

INTERNATIONAL DAY AGAINST DRUG ABUSE



ACTIVITY BOOKLET

2025

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADAIT) – SCHOOL BASED ACTIVITIES

The Drug Invasion into our beautiful isles have been a game changer in terms of increase in dangers and risk in our schools which is a growing concern for Teachers, Parents, and the society as a whole. The high rise of student's involvement in drugs such as Marijuana and Methamphetamine have strike the attention of the Ministry of Education where these dangers clearly can also be projected into a much darker future is these so-called Narcoculture take over the young minds and driving the population into zombie pandemic. The International Day against Drug Abuse and Illicit Trafficking have been the guiding light to our children since it has been introduced to be part of the Ministry of Education in the Commemoration on the 28th of July 2008.

The evolution of behavior and the vastness of accessory of life that have tipped the imagination of human existence to more into unrealistic feel where we have lost touch with the natural form to the necessities of survival. Illegal drugs have become an escape for the vulnerable that have somewhat grown numb of their reality because of the harsh changes of rejection or have lost the purpose of their existence.

The IDADAIT is a week of reflection pondering on our Human integrity and its surrounding Moral Grounds hierarchy and the willingness of conventional human in lending a hand and a closer support mechanism for those who are going through anxiety, grief and loss especially those who have lost themselves with the unforgiving changing of time and high expectation of the environment.

From previous years the IDADAIT have revolve around mini themes which has sparked a greater participation of students in school in their relation to their environment which was pretty much of these issues are prevalent and most these children are subdue to the dangers, the risk and the trauma which later haunt them for life. The target is to get the children empowered in making responsible decision and in case of ill treatment therefore necessary relevant reporting where proper referral to necessary stakeholders should be held at the highest the degree in serious case management which allow duty of care and soothing therapies in addressing issues while holding the banner of the CHILD PROTECTION POLICIES to the highest respect.

Being Introduced from last year 2024 the 3 Year IDADAIT Theme "BE RESPONSIBLE, MAKE THE RIGHT CHOICE, STAY AWAY FROM DRUGS" which would be running again for 2025 and also next year 2026. The IDADAIT Commemoration is a program specifically developed mainly towards the Positive Devolvement and Proactive Learning of Children. As the world revolves around technology and young minds in the masses have stretched their understanding to the limits in the availability of information 24/7. It is recommended for parents to actively participate in helping your children in their positive development.

This year 2025 we are focusing more on these areas. That is:

- Understand the dangers and focus on the reduction Alcohol, Marijuana, Methamphetamine and Other Drugs.
- Spread the awareness the devastating effects of neglect, abuse [physical, emotional, domestic, sexual, financial, discriminatory, institutional, psychological], Modern Slavery [courtesan, drug peddlers] on our children.
- Proper censorship on Internet Use, Encouraging Positive Social Media, and Be an accountable Online Citizen.
- Practice Physical Wellness strategies, Maintain a Peaceful Mental Health and Creating a sanitized Love Life
- Developing a Strong Spiritual Foundation Welfare for Internal warfare.

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

IDADAIT AWARENESS DAY

SCHOOL BASED ACTIVITIES

MONDAY, 30th June, 2025

"REDUCE GENDER BASE VIOLENCE"

Wear "WHITE"

Sub-theme: "Every Conversation Matters"



TUESDAY 1st July, 2025

"STOP SEXUAL HARRASHMENT"

Wear "PURPLE"

Sub-Theme: "Your Body is a Temple, Take Good Care of it"

Wednesday 2nd July, 2025

"SOCIAL MEDIA SAFETY"

Wear "Blue"

Sub Theme: " WISE BROWSING, SAFE POSTING"



Thursday 3rd July, 2025

"MENTAL WELLNESS"

Wear "GREEN"

Sub Theme. "You are IMPORTANT, You are SOMEONE"

Friday 4th July, 2025

"DRUGS & HIV"

Wear "RED"

Theme: "Be Responsible, Stay Away from Drugs"



DAY 1: REDUCING GENDER BASE VIOLENCE

SUB THEME: EVERY CONVERSATION MATTERS.

Child Abuse

- Wrongful treatment of the child from a care giver or a peer or stranger.
- It may be in the form of physical, emotional or sexual abuse.
- Exploitation and failure to properly care for a child.

CHILDREN SUBJECTED TO ABUSE

• Usually experience harm to their health, welfare and self-respect.

Short Message

Bullying and a being an insult to other students tend to be a catchy behavior these days that has somewhat getting out of hand in which is creating havoc in the classrooms and places of learning. Any degree of Violence is not tolerated in the Ministry of Education Institutions where Violent behavior should not be promoted through a mild thought, conversations and surely actions is strictly only to divulge the Positive Development of the Child. In this effort Parents and Educators should work hand in hand in creating an Environment conducive to Positive Learning and Growth to every Child in our beloved Nation. Instilling these boundaries and standards of a Non-Violent environment both in school and at home strengthening the values of responsibility, confidence, resilience and care in children and building their ability to be critical decisive thinkers aligning to the Governments mission in making our Youths to be Great leaders in the future.

Mathew 19:14

"But Jesus said "Let the children come to me and do not hinder them for the kingdom of heaven belongs to such as these"

Children are the gift from God in which they should be protected and loved because they are the future of any Nation. Bringing life to the world is a gift and unveiling that gift to the World is Everyone's responsibility.

ITERNARY

MONDAY 30th June 2025

"REDUCE GENDER BASE VIOLENCE"

Sub-theme: **"Every Conversation Matters"**

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 bookmarks with class.
3. **Short skit** - Based on theme, teachers must provide a short play to their class.
4. **Short song** - student to write a short song 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.
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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 number 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 weeklong commemoration of IDADAIT.
5. Display White color (optional) - display White colors on trees, doorknobs, fences, desks, tables, etc.

NOTICE FOR YEARS 12 & 13: SPECIAL TOPIC RESEARCH COMPETITION

Dear Students,

We are excited to invite you to participate in our Special Topic Research Competition! This is a fantastic opportunity for you to conduct research on a topic that interests you and share your insights with your peers.

What You Need to Know:

Who Can Participate?

- All students in Years 12 and 13 are encouraged to join!

Resources Available:

- You can use the school's resources, including the library, computers, and knowledge from teachers and friends. Feel free to explore any other resources available within the school. **(ASK FOR PERMISSION FROM YOUR RESPECTIVE TEACHER(S) OR SUPERVIOR(S))**

Choose Your Topic:

- You can formulate a research topic around or based on today's theme or sub-theme that excites you.

Types of Research Essays You Can Write:

- Analytical Research Essay
- Argumentative Research Essay
- Expository Research Essay
- Compare and Contrast Research Essay
- Cause and Effect Research Essay
- Narrative Research Essay
- Persuasive Research Essay
- Literature Review
- Case Study
- Experimental Research Essay
- Survey Research Essay
- Historical Research Essay
- Review Essay
- And any other type you can think of!
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Important Note:

This competition is not part of your academic curriculum and will not affect your overall academic performance. The primary goal of this activity is to hear your views and opinions on important topics and to encourage your creativity and critical thinking. We can't wait to see what you come up with! Get ready to explore, research, and share your ideas!

BEST OF LUCK!

DAY 2: STOP SEXUAL HARASSMENT

SUB THEME: YOUR BODY IS A TEMPLE, TAKE GOOD CARE OF IT

SEXUAL HARASSMENT

·Is the act of sexually commenting or engaging into sexual advancements through their actions towards a person who has not consented or is underage [18 years and below].

SEXUAL HARASSMENTS INCLUDES

- Joking about someone's sexual orientation or making sexual jokes, comments or gestures.
- Spreading sexual rumors (in person, by text or social media)
- Posting sexual rumors in person, by text or social media)
- Posting sexual comments, pictures or videos
- Taking or sending sexual pictures or video.
- Asking someone for naked pictures of themselves('nude')
- Asking for sex or offering to have sex.
- Touching or grabbing someone in a sexual way.

SHORT MESSAGE

Fiji has faced a series of adversities that has affected the Positive growth especially the social aspects of our unique and Diverse Nation. Recently around 4 years ago the outbreak of the Corona Virus (COVID-19) in the years of 2019-2021 penetrated our beloved Nation to the brink of despair that tested the strength of our ability as Fijians in Uniting in Resilience and Love to push our way forward towards recovery. The recovery is a testimony of our belief in one another in putting our efforts together in building a brighter future for our children which has open the doors to new opportunities into fast internet and easy to operate gadgets allowing accessibility to easy communication, new mode of learning and convenient financial systems. However our race with the New Technological Advancements has proven to be a real challenge these days as Care givers, Parents and Guardian are left in the dilemma in validating the vast contents viewed by our young minds through Social Media Networks, Apps and Websites. Through this paradigm-shift new social behaviors have been introduced into our natural settings coming with its own evil and has open the Pandora's box of sexual obscenity that has sadly victimized some our unfortunate children. For the Ministry of Education strictly forbids such maltreatments of Sexual indecency of children to be conceived as a evil thought, entertained in negative conversations or Preemption of information that should lead the relevant authority to take proper action against perpetrator that committed this heinous act.

~Martin Luther King Jnr~

"Our lives begin to end the day we become silent about things that matter"

Children these days are exposed to a lot of information beyond their age and understanding and the censorship and the use of this information should be every responsible adult's duty of care in keeping our children safe from evil doings.

TUESDAY 1st July, 2025
"STOP SEXUAL HARRASHMENT"
Wear "PURPLE"

Sub-Theme: "Your Body is a Temple, Take Good Care of it"

PRIMARY SCHOOL LEVELS

1. **Short poetry recital** - students to prepare short poems, drawings and display to their classroom
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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.
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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.

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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.
5. Promoting positive relationship in school amongst the students / Video Clip
6. Display Purple color (optional) - display Purple colors on trees, door knobs, fences, desks, tables.

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DAY 3: SOCIAL MEDIA SAFETY

SUB THEME: WISE BROWSING, SAFE POSTING

SAFE SOCIAL MEDIA/INTERNET USE.

- Avoid different types of online dangers like videos of pornographic scenes or obscene language.
- Set standards for what kids can and cannot do online.
- When browsing keep personal information private.
- Encourage kids to report to a trusted adult if they come across a problem online.

SHORT MESSAGE

The internet has completely revolutionized the way people get to do things on the light that it makes our life easier and convenient e.g. Talking with loved ones in Overseas through Messenger or receiving money through m-paisa from a relative working in another country. On the contrary the trend now, internet use is somewhat a kind of modern way in empowering people behind the keyboard or the comfort of your smartphones in fulfilling certain instant self-validation though sharing content that are relevant to them personally or sharing their opinion, views and thoughts about others through content of posts, photos, comments, etc. However, people get to live a double personality in some instances as we live our life in the real world and also, we get to be someone else in the virtual world somewhere down the line people get to be more addicted to the virtual life and becomes unhealthy from that point. Imagine for children as their brains has not fully developed yet whereby still in the verge of understanding the world around them are introduced to gadgets at an early age. The age of children pretty much determines the different stages of their development and off course being addictive to social media alters the way their brain may work in which they would be relying solely to the internet or Social Media Platforms in making decision and is really much they not worried about the implications is does to the real world.

Therefore, urging parents and the public to limit their time use in Social Media and spend quality time with your children. Create an environment where Gadgets are not solely dictating the programs within the family and takes much of the family's time and less interactions between relations. E.g. going for a walk together as a family, telling stories and sharing their experiences with loved ones which can be funny experiences or even inner most thoughts about something they feel that can be changed to make life more productive.

Wednesday 2nd July, 2025

"SOCIAL MEDIA SAFETY"

Wear "Blue"

Sub Theme: " WISE BROWSING, SAFE POSTING"

PRIMARY SCHOOL LEVELS

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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.
3. 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.

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BEST OF LUCK!

DAY 4: MENTAL HEALTH

SUB THEME: YOU ARE IMPORTANT YOU ARE SOMEONE

Mental health is about how people think, feel and behave. Mental health care professionals can help people manage such as anxiety, depression, addiction and other disorders that affect their thoughts, feelings and behaviors.

Some of the Ways to Support a child or young person to develop a Positive Mental Health:

- i. **Be there to listen:** Regular ask your child how they're doing to help them get use to talking about their feelings and know there's always someone there to listen.
- ii. **Stay involved in their life:** Show interest in their life and what's important to them.it not only helps them value who they are but also makes it easier for you to spot problems and support them.
- iii. **Take what they say seriously:** Listening and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways.
- iv. **Support them through difficulties:** Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behavior but try to help them understand what they're feeling and why.
- v. **Encourage their interests:** Support and encourage your child to explore their interests. Being active, creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.
- vi. **Build Positive Routines:** Try to have structure around regular routines especially around healthy eating and exercise. A good night's sleep is also important, so have fixed time for going to bed and getting up.

SHORT MESSAGE

Creating an environment for kids that encourages love, care and positive growth helps in their healthy developments in terms of the physical, spiritual, social and off course the Mental Wellbeing. It is very important to understand that the Ministry of Education supports the idea of every child's Positive Mental Development from Conception until they reach a certain stage of being a well-developed, responsible adult. Therefore, young adults planning to have a family should properly plan in the stage of wanting to have children as these plans boost the young couples to take on equal responsibility in raising the child in a loving, caring and positive environment that encourages healthy development in the child. The stages from conception till the time the child enters the classroom is very crucial as indicative as it is, learning begins in the womb not in the classrooms.

Here are some of the facts in which it highlights how important early child development is:

- By age two a child's brain has reached 80% of its adult size.
- A child's brain produces up to 1,000 trillion new neural connections during the first few years of life.
- The quality of a child's early education can have a significant impact on future academic and career success.
- Trauma and adversity in early childhood can cause changes in the brain's architecture that can affect long term

Thursday 3rd July, 2025

"MENTAL WELLNESS"

—Wear "GREEN"

Sub Theme. "You are IMPORTANT, You are SOMEONE"

PRIMARY & SECONDARY SCHOOLS

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 it's 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. *Skit*
15. *Comedy Show*



In the School Program a Chief Guest 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 full 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 mainstream 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 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 crops on school compound - revive school garden involve students each level to plant a vegetable.
5. Fruit Sharing Day - Bring a fruit and share with a buddy/sister.
6. VIDEO CLIP & ZUMBA VIDEO CLIP - Zumba activity for the whole school
7. Display green color (optional) - display Green colors on trees, doorknobs, fences, desks, tables, etc.
8. Rainbow of Emotions Art
9. Gratitude Jar
10. Mindful Breathing with Bubbles
11. Feelings Charades
12. Nature Scavenger Hunt
13. Emotion Journaling
14. Worry Dolls or Toys
15. Yoga for Kids
16. Acts of Kindness Calendar
17. Silly Dance Breaks



DAY 5: DRUG AND HIV

SUB THEME: BE RESPONSIBLE, STAY AWAY FROM DRUGS.

SOME COMMONLY USED SUBSTANCES AND THEIR LINK TO GETTING OR TRANSMITTING HIV

1. **Alcohol:** Excessive drinking notably binge drinking is linked to behaviors that increase your chance of getting or transmitting HIV, like having condomless sex without using HIV prevention or treatment medications. It could also lead to missing doses of these medications which can make them less effective.
2. **Opioids:** Opioids are a class of drugs used to reduce pain including the illegal drug heroin, the synthetic opioid fentanyl and prescription painkillers like oxycodone. These drugs are often injected and people who share needles, syringes or other injection equipment have an increased chance of getting or transmitting HIV. Opioid use also that can increase your chance of getting or transmitting HIV such as exchanging sex for drugs or money to buy drugs, having multiple sex partners, having condomless sex without using HIV prevention or treatment or missing doses.
3. **Methamphetamines:** Meth is powerful, highly addictive stimulant. It can be smoked, snorted, injected or taken orally and is often used with other substances. People who inject meth and share needles, syringes and other injection equipment have an increased chance of getting or transmitting HIV. Some people use meth to enhance their sexual experience known as chemsex (or partying and playing) which often involves multiple partners and is linked to condomless sex, sex without HIV prevention or treatment medications or missing doses.
4. **Cocaine:** Cocaine is a stimulant that can be used as a powder or in crystal form ("crack"). Injecting cocaine, crack or multiple substances can increase your chance of getting or transmitting HIV if you share needles and other injection equipment.
5. **Club Drugs:** Club drugs are a group of drugs that act on your central nervous system and affect your mood awareness and behavior. Some of the most common club drugs are MDMA, GBL and GBL, ketamine and others. These drugs are associated with CHEMSEX.

SHORT MESSAGE

The wide availability and easy access to common drugs such as marijuana is pretty much evident in the data in student involvement with drug use, peddling, and dealing in school for money. The high cultivation of marijuana locally is equally to be blamed for the high volume of hard drugs in our streets, night clubs, and recreational areas and off course our Schools. Most students begin with sukai, tobacco rolls, kava and alcohol as beginner drugs which later are introduced to much stronger drugs as they use this as a coping mechanism to adapt to difficulties or adversities that they may be facing. These days with the ICE or methamphetamine are becoming more popular among the youths which is a game changer in terms of high rate of addiction and how it has drastically affected our youths. Right now, needle sharing or bluetoothing is a common way of spreading HIV in the country and it surpasses condomless sex which is a national concern right now as quite a number of youths have passed on due to HIV infection.

The Ministry of Education is raising the alarm on Drug addiction and the spreading of HIV with the Substance Advisory Council in:

- Awareness raised to our Prefects all over Fiji,
- Conducting counseling and proper referrals those who have been involved with drugs.
- Outreach into the Communities sharing innovative ideas on how to protect their children in this time and age
- Airing of the current situation and preventative measures on our local broadcasting and television Talk shows,
- Sharing valid information to Youths in popular sporting events like the Coke Games.
- Creating and Endorsing Policies to Safeguard Children and Youth from exposure or protection for any related activities subjected to drugs.

Friday 4th July, 2025

"DRUGS & HIV"

Wear "RED"

Theme: "Be Responsible, Stay Away from Drugs"

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 bookmarks with class.
3. **Short skit** - Based on theme, teachers must provide a short plays to their class.
4. **Short song** - student to write a short song 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** - school formulates a "drug-free" pledge, which students read as an oath to be drug -free.
10. **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. **School Pledge** - the school writes a creative pledge "TO BE DRUG FREE" - students take this pledge.
10. **Debate** - teachers organize an inter-form debate on "Drug-free is the way to be".
11. **Panel discussion** - students divided into groups of five - free discussion on "Dangers of drug abuse."
12. **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 Fiji Police - Narcotics Bureau, Juvenile Bureau, Community Policing, Ministry of Health (Public Health Nurse), Social Welfare, Border Control Officers [FIRCA], Legal Aid Commission, Drug Free Fiji, SAAC officers or Faith Based leaders and Education Officers, Social Welfare Department, Education Officers to address the students on the dangers of drugs in their life.
2. Invite Drug Survivors to address the students.
3. Decision Making Skills - Helping Primary school students to make right choices in life with regards to drug use.
4. 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.
5. Student's activity - creative posters, debate, banners, bookmark, oratory, panel discussion, display corner promoting a Life Free of Drugs.
6. Display Red color (optional) - display Red colors on trees, doorknobs, fences, desks, tables, etc.

NOTICE FOR YEARS 12 & 13: SPECIAL TOPIC RESEARCH COMPETITION

Dear Students,

We are excited to invite you to participate in our Special Topic Research Competition! This is a fantastic opportunity for you to conduct research on a topic that interests you and share your insights with your peers.

What You Need to Know:

Who Can Participate?

- All students in Years 12 and 13 are encouraged to join!

Resources Available:

- You can use the school's resources, including the library, computers, and knowledge from teachers and friends. Feel free to explore any other resources available within the school. **(ASK FOR PERMISSION FROM YOUR RESPECTIVE TEACHER(S) OR SUPERVIOR(S))**

Choose Your Topic:

- You can formulate a research topic around or based on today's theme or sub-theme that excites you.

Types of Research Essays You Can Write:

- Analytical Research Essay
- Argumentative Research Essay
- Expository Research Essay
- Compare and Contrast Research Essay
- Cause and Effect Research Essay
- Narrative Research Essay
- Persuasive Research Essay
- Literature Review
- Case Study
- Experimental Research Essay
- Survey Research Essay
- Historical Research Essay
- Review Essay
- And any other type you can think of!
-

Important Note:

This competition is not part of your academic curriculum and will not affect your overall academic performance. The primary goal of this activity is to hear your views and opinions on important topics and to encourage your creativity and critical thinking. We can't wait to see what you come up with! Get ready to explore, research, and share your ideas!

BEST OF LUCK!

HEALTHY COPING SKILLS FOR SCHOOL STUDENTS

PRIMARY STUDENTS LEVEL

A. Mindfulness - Paying close attention to what you are doing right now, like feeling the grass under your feet or listening to the sounds around you.



B. Exercise - Moving your body, like running or playing sports, to keep it strong and healthy.



C. Deep breathing - Taking slow, deep breaths to help you feel calm and relaxed when you are upset or worried.



D. Positive self-talk - Saying nice things to yourself, like "I can do this!" to feel better and more confident.



E. Art therapy - Using drawing, painting, or other art activities to express your feelings and have fun.

F. Journaling - Writing down your thoughts and feelings in a notebook to help you understand them better.



F. Problem solving - Thinking of ways to fix a problem or find a solution when something is difficult.



G. Seeking supportive relationships - Finding friends or family who help you feel happy and safe.



H. Asking for help - Telling someone you need assistance when you're having trouble with something.



I. Visualization - Imagining a happy place or a positive outcome in your mind to help you feel better.



J. Spending time with friends or family - Enjoying fun activities with people you love to feel connected and happy.





SECONDARY STUDENTS LEVEL

A. Keeping a journal - Writing about your day and your feelings in a special notebook to help you understand yourself better.

B. Getting plenty of exercise - Moving your body every day, like playing outside or riding a bike, to stay fit and strong.

C. Eating healthy, regular meals - Choosing good foods like fruits and vegetables and eating at the same times each day to keep your body happy.

D. Making sure you get enough sleep - Going to bed early enough to get the rest you need, so you can feel energetic and ready for the day.

E. Meditating - Sitting quietly and focusing on your breathing or a peaceful thought to help calm your mind.

F. Downloading an app that provides relaxation exercises - Getting a fun phone app that teaches you how to relax with activities like deep breathing or imagining a happy place.

G. Establishing and maintaining boundaries - Setting limits on what you are comfortable with so that you feel safe and respected in relationships.

H. Practicing relaxation strategies - Using techniques like deep breathing, meditation, and mindfulness to help you feel calm when you are stressed.

I. Getting regular physical activity - Doing fun activities like playing sports or dancing often to keep your body healthy and strong.

J. Making to-do lists and setting goals - Writing down things you want to do or achieve to help you stay organized and focused.



NOTES







COPING SKILLS



Meditation



Exercise



Write Journal



Draw



Listen to Music



Take a Bath



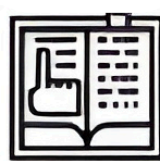
Play with Pet



Enjoy Nature



Clean House



Read Books



Use Aromatherapy



Play Games



Cook a meal



Knitting



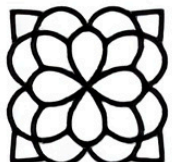
Pray



Finding Humor



Make Gratitude list



Coloring



Gardening



Do Yoga



Get enough Sleep



Accept a Challenge



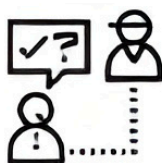
Drink Tea



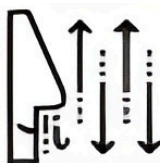
Squeeze a stress ball



Play Musical Instrument



Ask for Help



Practice deep slow Breath



Eat healthy Food



Limit Caffeine



Schedule time for yourself



Cry



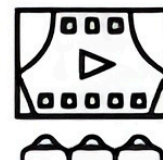
Smile



Take a walk



Doodle on paper



See a Movie



Eat a chocolate

HIV

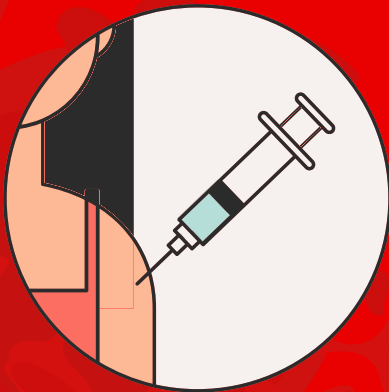
HUMAN IMMUNODEFICIENCY VIRUS

HOW CAN I GET INFECTED BY HIV?



UNPROTECTED SEX

Primarily through unprotected anal or vaginal sex with an infected partner. HIV can enter the body through the linings of the vagina, vulva, penis, rectum, or mouth during sexual activity



SHARING OF INJECTION

Sharing needles, syringes, or other drug injection equipment with someone infected with HIV. This is because these items may contain blood, which can carry HIV



GENETIC PASS DOWNS

A child can be born with HIV if their mother has HIV



Disclaimer: This message is brought to you by Substance Abuse Advisory Council of FIJI. Substance abuse can impair judgment and increase behaviors that lead to HIV transmission. If you or someone you know is struggling with substance use OR HIV, please reach out to us. You can contact us on 3394144 / 3394180 / 7734180 or email us on nsaaccouncil@gmail.com or visit our office at Old Delainamasi Government School Building, Nasinu. For personal one to one counseling you can contact: 2234180 or 7774180 or 7774181

TOWARDS A DRUG - FREE FIJI

BLUETOOTHING

WHAT IS BLUETOOTHING?

"Bluetoothing" refers to the practice where individuals inject drugs and share blood through syringes or other means, often to share the effects of a drug.

WHY IT'S DANGEROUS?

This practice involves direct blood-to-blood contact, significantly increasing the risk of transmitting bloodborne infections like HIV and hepatitis.

Medical Issues

Blood mis-match can cause various health issue.



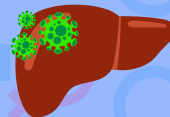
Mental Health Impact

Addiction and risky behaviors can lead to anxiety, depression, and other mental health struggles.



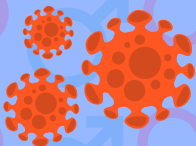
Hepatitis B & C

Sharing blood can transmit Hepatitis B and C, leading to serious liver diseases.



Bacterial Infections

Unhygienic practices increase the risk of life-threatening infections.



WHAT ARE THE EFFECTS OF BLUETOOTHING?

Severe Allergic Reactions

Unmatched blood sharing can cause deadly allergic reactions.



Overdose Risks

Sharing blood can result in dangerous drug overdoses due to inconsistent drug potency.



Increased Risk of HIV Transmission

Sharing blood increases the risk of HIV, especially when users are unaware of their status.



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SELF LOVE AND MENTAL HEALTH

UNDERSTANDING SELF- LOVE AND MENTAL HEALTH

Self-love is a crucial aspect of mental health, encompassing the kindness and understanding we offer ourselves. It involves recognizing our worth and treating ourselves with compassion, especially during challenging times.

By acknowledging our feelings without judgment, we create a supportive internal environment that fosters emotional resilience.



SETTING BOUNDARIES FOR WELL-BEING

Establishing healthy boundaries is essential for maintaining mental health. Learning to say no and prioritizing our own needs allows us to protect our time and energy.

By setting limits with others, we ensure that we have the space to nurture ourselves, ultimately contributing to our overall well-being and self-respect.



ENGAGING IN POSITIVE SELF-TALK

Positive self-talk plays a vital role in cultivating self-love. Challenging negative thoughts and replacing them with affirmations helps shift our mindset towards a more positive outlook. Celebrating our achievements, no matter how small, reinforces our sense of self-worth and encourages a healthier self-image.





THE IMPORTANCE OF SEEKING SUPPORT

Seeking support is a vital component of self-love and mental health. Whether through friends, family, or mental health professionals, reaching out for help when needed fosters connection and understanding. Joining support groups can also provide comfort, as sharing experiences with others who face similar challenges can alleviate feelings of isolation and enhance our mental well-being.



Disclaimer: This message is brought to you by Substance Abuse Advisory Council of FIJI. Mental health and drug use are connected. Some people use drugs to cope with feelings like anxiety or depression, but it can actually make things worse. On the other hand, using drugs can cause mental health problems, like more anxiety or depression. It's important to treat both issues together for better recovery. Get help and stay informed to take care of yourself. If you or someone you know is struggling with substance use OR mental health, please reach out to us. You can contact us on 3394144 | 3394180 | 7734180 or email us on nsaaccouncil@gmail.com or visit our office at Old Delainamasi Government School Building, Nasinu. For personal one-on-one counseling you can contact: 2234180 | 7774180 | 7774181. Additionally, you can reach the Child Helpline at 1325 for further assistance.



ONLINE SAFETY

In today's digital world, staying safe online is more important than ever. Cyber threats are constantly evolving, and it's crucial to protect your personal information and maintain your privacy.

BE CAUTIOUS WITH PERSONAL INFORMATION

Limit the amount of personal information you share online, especially on social media. Be wary of sharing details like your address, phone number, or financial information unless absolutely necessary. Always ensure that any sharing is done securely.

USE STRONG PASSWORDS AND 2FA

Create complex passwords with a mix of letters, numbers, and symbols. Avoid using easily guessable information like birthdays or names. Consider using a password manager to keep track of your passwords. Additionally, enable Two-Factor Authentication (2FA) on accounts that offer it for an extra layer of security.



TIPS TO HELP YOU NAVIGATE THE ONLINE LANDSCAPE SAFELY.



STAY SAFE FROM SCAMS AND KEEP SOFTWARE UPDATED

Be suspicious of unsolicited emails or messages asking for personal information. Look for signs of phishing, such as poor grammar or unusual sender addresses. Regularly update your operating system, browsers, and applications to protect against vulnerabilities. Enable automatic updates whenever possible.

MONITOR ACCOUNTS AND STAY INFORMED

Regularly check your bank and credit card statements for unauthorized transactions. Set up alerts for suspicious activity on your accounts. Stay informed about the latest online threats and safety practices, and share this knowledge with others to help them stay safe online.



This message is brought to you by the Substance Abuse Advisory Council of Fiji. Social media can make drug use seem normal and cool, especially when celebrities or friends talk about it. This can make young people more likely to try drugs and get addicted. Seek support and stay informed to protect your well-being. For help, contact us on 3394144 / 3394180 / 7734180 or email nsaaccouncil@gmail.com, or visit our office at Old Delainamasi Government School Building, Nasinu. For personal counseling, call 2234180 OR 7774180 OR 7774181.

Online Safety Commission: 3300547 | 9980242 | Email: help@osc.com.fj | web: www.osc.com.fj | Child Helpline: 1325



HIV IS PREVENTABLE

USE PROTECTION DURING SEX, GET
TESTED REGULARLY, AND NEVER
SHARE NEEDLES.

Save yourself

Save others



TOWARDS A DRUG - FREE FIJI

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