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MISSION: "TO EDUCATE THE STUDENTS IN A HIGHLY PRODUCTIVE AND SAFE ENVIRONMENT EMBEDDED IN NATIONAL AND INTERNATIONAL VALUES AND SKILLS"

VISION: "INNOVATIVE EDUCATION TO PRODUCE WORLD-CLASS, GLOBAL CITIZENS"

Substance Abuse and Drug Prevention Policy

PHSS RAK

2025-2026

NAME OF POLICY	Substance Abuse and Drug Prevention Policy
APPROVED BY	Principal 
PERSONNEL RESPONSIBLE	Well-Being Officer, Health and Safety officer
DATE APPROVED	April ,2025
SCHEDULED REVIEW DATE	April, 2026
RELATED POLICIES	<ul style="list-style-type: none">• Health and safety policy• Child protection and safeguarding policies• Behaviors management policy• Wellbeing policy• School incidents policy• School health policy

1. Policy Statement

In alignment with the UAE's zero-tolerance policy on drug abuse and in compliance with the Ministry of Education and Ras Al Khaimah Department of Knowledge (RAK DOK) regulations, this policy aims to prevent, identify, and address substance abuse among students. The Pakistan Higher Secondary school is committed to providing a safe, healthy, and supportive environment that promotes the well-being of all students.

2. Objectives

- Educate students about the risks and consequences of substance abuse.
- Promote healthy lifestyle choices and resilience.
- Prevent the use, possession, or distribution of illegal drugs or controlled substances.
- Establish clear procedures for handling incidents related to substance abuse.
- Foster cooperation with parents, law enforcement, and health authorities.

3. Scope of Policy

This policy applies to:

- All students enrolled in Secondary and Higher Secondary Level.
- All activities on school premises, school buses, and school-related events (including field trips and inter-school competitions)
- Online behavior if it directly affects school operations or student welfare

4. Definitions

- **Substance Abuse:** The harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs.
- **Controlled Substances:** As defined by UAE Federal Law, including narcotics, psychotropic substances, and any unauthorized medications or inhalants.
- **Prevention Education:** Programs and activities designed to inform students about substance abuse and promote resistance skills.

5. Prevention Strategies

5.1. Curriculum Integration

- Drug education incorporated into Health, Biology, and Moral Education.
- Emphasis on decision-making, peer resistance, and mental health.

5.2. Awareness Campaigns

- Guest speakers, workshops, and themed activities during UAE National Drug Awareness Month.
- Educational posters and digital content throughout the school.

Academic Year 2025–2026: Drug Prevention & Awareness Program plan

Month	Session Title / Theme	Target Grades	Key Activities	Person responsible
September 2025	UAE Drug Laws & Consequences	Grades 9–12	Legal overview, UAE Federal Law No. 14 (1995), law enforcement talk	School counselor, School nurse, teachers
October 2025	Understanding Substance Abuse	Grades 9–12	Workshop/sessions on types of substances, how addiction starts, brain health	School counselor, School nurse, teachers
November 2025	Voices of Experience: Stories that Matter	Grades 10–12	Guest speaker sessions (former addicts, counselors), student Q&A	School counselor, School nurse, teachers
December 2025	Student Awareness Campaign & Poster Competition	Grades 8–12	Anti-drug creative arts competition, poster display, awareness slogans	School counselor, School nurse, teachers
January 2026	The Role of Police in Prevention	Grades 9–11	School visit by local police ,if available, discussion of enforcement tools, awareness talk	School counselor, School nurse, teachers
February 2026	Mental Health & Coping Skills	Grades 9–12	Workshop on stress, anxiety, depression, and their link to substance abuse	School counselor, School nurse, teachers
March 2026	Family's Role in Drug Prevention	Grades 8–12 + Parents	Parent-student joint session, parenting	School counselor,

			strategies for drug-free youth	School nurse, teachers
April 2026	Peer Pressure & Decision-Making	Grades 10–12	Peer group discussions, role-playing, how to say “No”	Students, School counselor, School nurse, teachers
May 2026	End-of-Year Awareness Evaluation	Grades 8–12	Exhibition of campaign results, student feedback, survey & certificates	School Admin, MoE, RAK Education Zone

5.3. Staff Training

- Annual training on recognizing and responding to substance abuse indicators.
- Confidential referral and reporting protocols.

5.4. Parental Involvement

- Regular parent workshops and information sessions.
- Written parental consent required for any testing or counseling.

6. Prohibited Conduct

Students shall not:

- Use, possess, sell, or distribute illegal drugs, tobacco, alcohol, or non-prescribed medication.
- Be under the influence of any prohibited substances during school-related activities.
- Encourage or coerce others to engage in substance use.

7. Identification and Intervention

7.1. Early Identification

- Teachers and staff trained to identify early signs such as behavioral changes or absenteeism.

7.2. Confidential Reporting

- Anonymous reporting allowed; all reports handled sensitively.

7.3. Supportive Interventions

- First-time non-severe cases referred for counseling and education.
- Referral to external health services as necessary.

8. Roles and Responsibilities

8.1. School Principal

- Enforce the policy and oversee its implementation.
- Notify legal authorities where required.
- Supervise prevention programs and maintain confidential records.

8.2. School Counselor

- Lead awareness programs and provide counseling support.
- Refer cases to health professionals as needed.
- Maintain confidential counseling records.

8.3. Teachers and Staff

- Attend training and identify behavioral warning signs.
- Report suspected incidents appropriately.
- Encourage healthy decision-making in the classroom.

8.4. School Nurse / Health Officer

- Provide first aid and coordinate medical referrals.
- Support awareness programs from a health perspective.

8.5. Parents and Guardians

- Engage with the school through training and communication.
- Support student recovery and disciplinary processes.
- Monitor and guide their child's behavior.

8.6. Students

- Comply with all rules and take part in awareness programs.
- Report concerns and seek help when needed.

8.7. School Security Personnel

- Monitor for violations on school property.
- Assist in investigations and provide safety oversight.

8.8. School Governing Board

- Ensure the policy is reviewed, resourced, and aligned with legal obligations.
- Oversee transparency and accountability within the school community.

9. Disciplinary Procedures

Offense	First Incident	Second Incident
Possession or Use	Counseling, parent meeting, warning, possible suspension	Suspension, police notification, expulsion review
Selling/Distribution	Immediate suspension, mandatory report to police, expulsion proceedings	Not applicable (zero tolerance)

Note: UAE law mandates the reporting of serious violations to authorities.

10. Counseling and Rehabilitation

- Affected students are supported through in-school and external rehabilitation services.
- Reintegration plans provided upon return, with follow-up support.

11. Confidentiality and Records

- Strict confidentiality will be maintained throughout all interventions.
- Documentation stored securely and accessible only to authorized personnel.

12. Monitoring and Review

- The School Health and Safety Committee will review the policy annually.
- Updates will reflect changes in UAE laws and school needs.

13. Legal Compliance

This policy aligns with:

- UAE Federal Law No. 14 of 1995 (and amendments)
- Ministry of Education guidelines
- Ras Al Khaimah Department of Knowledge (RAK DOK) regulations

14. Policy Approval

Principal: _____

Date: _____