

## Junior Christian Endeavour : Award Scheme

# SAYING NO!

One of the most effective things that we can do to help the children of today is to talk to them - not tell them! Have a good conversation. Listen to them and talk about drugs and the social pressures they face.

It should not be assumed that the extent to which a drug is legally restricted is much of a guide to how harmful it can be.

The following topics aim to provide:

- ✓ factual information about drugs
- ✓ discussion on why people take drugs
- ✓ a Christian viewpoint
- ✓ development of decision making skills

When embarking on this topic you may wish to acquire more knowledge, leaflets or posters. The following addresses are recommended. Personnel are helpful and leaflets can be free!

The most recent details of all agencies working in the drug misuse field can be obtained by telephoning your local area Health Board or by contacting **Information Services at HEBS** on 0345 70 80 10 (Scotland). Your local **Health Promotion Unit** will give support and information and may be willing to come and speak to your Group. Look under the name of your **Health Board** in the telephone book.

**Hope UK**

**020 7928 0848**

**[www.hopeuk.org](http://www.hopeuk.org)**

Health Education Board for Scotland 0131 536 5500

**[www.hebs.scot.nhs.uk](http://www.hebs.scot.nhs.uk)**

National Health Direct

0845 4647

**[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**

Know the Score

0800 587 5879

**[www.knowthescore.info](http://www.knowthescore.info)**

Royal College of Psychiatry

**[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)**

Action for Smoking and Health

**[www.ash.org.uk](http://www.ash.org.uk)**

