

# CHILD PROTECTION BULLETIN

STATE CHILD  
PROTECTION  
SOCIETY, ASSAM

MONTHLY BULLETIN OF ACTIVITIES CONCERNING CHILD PROTECTION IN ASSAM

## EDITORIAL

As a parent it is very important for you to give time to your children. Listen first before giving or putting any assumption. Even if you know what they are going to say still you need to listen first. We often judge before giving a second thought or before thinking deeply. Listening skills are among those things in life that you can use to your advantage when you know more about them and how the concept works. Improving your listening skills is a sure-fire way to strengthen your personal relationships and help you in your career as well. When you have to confront your child, avoid blaming, criticizing, or fault-finding, which undermine self-esteem and can lead to resentment. Instead, strive to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what. As a parent, you're responsible for correcting and guiding your kids. But how you express your corrective guidance makes all the difference in how a child receives it. As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two.

Editorial Board,  
State Child Protection Society,

The gender dynamics of alcohol and substance abuse are complex and worth attending to. Many of the substances such as tobacco and alcohol are socially acceptable if practiced by males but not for females. During social, cultural and family rituals and customs, festivals, celebrations, happiness, relaxation, etc. such practices were common among male members. Therefore, males were more exposed to as well as accepted alcohol consuming. As the consequences, they became more victims of substance addiction. Historically, female using substance has always been disapproving in the Indian society. Alcohol abuse has always been perceived as a male concern (not female) especially in India. A study reported that in the past few years there has been a drastic change seen by many substance abuse types of research and report a rising graph of instances of 'women substance abuse' in India. A female child with a best friend who is a smoker is nine times more at risk to become smokers. Smoking is a shared activity with important socializing functions of a female child. Alienation among female child is also one of the major causes as well as the effect of addicted behavior because of this addiction, females are somehow being alienated from their spouse, family, and friends. A female child as an addict of substance abuse has to face tougher consequences and stigma of society as compared to men's world. In the case of females, the empathetic understanding and support from their own families are not being provided to them and they face immense mental and physical trauma and torture. Another very common psycho social causes of substance abuse among street children in India are found to be the peer pressure followed by experimentation and boosting self-confidence according to. It is also observed in studies that the increasing age of children was significantly associated with increased prevalence of substance abuse. In India, Peer group has the greatest influence also on the child smokers. The initiation of tobacco smoke generally occurs in the company of a friend who is a smoker. Moreover, peer smoking also predicts continued smoking among children who have already begun to smoke. Another study reported that developmental transitions, such as puberty along with an increasing independence in exposure, exploration, and decision making along with greater mobility, have also been associated with

## Role of Psycho-Social Factors & Its Related Risk Factors in Children with Substance Abuse



substance abuse. Conversely, there is an increase in the risk-taking behavior, experimentation, and curiosity among substance abuse children. The multifaceted problem of substance abuse in children has no one single solution to it. This has to deal with from various aspects and angles. A number of preventive strategies are required to combat substance abuse in children. This paper has highlighted the high prevalence of substance abuse among children and its ill effects on their health and performance. Following are the steps suggested that can be taken for the prevention of substance abuse in children.

### Preventive strategies of substance abuse in children

1. The schedule of the child should be constructive and productive with meaningful activities, such as sports, co-curricular activities, and brain games, reading good books or other group involvement. Such activities can help them in developing good habits and keep themselves busy in some productive works.
2. Schools and institutions should keep a regular check on every student's performance, behavior, attendance, and if any student found suspicious, they should immediately inform parents and take appropriate actions.
3. Parents and caretakers should be aware of the child's interests, their peer groups, stay connected and know where your children are at their free time, keep a check on children's school and tuition, attendance, and performance, attend timely parents' meets with teachers, and keep a check on the child's behavior pattern.
4. Parents, caretakers, teachers, and friends of a child facing substance abuse need to work and help children to enhance positive self-esteem, boost confidence, should be supportive and help the child to make a good choice and healthy habits. They should open communication channels open, initiate dialogue, listen to children, keep patience and have faith in their child as quitting substance abuse requires a long time.
5. The Parent needs to be the role model in shaping their children's attitude toward healthy practices, and alcohol, cigarettes, and drugs because they are the greatest influence on whether their children will use substances or not. Especially, those parents who are facing substance abuse problem could share their experiences and make their children understand the hazardous effects of having a substance abuse. They could seek help and quit and as they will try to quit, their children who are facing substance abuse problem would also quit early as observing their parents quit.

*No parent, child, or family is immune to the effect of drugs.*



6. Communities and society should take a stand against liquor, tobacco, trading, trafficking and misleading young minds. They should stop buying and demanding substances and keep a check if any, illegal activity is being suspected in their vicinity, immediately informing the police authorities about it.

7. The government should plan awareness camps, health advertisements, etc. To give information regarding substance abuse, its adverse effects, treatment, etc. with special attention on rural, slum and remote, overcrowded poverty stricken areas.

8. The Government should include substance abuse and its related topics in school, college curriculums and make it as a compulsory topic to study. So, that student may get legally, logically and scientifically aware about the adverse consequences of it.

9. The government, Society, parents, teachers, social reformists, ethical committees should monitor on misleading advertisements of tobacco, liquor, pan masalas etc. must be done by the government. Also, legal notification

and strict legal alternatives to control the supply and demand of substances should be measured by the government.

10. June 26 is marked and celebrated as The International Day against Drug Abuse and Illicit Trafficking; It was established in 1987 by the United Nations. The day marked the International Day against Drug, Substance Abuse and Illicit Trafficking every year (German, 2014). It is an exercise undertaken by the world community to sensitize the people in general and the youth, but it spreads awareness among children in particular, towards the menace of substance abuse at an early age. Under this campaign, the theme of 2017 is "Listen First". We need to listen to our children what they want to tell us and also what they do not want to tell us. We need to listen to the unsaid state of affairs also. We need to give them space and assurance, we need to build trusting relations with them so that they share their minds, their concerns, their fears, worries and anxieties, their hopes and aspirations, their hurdles and struggles and their dreams and success stories. It is an issue of human Rights of children.

**W**hen attempting to get your child into recovery from drug abuse, you need to be educated on addiction, the specific substance of abuse, and treatment options. If you lack the knowledge and expertise regarding addiction and your child's drugs of abuse, you will not have the information necessary to assist them.

For example, someone abusing a stimulant substance will react in very different ways when they are under the influence compared to when they have ended a binge. Someone using a depressant substance will present very differently from someone under the influence of other drugs. By researching the signs and symptoms of the drug, you will be able to:

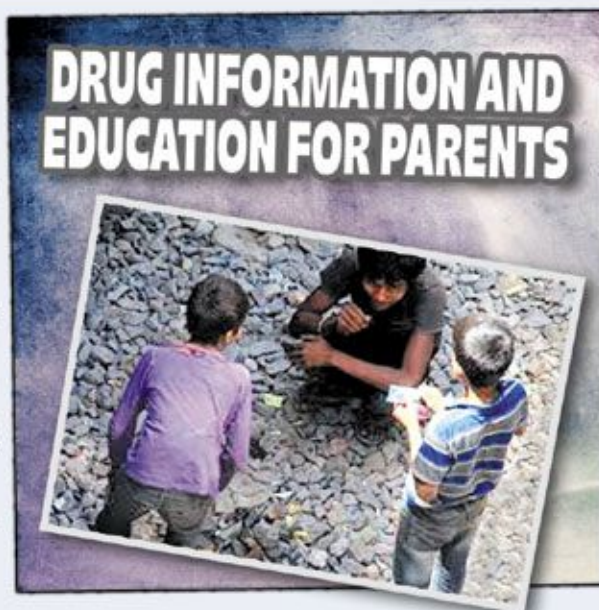
- ❖ Note periods of use.
- ❖ Note periods of abstinence.
- ❖ Deliver appropriate consequences.
- ❖ Reduce the risk of manipulation.

A key way to accomplish this is through open and assertive communication. Good communication can help you catch problems early and react in appropriate ways. Assertive communication includes a balance of asking questions and actively listening to drive a productive conversation. The best types of questions will be open-ended and nonjudgmental. An open-ended question is one that cannot be answered with one word. Open-ended questions are helpful because they allow for increased communication and a better exchange of ideas. These questions have the goal of learning more information about your child and allowing them to express their concerns, struggles, and hopes.

When communicating, try to:

- ❖ Stay engaged and focused.
- ❖ Display a sense of acceptance and understanding.
- ❖ Be kind and respectful.
- ❖ Reduce distractions.
- ❖ Focus on the good.
- ❖ Diminish negative reactions.

Being overly emotional is not a part of assertive communication. If you find yourself too upset, sarcastic, or irrational to manage your emotions, consider leaving the situation with a plan to return to the subject at another time. It's very important to return to the conversation within a reasonable period —



ignoring the problem will not make it go away. When there is too much focus on the mistakes and poor decision-making of the child, they will have diminished confidence, lower self-esteem, and a decreased sense of personal power. These effects can lead to continued substance use. Instead, emphasize the positives and encourage desirable behaviors. Using encouragement and optimism builds a sense of teamwork and cooperation while reducing conflict and negativity. This style will enable them to:

- ❖ Try new healthy coping skills.
- ❖ Engage in new activities.
- ❖ Build more appropriate peer relationships.
- ❖ Face challenges.

### Juvenile Justice (Care and Protection of Children) Act, 2015

#### Section 77- Penalty for giving intoxicating liquor or narcotic drug or psychotropic substance to a child.

- ❖ Whoever gives, or causes to be given, to any child any intoxicating liquor or any narcotic drug or tobacco products or psychotropic substance, except on the order of a duly qualified medical practitioner, shall be punishable with rigorous imprisonment for a term which may extend to seven years and shall also be liable to a fine which may extend up to one lakh rupees.

#### Section 78- Using a child for vending, peddling, carrying, supplying or smuggling any intoxicating liquor, narcotic drug or psychotropic substance.

- ❖ Whoever uses a child, for vending, peddling, carrying, supplying or smuggling any intoxicating liquor, narcotic drug or psychotropic substance, shall be liable for rigorous imprisonment for a term which may extend to seven years and shall also be liable to a fine up to one lakh rupees.



*Children are often the silent victims of drug abuse. - Rick Larsen*



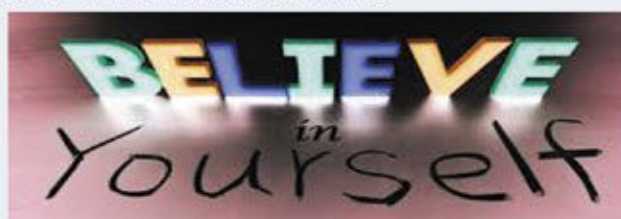


A person with positive thinking anticipates happiness, health and success, and believes that he or she can overcome any obstacle and difficulty. Positive thinking is not a concept that everyone believes and follows. Some, consider it as nonsense, and scoff at people who follow it. However, there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness. It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it. To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do. With a positive attitude we experience pleasant and happy feelings. This brings brightness to the eyes, more energy, and happiness. Our whole being broadcasts good will, happiness and success. Even our health is affected in a beneficial way. We walk tall, our voice is more powerful, and our body language shows the way we feel. Positive and negative thinking are contagious. We affect, and are affected by the people we meet, in one way or another. This happens instinctively and on a subconscious level, through words, thoughts and feelings, and through body language. Negative thoughts, words and attitude, create negative and unhappy feelings, moods and behavior. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

- ✦ Ignore what other people say or think about you, if they discover that you are changing the way you think.
- ✦ Use your imagination to visualize only favorable and beneficial situations.
- ✦ Use positive words in your inner dialogues, or when talking with others.
- ✦ Smile a little more, as this helps to think positively.
- ✦ Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.
- ✦ In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.
- ✦ It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.

## How to develop your personality

The key to improving your personality is making certain changes in your external as well internal mechanism including certain behaviour patterns to reinforce good personality traits and remove or reduce negative personality traits. These changes will touch upon many aspects of you such as communication skills, body language, clothing and self confidence etc. If you feel discouraged or disappointed that how can you work on your own on so many things such as language skills, confidence level, dressing etc. all at the same time, then hang on. There is no need to run away of press the panic button. First is the self help approach. Under this there is no one to guide you. You may do self assessment to pinpoint the areas where you need to do improvement. Even very close and true friends can guide you. Besides your parents, siblings and spouse can also give true feedback. Based on the feedback and / or self assessment, you may buy self development books. Of course, good articles in magazines and newspapers, blogs like this on internet and you tube videos on the subjects of personality development, improve communications skills, how to improve your level of self confidence can also be very helpful. After you have assimilated all the useful inputs, you have to devote certain time everyday and regularly act on the tips and advice given to improve your personality. Improvement in your external looks is also a part of personality development. When a person meets you, he first notices your external appearance before he gets a chance to know you a little better. Hence good and appropriate dressing is one of the most looked-into aspects in a corporate work culture. Also good, clean attire in contemporary fashion helps you look and feel more confident. Therefore, make it a habit to dress in a decent and professional set of clothes. Make sure your dress is neatly ironed and you wear laced shoes. Ensure that the color combination is appropriate to suit the occasion, fitting is just right giving you an overall decent and professional look. Most importantly you should look and feel comfortable the whole day long. Needless to say that you should avoid flashy attire. Though proper dressing alone will not improve your personality, but it has a considerable amount of impact on enhancing your personality. The physical action through the new activity will give you a work out when you do it regularly. Certainly this will help improve your personality, as the physical action can rejuvenate your body and mind, give you more energy. Thus this gives to your personality the much needed boost you were waiting for. The more physical fit will make you feel healthier and better. This will improve your body language and you will look smarter even in the same clothes.



## ADOPTED CHILD WITH NEW FAMILY



*Your positive action combined with positive thinking results in success.*



## Status Report on the functioning of the Juvenile Justice Boards and Child Welfare Committees in Assam for the month of May 2018

Sl. No.	Districts	Juvenile Justice Boards			Child Welfare Committees		
		No. of cases instituted	No. of cases disposed	Total cases pending	No. of cases instituted	No. of cases disposed	Total cases pending
1	BAKSA	Cases are jointly dealt with Nalbari JJB			3	3	0
2	BONGAIGAON	3	1	22	3	2	24
3	BARPETA	2	3	114	26	13	195
4	CACHAR	1	0	12	14	12	13
5	CHIRANG	3	4	25	2	6	5
6	DARRANG	4	10	63	6	3	22
7	DHEMAJI	6	2	24	17	16	6
8	DHUBRI	7	0	91	6	3	11
9	DIBRUGARH	0	3	23	20	22	3
10	DIMA HASAO	1	6	18	3	4	16
11	GOALPARA	3	6	51	3	2	16
12	GOLAGHAT	6	1	19	4	5	12
13	HAILAKANDI	3	4	17	2	4	1
14	JORHAT	11	3	47	10	10	18
15	KAMRUP (M)	7	13	82	75	53	348
16	KAMRUP (R)	4	9	37	58	52	43
17	KARBI ANGLONG	2	1	37	5	4	4
18	KARIMGANJ	9	7	48	3	3	18
19	KOKRAJHAR	9	7	158	10	7	32
20	LAKHIMPUR	7	2	46	25	21	12
21	MORIGAON	2	4	33	15	6	26
22	NAGAON	5	14	170	31	33	17
23	NALBARI	0	0	12	13	6	89
24	SONITPUR	7	5	66	12	12	24
25	SIVASAGAR	7	10	91	17	2	67
26	TINSUKIA	3	3	23	15	17	24
27	UDALGURI	2	10	91	17	2	67
	<b>Total</b>	<b>114</b>	<b>119</b>	<b>1340</b>	<b>401</b>	<b>324</b>	<b>1094</b>

For any feedback, write to :  
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DSW, Government of Assam