



SUBSTANCE ABUSE ADVISORY COUNCIL



IDADAIT SCHOOL ACTIVITY BOOKLET

2024

**“Be Responsible, Make the Right Choice and
Stay Away from Drugs.”**



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADAIT) - School Based Activities

IDADAIT is an acronym for International Day against Drug Abuse and Illicit Trafficking. The International Day against Drug Abuse and Illicit Trafficking began has a vision in the struggle to break through the idea of Narcoculture ravaging the very soul of existence and this fight began right from 1839 in the efforts of dismantling opium trade in Humen, Guangdong, China. The observance was instituted by General Assembly Resolution of 7th December 1987. Fiji lies in the Trade route of the Narcoculture as transit point to the great continents of the Americas, Australia, New Zealand and Asia. Therefore Schools have to take a prerogative role in initiating programs in which it boost student's mindset to make positive choices throughout their lives, empowering their young minds to join the fight against these cancerous business which can lead to a Greater National Crisis later in the future. Fiji is part of the domino effects of the Big Nations in terms of progress and also illicit activities and the future generation can be compromised if the idea of IDADAIT Week remains a commemoration but not a fight.

The history of our first commemoration in Fiji of IDADAIT was initiated in 2008. From then on Changes is inevitable whereby new social issues have risen and off course we have to move quickly with time in addressing this issues. This year 2024 we are focusing more on these areas. That is:

- *Reduce Alcohol and Other Drugs.*
- *Put a Stop to Child Abuse.*
- *Positive Social Media and Internet Use.*
- *Promoting Good Mental Health and Well Being.*

A Big Vinaka Vakalevu & Dhanyavaad to the heavy involvement of students, teachers, school managements, parents and other stakeholders which allowed the IDADAIT Campaign to be a great success in implementation in all schools in Fiji last year.

Teachers, parents and students have generously given their time, talent, energy and resources to create a well-recognized school-based campaign on the very close relationship between drugs and substance abuse, with other related issues. Thus, this year's IDADAIT celebration not only focuses on combating drugs, but also looks at reducing violence, promoting social media safety, reducing sex related offences, having a good mental health and healthy lifestyle.

We invite you to join with the millions around the globe as we proclaim our support and dedication to the creation of healthy school environment that promote and support healthy children.

As a Nation we have witnessed the infiltration of Drug Smuggling in a major scale whereby the Police made an unimaginable Drug bust of approximately 4 tons of Methamphetamine in Nadi and it's no longer something we should take lightly in which this can escalate drug issues in schools to another level. The School, communities have the means and resources to be more powerful than harboring criminal minded people that would pollute the minds of our children and the future of our country.

NOTE: The activities must NOT depict or display any self-harm or death /suicide.

**MONDAY, 1ST
JULY**

"STOP CHILD ABUSE"

Wear "WHITE"

Sub-theme: "BE KIND AND RESPECTFUL"

TUESDAY 2ND JULY
"SEXUAL HARRASHMENT"
Wear "PURPLE"

**Sub-Theme: "RESPECT
YOURSELF RESPECT
OTHERS"**

IDADAIT Awareness Day
School Based Activities

WEDNESDAY 3RD JULY
"SOCIAL MEDIA"

Wear "Blue"

**Sub Theme." BE A SAFE
ONLINE USER"**

THURSDAY 4TH
"MENTAL WELLNESS"

Wear "GREEN"

**Sub Theme. "Healthy
Coping Skills"**

FRIDAY 5TH JULY

"DRUGS & HIV"

Wear "RED"

**Theme: " Be Responsible, Make
the Right Choice, Stay Away
from Drugs"**

MONDAY 01/07/24

“STOP CHILD ABUSE”

Sub-theme: “BE KIND AND RESPECTFUL”

PRIMARY SCHOOL LEVELS

1. **Short poetry recital** – students to prepare short poems, drawings and display to their classroom
2. **Book markers** –students can collect old buttons, strings and pins to decorate simple book marks with class.
3. **Short skit** – Base on theme, teachers must provide a short plays to their class.
4. **Short song** – student to write a short songs about the theme.
5. **Model Display** – teachers should set model display for their classroom base on the theme.
6. **Narrative Essay (maximum 150 words)** – Teacher can organize oratory competition for students only 80 words base on the theme.
7. **Short Oratory** – Students can prepare short oratory speech during morning talk base on the theme.
8. **Poster Competition** - teachers to organize Poster Competition for students based on the theme
9. **Pledge**
10. **Debate**
11. **Panel discussion**
12. **Classroom/bulletin Corner booth display** – teachers can display all charts and student’s work at the Corner Booth and divide the class for the decoration based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

SECONDARY SCHOOL LEVELS

1. **Poetry recital** – students to prepare poetry based on the theme and have it pasted at their classroom organization board.
2. **Banner Display** – students to prepare banner based on the theme and have it displayed in their own classrooms.
3. **Role-play** - students to prepare role-play based on the theme.
4. **Song** – teachers to organize song competition for students based on the theme.
5. **Model Display** – teachers to organize model display competition for students based on the theme.
6. **Advertisement advocacy (TV/Radio)** – students to prepare TV/Radio Advertisement advocacy based on theme.
7. **Diary Entry (maximum 100 words)** – students to prepare Diary Entry based on theme.
8. **Poster Competition** – teachers to organize Poster Competition for students based on the theme.
9. **Pledge**
10. **Debate**
11. **Panel discussion**
12. **Classroom/bulletin Corner booth display** - teachers to organize Classroom/Bulletin Corner Booth Display competition for students based on the theme- eg: “design a big Heart & paste information.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

ADDITIONAL ACTIVITIES TO SUIT THE DAY

1. **School Assemblies** – Principal/ AP or Child Protection Officer must gather relevant data from Activity Book and present to the schools the amount of offences their District has produced.
2. **Invite the Fiji Sexual Offence Unit, Community Policing, Juvenile Bureau, Police Human Traffic Unit, Ministry of Health, Pacific Centre for Peacebuilding, Social Welfare Department, Legal Aid Commission, Education officers, Fiji Women’s Crisis Centre, Fiji Women Right Movement, Homes of Hope and other NGOs to talk about Child Abuse, Eliminate all forms of violence in schools.**
3. **Form Time** – Ask the student to write on the blank paper how to prevent Violence and Child Abuse in schools. Students to be encouraged to draw posters that promote Love and Respect.
4. **Invite speakers from a Successful Old scholars to talk in school, faith based, civil society’s leaders or community leaders to launch or close the week long commemoration of IDADAIT.**
5. **Display White color (optional)** – display White colors on trees, door knobs, fences, desks, tables, etc

TUESDAY 02/07/24

“SEXUAL HARRASSMENT”

Sub-theme: “RESPECT YOURSELF RESPECT OTHERS”

PRIMARY SCHOOL LEVELS

1. **Short poetry recital** – students to prepare short poems, drawings and display to their classroom
2. **Book markers** –students can collect old buttons, strings and pins to decorate simple book marks with class.
3. **Short skit** – Base on theme, teachers must provide a short plays to their class.
4. **Short song** – student to write a short songs about the theme.
5. **Model Display** – teachers should set model display for their classroom base on the theme.
6. **Narrative Essay (maximum 150 words)** – Teacher can organize oratory competition for students only 80 words base on the theme.
7. **Short Oratory** – Students can prepare short oratory speech during morning talk base on the theme.
8. **Poster Competition** - teachers to organize Poster Competition for students based on the theme
9. **Pledge**
10. **Debate**
11. **Panel discussion**
12. **Classroom/bulletin Corner booth display** – teachers can display all charts and student’s work at the Corner Booth and divide the class for the decoration based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

SECONDARY SCHOOL LEVELS

1. **Poetry recital** – students to prepare poetry based on the theme and have it pasted at their classroom organization board.
2. **Banner Display** – students to prepare banner based on the theme and have it displayed in their own classrooms.
3. **Role-play** - students to prepare role-play based on the theme.
4. **Song** – teachers to organize song competition for students based on the theme.
5. **Model Display** – teachers to organize model display competition for students based on the theme.
6. **Advertisement advocacy (TV/Radio)** – students to prepare TV/Radio Advertisement advocacy based on theme.
7. **Diary Entry (maximum 100 words)** – students to prepare Diary Entry based on theme.
8. **Poster Competition** – teachers to organize Poster Competition for students based on the theme.
9. **Pledge**
10. **Debate**
11. **Panel discussion**
12. **Prefects to present to the students on the Theme of the day**
13. **Classroom/bulletin Corner booth display** - teachers to organize Classroom/Bulletin Corner Booth Display competition for students based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

ADDITIONAL ACTIVITIES TO SUIT THE DAY

1. **Parents Support** – invite parents to be present with their child in school during class and discuss with teachers about how to handle this situations at home and the support they need to encounter for their child.
2. **Community Support** – Engage community to discuss sexual related issues
3. **Gender meeting** – awareness of their sexual and reproductive health and rights, protecting them from abuse and connecting them with education and health services and positive relationships.
4. **Spooky messages/Flash Cards** – Create messages, e.g. stop HIV, Save Sex for Marriage. **Skits/dramas, role plays, radio, poster** - To differentiate decision making and how to value their body.
 - a. **Promoting positive relationship in school amongst the students / Video Clip**
5. **Display Purple color (optional)** – display **Purple** colors on trees, door knobs, fences, desks, tables.

WEDNESDAY 03/07/24

“SOCIAL MEDIA”

Sub-theme: “BE A SAFE ONLINE USER”

PRIMARY SCHOOL LEVELS

1. **Short poetry recital** – students to prepare short poems, drawings and display to their classroom
2. **Book markers** –students can collect old buttons, strings and pins to decorate simple book marks with class.
3. **Short skit** – Base on theme, teachers must provide a short plays to their class.
4. **Short song** – student to write a short songs about the theme.
5. **Model Display** – teachers should set model display for their classroom base on the theme.
6. **Narrative Essay (maximum 150 words)** – Teacher can organize oratory competition for students only 80 words base on the theme.
7. **Short Oratory** – Students can prepare short oratory speech during morning talk base on the theme.
8. **Poster Competition** - teachers to organize Poster Competition for students based on the theme
9. **Classroom/bulletin Corner booth display** – teachers can display all charts and student’s work at the Corner Booth and divide the class for the decoration based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

SECONDARY SCHOOL LEVELS

1. **Poetry recital** – students to prepare poetry based on the theme and have it pasted at their classroom organization board.
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3. **Role-play** - students to prepare role-play based on the theme.
4. **Song** – teachers to organize song competition for students based on the theme.
5. **Model Display** – teachers to organize model display competition for students based on the theme.
6. **Advertisement advocacy (TV/Radio)** – students to prepare TV/Radio Advertisement advocacy based on theme.
7. **Diary Entry (maximum 100 words)** – students to prepare Diary Entry based on theme.
8. **Poster Competition** – teachers to organize Poster Competition for students based on the theme.
9. **Pledge**
10. **Debate**
11. **Panel discussion**
12. **Prefects to present to the students on the Theme of the day**
13. **Classroom/bulletin Corner booth display** - teachers to organize Classroom/Bulletin Corner Booth Display competition for students based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

ADDITIONAL ACTIVITIES TO SUIT THE DAY

1. **Engage computer teachers to talk about online safety**
2. **Organize school based/Year levels activities - Prevent cyberbullying:** Cyberbullying – bullying using electronic technology – can happen anytime and anywhere. Teach students to think through what they post on the Net or Facebook about other people and the consequences those posts could have if they are unkind or mean. Also, keep communication with the student to open and speak up if you suspect someone is bullying him or her.
 - **Be Cyber wise – focus on cyber safety, cyber security and cyber ethics:**
 - **Cyber safety:** be responsible and respectful while using online technology.
 - **Cyber security:** keep personal information safe and not sharing password.
 - **Cyber ethics:** Respect fellow cyber citizens and Nurture his/her self-confidence.

THURSDAY 04/07/24
“MENTAL WELLNESS”
Sub-theme: “HEALTHY COPING SKILLS”

PRIMARY SCHOOL LEVELS

1. **Short poetry recital** – students to prepare short poems, drawings and display to their classroom
2. **Book markers** – students can collect old buttons, strings and pins to decorate simple book marks with class.
3. **Short skit** – Base on theme, teachers must provide a short plays to their class.
4. **Short song** – student to write a short songs about the theme.
5. **Model Display** – teachers should set model display for their classroom base on the theme.
6. **Narrative Essay (maximum 150 words)** – Teacher can organize oratory competition for students only 80 words base on the theme.
7. **Short Oratory** – Students can prepare short oratory speech during morning talk base on the Healthy coping skills
8. **Poster Competition** – teachers to organize Poster Competition for students based on the theme
9. **Classroom/bulletin Corner booth display** – teachers can display all charts and student’s work at the Corner Booth and divide the class for the decoration based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

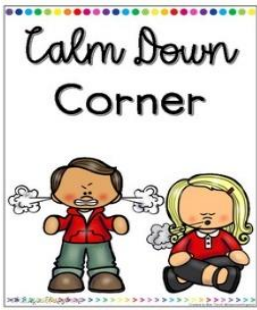
SECONDARY SCHOOL LEVELS

1. **Poetry recital** – students to prepare poetry based on the theme and have it pasted at their classroom organization board.
2. **Banner Display** – students to prepare banner based on the theme and have it displayed in their own classrooms.
3. **Role-play** – students to prepare role-play based on the theme.
4. **Song** – teachers to organize song competition for students based on the theme.
5. **Model Display** – teachers to organize model display competition for students based on the theme.
6. **Advertisement advocacy (TV/Radio)** – students to prepare TV/Radio Advertisement advocacy based on theme.
7. **Diary Entry (maximum 100 words)** – students to prepare Diary Entry based on theme.
8. **Poster Competition** – teachers to organize Poster Competition for students based on the theme.
9. **Pledge** on promoting Healthy coping skills
10. Debate
11. Panel discussion on Healthy coping skills
12. Prefects to present to the students on the Theme of the day
13. **Classroom/bulletin Corner booth display** – teachers to organize Classroom/Bulletin Corner Booth Display competition for students based on the theme.

(The School Coordinator/HOS – to decide which activity they want to carry on the days)

ADDITIONAL ACTIVITIES TO SUIT THE DAY

1. *Invite Health Team to conduct health screening in school.*
 2. **Invite the Doctors, Public Health nurses, Wellness Unit, St Giles officers, Agriculture officers, Social Welfare Department, Ministry of Youth & Sports, Sports Commission, Sporting Personalities, Education officers and other NGOs representatives to conduct presentations on promoting Wellness- combat NCDs “**
 3. *Make arrangement with Ministry of Forestry to plant a tree in the school compound*
 4. **Plant vegetables and fruit trees on school compound** – revive school garden involve students each level to plant a vegetables.
 5. **School canteen to sell health snack and remove junk food from the self.**
 6. **Fruit Sharing Day** – Bring a fruit and share with a buddy/sister.
- VIDEO CLIP & ZUMBA VIDEO CLIP - Zumba activity for the whole school**
Display green color (optional) – display Green colors on trees, door knobs, fences, desks, tables, etc.



HEALTHY COPING SKILLS FOR SCHOOL STUDENTS



Primary Students Level

1. Mindfulness
2. Exercise
3. Deep breathing
4. Positive self-talk
5. Art therapy
6. Journaling
7. Problem solving
8. Seeking supportive relationships
9. Asking for help
10. Visualization
11. Spending time with friends or family.

High School Students

- Keeping a journal
- Getting plenty of exercise
- Eating healthy, regular meals
- Making sure you get enough sleep
- Meditating
- Downloading an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness
- Establishing and maintaining boundaries
- Practicing relaxation strategies such as deep breathing, meditation, and mindfulness
- Getting regular physical activity
- Making to-do lists and setting goals.

FRIDAY 05/07/24

“DRUGS/HIV”

**Theme: “BE RESPONSIBLE, MAKE THE RIGHT CHOICE
STAY AWAY FROM DRUGS”**

Both Primary & Secondary Schools would be having a half day on Friday where the school will provide a program for the IDADAIT Commemoration this will be for all Schools in Fiji. Friday would be the showdown for the finalist for each activities that has been organized by the school or the IDADAIT Committee and if its possible prizes to be awarded for the winners for their efforts. This would be a best opportunity to explore on students talents and abilities in which showcases their intelligence in other aspects of their Education. These involves;

1. School Oratory Contest
2. Contemporary Dance
3. Traditional Dance
4. Costume Parade
5. Traditional Costume Display
6. Poem Recital
7. Fashion Parade
8. Artwork Display
9. IDADAIT corner Classroom Display
10. Solo Singing
11. Group Singing.
12. Action Chorus
13. Drama
14. Debate
15. Skit
16. Comedy Show

In the School Program a Chief Quest that is part of SAAC Stakeholders would be sharing a Speech and part-take in the School Celebration in judging certain competition that is conducted in the school. The Friday Program would be fill with Fun, Joy, and laughter creating a happy atmosphere that conceives memorable memories that the students would cherish forever in their lives. The Program initiates the student’s self-awareness in identifying their Talents, Skills/Abilities and their Healthy Coping Skills which usually is not part of the main stream curriculum therefore developing their confidence from a young in which build forward towards making positive decision making especially in staying “Being Responsible, Make the Right Choice and Stay Away from Drugs.

ADDITIONAL ACTIVITIES TO SUIT THE DAY

1. **Invite Drug Survivors to address the students.**
2. **Decision Making Skills** – Helping Primary school students to make right choices in life with regards to drug use.
3. **Rethink your drink** – Tell the students to bring bottle of water / coconut water/fresh natural fruit juice and remind them that those beverages are healthy for their body.
4. **Student’s activity** – creative posters, debate, banners, bookmark, oratory, panel discussion, display corner promoting a Life Free of Drugs.
5. **Display Red color (optional)** – display **Red** colors on trees, door knobs, fences, desks, tables, etc.