this without taking any one's help

MEDITATION-2: Arrange children in a circle tell them to sit or to sleep. Tell them I will take you all for a wonderful journey. And you all can enjoy only when you will feel with you hear & mind.

Now in a loud but sweet voice tell them story-
We are in a wonderful garden. There are lots of flowers, green-green grass spread all over, colorful

butterflies flying around the flowers, we can listen to the birds tweet. Slowly-slowly we walk on the grass & we reach to the flower and smell it. Flower petals touch on our cheek. After that we reach to the waterfall. Water of the waterfall touches our feet. Here we close our eyes and feel the sound of waterfall. In this way we can enjoy all of the joys of nature just sitting here. (Now tell the children to sit in this condition for 5-10 min).

Now ask them the following question-

- ⇒ While visiting the forest how many flowers and of which colors of flower and butterflies have you seen.
- ⇒ How many of birds have you heard the sound of?
- ⇒ How were you feeling when you touched the water & the grass?
- ⇒ When you are coming back from forest what other things have you seen?

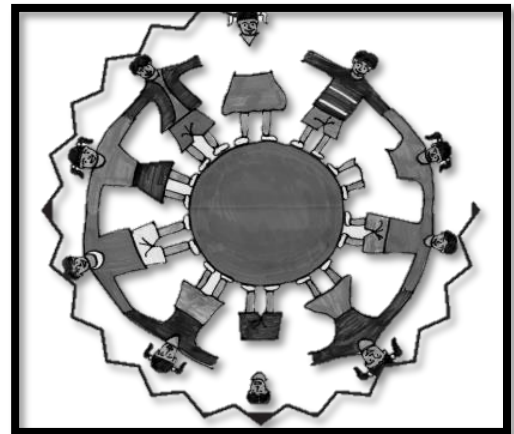
On the example of that forest give some another name which makes them happy.

This exercise invokes creativity in children.

MEDITATION-3: Inhaling deep is also a type of exercise. And for this tell them to count how many times they inhale. The famous morganatic-opposite you can teach them. Inspire them to do regular exercise.

LIFE VIRTUOSITY WORKSHOP

Life virtuosity-: This is organization of psychologists, social workers and behaviorists which help in mental and health development.



According to W.H.O. - Life virtuosity, increases compassion and behavior capacity, which is the

demand of every person in their daily life which provide guts to fight with troubles of life.

Solution of every problem, know about yourself, behavior virtuosity, decision taking capacity, talking sense, fight with stress, control on emotion, etc which helps to children to grows up.

For Drug addicted children virtuosity workshop is more effective than cultural events.

To balance the mind of children is the main role played by meditation

Tips

Before starting Life virtuosity workshop firstly make a plan as :

- ⇒ Mentally prepare your self
- ⇒ Know the need of children

- ⇒ Plan according to the group children
- ⇒ Draw models related to you subject
- ⇒ Make right vision
- ⇒ Decide time and place
- ⇒ Arrange the expected goods

Rules.

- ⇒ **Maximum 10-15 child.**
- ⇒ **10-18 session with a group**
- ⇒ **Only one person will guide the group**
- ⇒ **Follow-up session is important**

CREATIVE ACTIVITIES

Dance, song and play are better way to make children stress free. By such activity their physical and mental energies are balanced.

It is easy for the children using drug to easily divert their mind through such activity.

INSTRUCTION-:

- ⇒ Tell the children about such activities like dance , song or play.
- ⇒ Inspire them to participate and tell them there is no any competition
- ⇒ Don't give your opinion that you can do or not.
- ⇒ Tell the students that they should participate freely without any stress.

- ⇒ Play any song and dance with the children and from them if anyone is dancing good then make him the teacher for the others.
- ⇒ To play ask them to play based on their life conditions and put something like which helps them to come out from it.
- ⇒ By involving them in such activity help .the children.

CREATIVE WORK (GAME & ART)



During childhood game and art is important for mental and physical development. Such activities are best to express their feelings and make them stress free.

By introducing them to these activities we can prevent children from getting addicted to drugs:-

INSTRUCTIONS:-

Make a circle of children and sit with them .Then tell them about creative work and why it is important. Tell them that by this activity we are not deciding who is good and who is bad.

- ⇒ Tell the children to take some pictures and make a story of that.
- ⇒ Tell them to draw their favorite picture.
- ⇒ When they start drawing tell them to make any dreams of your childhood or their favorite person.
- ⇒ When they complete his/her drawing ask them why he/she drew that picture and what type of relation do they have with that person.
- ⇒ Through painting and games teach them how to come out of their addiction.
- ⇒ Inspire them to participate without any hesitations.
- ⇒ Arrange outdoor and indoor games.

Creative activity is a great way to express their feelings

STORY WRITING

In this activity we need to give them cards and they write stories on that. The main moto of this activity is to know their needs.

By this activity they express their self in stories.

This card can be made during creative activity.

Motive of story-:

In this activity the story is built using the cards, the cards can be 6-10. They are some drawings related to the life of the children. In all cards the last card is blank.

INSTRUCTION-:

- ⇒ Create a good atmosphere for the activity.
- ⇒ First, tell the children about the work that is going to happen and then tell the importance of the activity which they are going to perform.

- ⇒ Now give one card to the children on which they have to create story
- ⇒ When the children complete story then show them another card, and again tell them to create a story. Like this, show them all cards one by one for creating story.
- ⇒ Then shows them blank card and tell them to create story by them self.
- ⇒ After that the problems comes by story concentrate on that. Inspire them to struggle with their problems.
- ⇒ Inspire them to a create story if they are not able to create a story then you can help them.

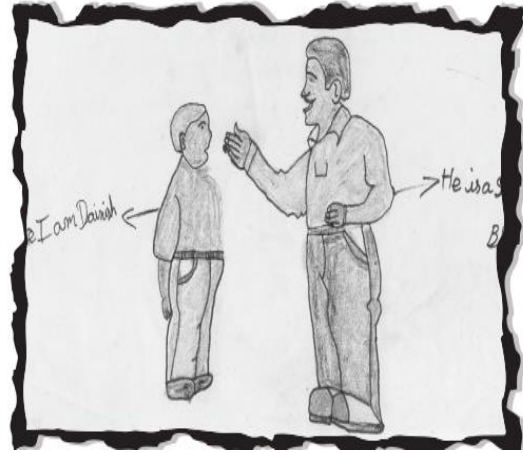
Story is the best way to correlate the children from their feelings and

life

RELAPSE SOLUTION

Relapse-: Back again to drug addiction of a set of time period.

Relapse solution- In this we teach them how to stay away from drugs and not start their use again.



Aim of Relapse Solution

- ⇒ The children who stop taking drug realize their condition is good as compared to earlier and by that they will not go back to using drug.
- ⇒ When children stop taking drugs they realize this is within their control to stop taking drugs

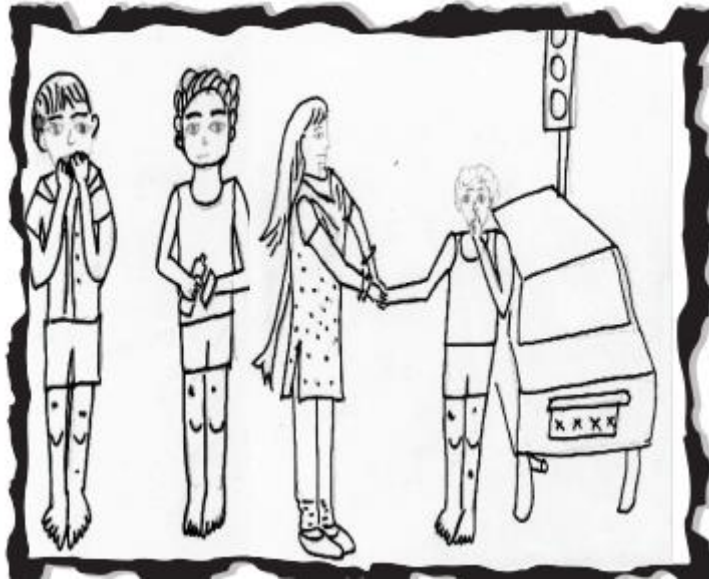
By an activity try to teach relapse solution to the children.

- ⇒ Make a group of children make them sit in a circle.
- ⇒ From those children call the ones who have stopped taking drugs but again why they started (you can ask them how many time you used drugs and why what is the reason for that).
- ⇒ Related to that topic do a play with 2(two) children.
- ⇒ By that play tell them how they were not able to control their self and started using drug again.
- ⇒ Then from this group call a child and ask them who is agrees with the play sit on the left and who doesn't sit in right.
- ⇒ Then ask from those 2groups what is the reason that he came back to drug addiction and how he can prevent from taking drug
- ⇒ Then make note of children answer.

- ⇒ Then tell the children that there are many ways to come out of the drug addiction and they only need to control.
- ⇒ Tell them you yourself can do same exercise.

When the children stop using drug there is a chance that they can start again so keep patience and inspire

SOCIAL WORKERS LIKE YOU WHO WORK ON THE GROUND CAN HELP CHILDREN ADDICTED TO DRUGS



The Childs needs only guidance, love, inspiration and patience.

We know that you are sensitive, caring, lovable, competent, honest and friendly but not to be, you have to prove that. If such skills in you then teach that skill to the children by which the give their hundred.



CHETNA works for national capital's street and working children. Our dream is to provide each and every right to the children's where they live, safety, development and participation.

Three steps of work:-

- ⇒ **Make a direct link with street and working children and inspire them.**
- ⇒ **Role which effect in children life like police, media, corporate, to make them a common man.**
- ⇒ **Child friend's give their help to maintain social development**

WE HOPE THAT YOU WILL HELP US IN THIS ENDEAVOR & WITH US YOU WILL MAKE A CHILD FRIENDLY INDIA.

Akhand Pratap Singh