

PROUD TO BE DRUG-FREE

” NAJIVUNIA KUTOKUTUMIA DAWA ZA KULEVYA ”



CAMPAIGN LAUNCHING

ABOUT THE PROUD TO BE DRUG FREE CAMPAIGN

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The Proud to be drug free campaign echoes the current prevention program goal of supporting youth to adopt a healthy life style free from alcohol and other drugs and contribute to the development of peaceful, justice and inclusive society.

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The event commenced with various engaging activities aimed at raising awareness about the harmful effects of substance abuse and promoting a healthy, drug-free lifestyle. Participants actively took part in discussions, and interactive activities like songs, role play, poem, success stories, question and answer throughout the day.

ACTIVITIES HELD DURING THE LAUNCHING

INTRODUCTION OF BLUE CROSS SOCIETY OF TANZANIA ORGANIZATION

»»» SPEECH

Blue Cross Society of Tanzania focuses on PREVENTION (that is to stopping someone from starting) believing in the saying that PREVENTION IS BETTER THAN CURE. Prevention programme through life skills education implemented by Blue Cross Society of Tanzania has made us come up with the idea of having a campaign that highlights the importance of being drug free. This campaign encourages students, young people and adults to realize that a life style without alcohol, tobacco and drugs is possible., and they should feel proud about it.



MR REVOCATUS NGINILA
Director of Blue cross society of Tanzania.



DR. CHARLES MIGUNGA
Guest of Honor

««« SPEECH

Drug addiction is easy to get into and hard to get out because recovering is a process. The government is treating drug addicts as well as providing them with various economic activities so that they do not return to the use of illicit drugs. However, the government is also working hard to ensure those who have not started to be provided by prevention education so as not to get into use. Our bodies are valuable, let's take care of our bodies, let's change our lifestyle, let's not be idle, engage into different community activities.

»»» SPEECH

Blue Cross Society of Tanzania wishes to see our children and young people from the age of 12 to see the importance of maintaining a state of not using drugs and alcohol, and the importance of developing a drug-free lifestyle in all aspects of their lives at home, at school, and during their leisure time.



MS. ANNA PANGA
Project Officer and Life skills facilitator BCST



OSCAR AND BRIAN
Representatives of Kijenge Spiritual Center.

««« SPEECH

It is the responsibility of the community to cooperate with Blue cross Tanzania organization and other Organizations that are committed to ensure that we have a healthy society without drugs.

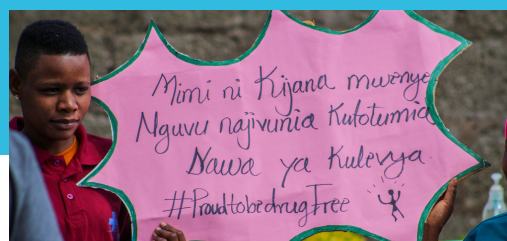
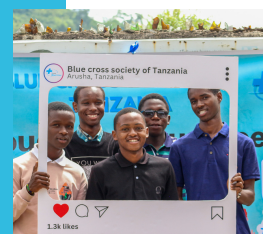


A POIGNANT POEM DELIVERED BY A PEER EDUCATOR FURTHER UNDERScoreD THE MESSAGE OF HOPE AND RESILIENCE.



POEM

Quitting drugs gives me new
 energy,
 I do many things without any
 restrictions
 now I have freed myself and shine
 like all of you
 I have become a new person, it is a
 great benefit
 The family looks at me with joy and
 happiness
 my friends will welcome me with
 open arms
 now i am confident, I am doing
 better
 I don't know what tomorrow
 will be like,
 I have grown into a strong person
 I am proud to be drug free.



A stirring performance by Focus Academy students and Elimu Yetu students. They insisted on reasons to quit drugs and the role play and poem were full of positive messages to Youth, Make your dreams happen, love yourself, don't afraid to say no to drugs, i am enough, today I choose joy, be brave, be bold be proud of yourself not using drugs.



Andrew Evarist a young man who is now recovering from drug addiction, became addicted to heroin and ruined his life for almost ten (10) years. The addiction was because he got chronic stomach pain and started using painkillers in excess. This resulted in abusing the painkillers and henceforth brought addiction to other illicit drugs. The addiction took me to the abuse of heroin since I felt it would have helped me. but I didn't know the outcome. Drugs changed my life completely, I have lived it in my mind, I grew up being dependent and with no hope of life. I stole things, misused money, ran away from my family, and even my physical appearance changed I no longer looked healthier. As for now I am grateful for the treatment and education I received from sober house, I am now back to my family and I urge youth not to think of trying to use illicit drugs it will take



PLEDGES

This campaign has been received with positive attitude, about 5000 students and young people have pledged proudly to be drug-free. These are students in secondary schools and collages as well as youth centers in Arusha Tanzania.





Never ^{TOO} Late
Be Brave

Yes you can

Proud of myself

LOVE yourself

Today I CHOOSE joy

