



Maa-baap ki guide

SHARAB AUR NASHE KA ISTEMAAL

Aapka bachcha, sharab aur nasha

Un maata-pita ki guide jinka kishor sharab, vape ya nasha le raha hai: ghar ke shaant, tike hue kadam jo chhaape, chillaane ya sharminda karne ki jagah aazmaaye ja sakte hain.

Yeh kiske liye hai: un maata-pita ke liye jinhein pata chala hai, ya shak hai, ki unka kishor ya jawaan bachcha sharab pi raha hai, vape kar raha hai ya nasha kar raha hai.

Hawale: NICE, World Health Organization, aur peer-reviewed shodh.

Bhashayein: English, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ KYA YEH AAPKA GHAR HAI

Ek baar aazmaana, ya koi pattern?

✿ CHHOTA SA SAAR

Agar aapko pata chala hai, ya shak hai, ki aapka kishor bachcha sharab pi raha hai, vape kar raha hai ya koi nasha kar raha hai, to yeh dar asli hai. Aap bure maata-pita nahi hain, aur yeh kahaani ka ant nahi hai. Ek lambi saans lijiye: shuruaat ek shaant agle kadam se hoti hai.

Ho sakta hai aapko school bag mein ek vape mila ho. Ho sakta hai kisi jacket se dhuen ki gandh aayi ho, ya aapke purse se paise gaayab hue hon. Ho sakta hai teacher ka phone aaya ho, ya kisi cousin ne bataya ho. Aapka mann shaayad seedhe sabse buri baat par pahunch gaya hai.

Kisi cheez ko ek baar aazma lena aadat ban jaane jaisa nahi hai.

Is par nazar rakhiye ki kya istemaal pehle se zyada baar hone laga hai, kya woh akele mein hota hai, ya kya woh tanaav ya udaasi se nipatne ke liye hota hai. Girte number, naye raaz, gaayab hote paise aur chhootte dost, ye sab tasveer ko aur saaf karte hain. Ek shaam chinta ki baat hai; jo pattern badhta hi jaaye, use madad chahiye.

Jab istemaal is tarah pakad bana le, to log ise nashe ki lat kehte hain. Sirf ek doctor hi bata sakte hain ki yeh baat aapke bachche par laagu hoti hai ya nahi. Yeh kitaab aapke bachche par woh label nahi lagayegi. Yeh aapko saaf dekhne aur shaanti se jawab dene mein madad karegi.

Umar bhi maayne rakhti hai. America mein badon ke ek bade survey mein, jinhone kam umar mein peena shuru kiya tha, unhein peene ki gambhir samasya hone ki sambhaavna zyaada thi.

10 mein se 4 se zyaada

bade, jinhone 14 saal ya usse kam umar mein peena shuru kiya

Unhein zindagi mein kabhi na kabhi peene ki gambhir samasya hui, jabki 20 saal ya uske baad shuru karne walon mein yeh kareeb 10 mein se 1 ko hui. Is American survey mein, shuruaat har saal jitni der se hui, khatra utna kam hota gaya.



Kabir ke darwaaze par Anita, us raat jab use pata chala.

Anita ka beta Kabir 16 saal ka hai aur Pune mein 11vi mein padhta hai. Ek shaam use Kabir ke school bag mein ek vape mila. Uski jacket se kuch meethi-si, dhuen jaisi gandh aa rahi thi. Uske pati chahte the ki poora kamra chhaan maarein aur uska phone chheen lein. Uski saas ne kaha, "Kisi ko mat batana. Log kya kahenge?" Anita raat bhar jaagti rahi, gusse aur dar mein, yeh sochte hue ki usse kahaan galti ho gayi.

Usse koi galti nahi hui thi. Use jo mila, usse zyaada maayne yeh rakhta hai ki woh aage kya karti hai. Aadhi raat ka chhaapa Kabir ko bas aur achche se chhipaana sikha sakta hai. Agle din ki ek shaant baatcheet use apni maa se baat karte rehne de sakti hai.

● YEH KARKE DEKHEIN

Jab tak aapka bachcha beemar na ho ya khatre mein na ho, aapko aaj raat hi kuch karna zaroori nahi hai. Tab tak rukiye jab tak aap shaant na hon aur aapka bachcha hosh mein na ho. Kuch din bas gaur kijiye. Aapka bachcha kab halka aur khush rehta hai, aur kab baat bigadti hai? Aap abhi kuch theek nahi kar rahe. Aap pattern samajh rahe hain.

2

✿ YEH ASAL MEIN HAI KYA

Badhta hua dimaag, aasaan khinchaav

✿ CHHOTA SA SAAR

Aapka bachcha abhi badh raha hai, aur kam umar mein shuru karne mein zyaada khatra hota hai. Baar-baar istemaal se yeh khinchaav tez ho sakta hai aur is par kaabu rakhna mushkil ho sakta hai. Yeh na bura charitra hai, na buri parvarish.

Baar-baar istemaal se sharab ya koi nasha aapke bachche ke liye un cheezon se zyaada aham ho sakta hai jinki woh kabhi qadar karta tha. Kuch kishoron ko phir tez talab hone lagti hai, aur ve is par kaabu kho dete hain ki kitna lete hain.

Vyavhaar ke peeche ka khinchaav dhoondhiye, dosh dene ke liye koi insaan nahi.

Vape ke baare mein bhi ek seedhi baat. Ve chhote hote hain, unse meethi gandh aati hai, aur unhein chhipaana aasaan hai. Aapko jo vape mile, use bhi utni hi gambhirta se lijiye jitni kisi aur cheez ko.



*Maine yeh poochna chhod diya ki dosh
kiska hai, aur yeh poochna shuru kiya ki
woh kis cheez se bhaag raha tha.*

Anita, 16 saal ke Kabir ki maa

Khud se poochiye ki yeh nasha aapke bachche ke liye kya kar raha hai. Ho sakta hai isse use doston mein ghulne-milne mein madad milti ho. Ho sakta hai isse pariksha ka tanaav shaant hota ho, neend aati ho, ya udaasi ya akelapan sunn ho jaata ho. Yeh kisi aisi samasya ka jawab ho sakta hai jo aapko abhi dikh nahi rahi.

Hamare kai gharon mein faisla jhat se suna diya jaata hai. Buri sangat, bahut zyaada chhoot, maa bahut naram hai. Chillaana, maarna aur sabke saamne sharminda karna, aisa lag sakta hai jaise aap haalaat ko apne haath mein le rahe hain. Inhein chhodiye, aur unki jagah shaant, pakka aur pyaar bhara raasta chuniye. "Log kya kahenge" ko apne parivaar ko chup mat rakhne dijiye.

Aur jaanna chahein to ^

Iska matlab yeh nahi ki koi niyam hi na hon. Aapke bachche ko hadein chahiye, shaayad pehle se bhi zyaada. Farak ismein hai ki aap unhein kaise thaamte hain: shaant, saaf aur pehle se pata ho aise, gusse mein aur achanak nahi. Agla hissa batata hai ki yeh kaise karna hai.

● YEH KARKE DEKHEIN

Agli baar jab aapke mann mein aaye ki "woh meri baat na maanne ki zid mein aisa kar raha hai", to ek doosri line aazmaiye: "Koi cheez use kheench rahi hai, aur use mera thehraav chahiye." Gaur kijiye ki kya aapka apna shareer thoda naram padta hai. Ek shaant maata ya pita pehle se hi madad ka hissa hain.

3

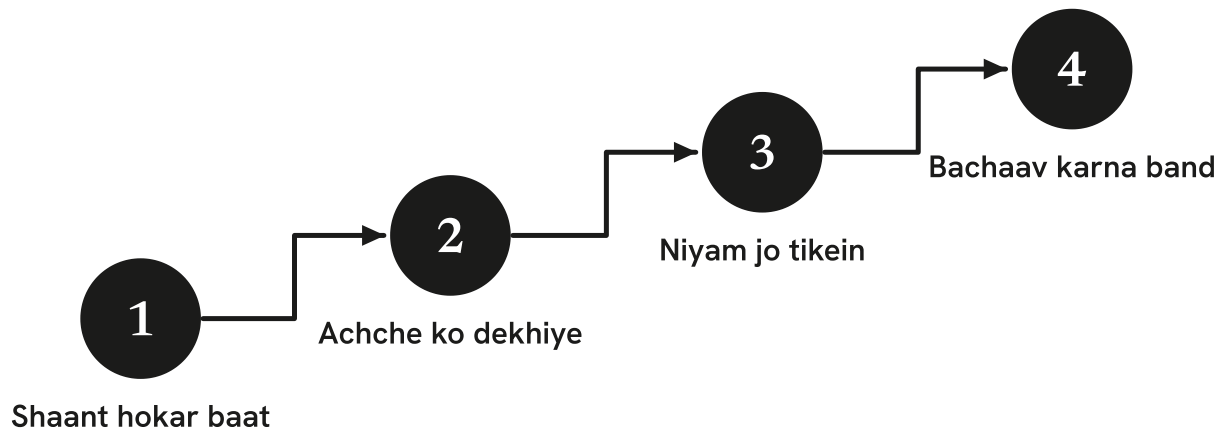
✿ SABSE ZYAADA KYA MADAD KARTA HAI

Shaant baatcheet, aur niyam jo tikein

✿ CHHOTA SA SAAR

Chhaapa, bhaashan aur dhamki chhod dijiye. Hosh wale kisi pal mein shaant baatcheet, achche dinon mein garmjoshi, aur kuch saaf niyam aazmaiye jinhein aap har baar nibhaayein.

Parivaaron ke liye bana ek tareeka CRAFT kehlaata hai, yaani Community Reinforcement and Family Training. Yeh maata-pita ke saath kaam karta hai, taaki ve madad se inkaar karne wale kisi kishor ya jawaan ko ilaaj tak la sakein. 42 parivaaron ke ek chhote adhyayan mein, kareeb 10 mein se 7 maata-pita apne kishor bachche ko ilaaj tak le aaye, aur maata-pita ki apni pareshaani bhi kam hui.



Chaar tike hue kadam jo ghar ki garmi kam karte hain.

Shaant hokar baat: hosh wale, shaant pal mein, apni chinta ke baare mein, uski galtiyan ke baare mein nahi.

Achche ko dekhiye: jin dinon woh nasha na kare, un dinon ki tareef kijiye aur unka mazaa lijiye.

Niyam jo tikein: kuch saaf niyam, aur har baar wohi chhota nateeja.

Bachaav karna band: uski galti par parda mat daaliye, taaki uske kiye ka nateeja usi tak pahunchne.

Shabd maayne rakhte hain. Apni chinta se boliye: "Mujhe tumse pyaar hai, aur mujhe is peene ko lekar dar lagta hai." Baat chhoti rakhiye aur ek hi cheez ke baare mein. "Tum hamesha" aur "tum kabhi nahi" ko bahar rakhiye. Phir jitna bolein, usse kahin zyada suniye. Agar woh peekar ya nashe mein ghar aaye, to baat chhoti aur surakshit rakhiye, aur agle din baat kijiye.

Niyam kam aur saaf rakhiye, aur musibat shuru hone se pehle un par sehmati bana lijiye. Maata aur pita dono ko ek jaise niyamon ke peeche khada hona hoga, nahi to kishor beech ki daraar dhoondh hi lega. Har niyam ke saath ek chhota, waajib nateeja jodiye, jaise jaldi ghar lautne ka waqt ya ek hafte tak scooter nahi. **Phir use shaanti se nibhaaiye, har ek baar.**

Ek bada nateeja jo aap kabhi nibhaayenge nahi, usse behtar hai ek chhota nateeja jo aap hamesha nibhaayein. Koshish kijiye ki chupke se uska kamra na khangaalein ya uska har message na padhein. Agar kabhi suraksha ke liye jaanchna zaroori ho, to khulkar bataiye aur wajah bhi bataiye. Maarna, kamre mein band kar dena, ya khaana rok lena, yeh kabhi mat kijiye.

Aur jaanna chahein to ^

Shuruaat ke liye ek ya do kadam chuniye. Tareef mein kuch kharch nahi hota, aur jab aap thake hon to ise chhod dena aasaan hota hai. Koshish yeh ho ki har ek tokne ke badle kai achche pal pakdein. Agar aapka bachcha jawaan ho chuka hai, to baat thodi badal jaati hai. Woh apne faisle khud leta hai, aur uski nijta zyada maayne rakhti hai. Phir bhi aap apne ghar ke niyam tay kar sakte hain, aur ye kadam tab bhi kaam aate hain.

YAAD RAKHIYE

Sirf aakhri manzil ki nahi, hosh mein bitaaye waqt ki tareef kijiye. Kahiye "Aaj raat tumhara khaane par saath hona sach mein achcha laga", aur peene ke baare mein ek aur bhaashan chhod dijiye.

YEH KARKE DEKHEIN

Is hafte ek aisi shaant shaam dhoondhiye jab aapka bachcha hosh mein ho. Us shaam ke baare mein ek garmjoshi bhari, theek-theek baat kahiye, aur samasya ke baare mein kuch nahi. Gaur kijiye ki yeh aap dono ko kitna alag lagta hai.

4

✿ KAUN-SE KHATRE JAANNE HAIN

Ganja aur kachchi umar ka mann

✿ CHHOTA SA SAAR

Ganje (cannabis) ko aksar benuksaan kaha jaata hai, par yeh khatre se khaali nahi hai. Kishor umar mein iska istemaal aage chalkar udaasi se juda paaya gaya hai, aur bhaari istemaal ek gambhir maansik beemari ke zyaada khatre se. Is par shaanti se baat kijiye, aur jo dikhe woh doctor ko bataiye.

Bahut se kishor maante hain ki ganja praktik hai, isliye surakshit hi hoga. Holi ke aaspaas bhaang bhi ise ek aam cheez jaisa mehsoos kara sakti hai. Par jin adhyayanon ne kishoron ko saalon tak dekha, unmein ek judaav saamne aaya. Kisi ek kishor ke liye yeh badha hua khatra madhyam se kam hai. Jin kishoron ne ganja liya tha, unmein jawaan hone par udaasi, aur jeena na chahne ke khayaal, zyaada dekhe gaye. Agar aap kabhi aisi baatein sunein, to abhi aakhri hisse par jaaiye.

Bhaari istemaal mein ek aur khatra hai. Adhyayanon mein paaya gaya hai ki koi jitna zyaada ganja leta hai, ek aisi gambhir maansik beemari ka mauka utna zyaada hota hai jismein insaan ka asliyat se naata tootne lagta hai. Agar aapka bachcha asliyat se kata hua lagne lage, to jaldi doctor ko dikhaiye.



Anita aur Kabir, ek aam Raviwar ko ek shaant baatcheet.

Kabir ne coaching ke doston ke saath ganja peena shuru kar diya tha, ab to zyaadatar shaamon ko. Woh kehta tha ki isse uska dimaag shaant ho jaata hai. Anita ne gaur kiya ki woh der tak sota hai, classes chhodta hai, aur bujha-bujha aur kahin khoya hua lagta hai. Woh chillaayi nahi. Ek shaant Raviwar ko usne kaha, "Mujhe tumse pyaar hai, aur mujhe chinta hai. Tumhein ab kisi cheez mein mazaa nahi aata." Pehle to Kabir gussa hua. Ek hafte baad woh uske saath family doctor ke paas jaane ko raazi ho gaya.

Aur jaanna chahein to ^

Ganje ke baare mein waise hi baat kijiye jaise sehat ke kisi bhi khatre ke baare mein karte. Jo aap jaante hain woh bataiye, poochiye ki woh kya sochta hai, aur suniye. "Tum apni zindagi barbaad kar loge" badha-chadhaakar kahi baat lag sakti hai. "Mujhe tumhari neend aur tumhare mood ki chinta hai" parwaah jaisa lagta hai. Agar aapke bachche ka mann pehle se udaas rehta hai, use bahut zyaada chinta hoti hai ya ajeeb anubhav hote hain, ya parivaar mein aisi beemari rahi hai, to doctor ko bataiye.

● YEH KARKE DEKHEIN

Baat karne se pehle likh lijiye ki aapne asal mein kya dekha hai: neend, mood, number, dost, paise. Bas tathya, andaaze nahi. Tathya shaanti se kehna aasaan hota hai, aur doctor ko bhi yehi chahiye honge.

5

✿ APNA KHYAAL

Aap naakam nahi ho rahe

✿ CHHOTA SA SAAR

Yeh pata chalna ki aapka bachcha nasha kar raha hai, daraavna bhi hai aur thaka dene wala bhi. Aap jo apraadh-bodh aur dar dho rahe hain, woh asli hai. Yeh aapki wajah se nahi hua, aap ise akele theek nahi kar sakte, aur aap madad kar sakte hain. Apna khyaal rakhna bhi madad ka hissa hai.

Aapki apni neend bigad sakti hai. Ho sakta hai aap raat 2 baje jaagkar darwaaze ki aahat sunte rahein. Ho sakta hai aap apne purse ke paise ginte rahein, ya har behes ko mann mein baar-baar dohraate rahein. Yeh kamzori nahi hai. Dabaav mein pyaar aisa hi dikhta hai.

Teen baatein thaame rakhiye. Yeh aapki wajah se nahi hua. Aap ise akele theek nahi kar sakte. Aap madad kar sakte hain, aur sabse achchi madad tab karte hain jab aap khud khaali na ho chuke hon. Ek tike hue maata ya pita madad ka hissa hain, koi oopari cheez nahi.

Sanyukt parivaar mein dabaav kai guna badh sakta hai. Rishtedaar aapki parvarish ko ya aapke bachche ke doston ko dosh de sakte hain. Kuch kahenge ki maar-maarkar yeh aadat chhuda do, aur kuch kahenge ki chup raho. Aapko har behes jeetni zaroori nahi hai. Ek chhoti, tiki hui baat kaam aati hai: "Hum ise sambhaal rahe hain, aur ek doctor hamari madad kar rahe hain."

Pehle apne jeevansaathi se baat kijiye, bachchon se door, taaki aap dono ek aawaz mein bolein. Bhai-behen bhi sab dekhte hain. Unhein seedhe-seedhe bataiye ki unka bhai ya behen ek mushkil daur se guzar raha hai aur use madad mil rahi hai. Unhein bataiye ki ise theek karna unka kaam nahi hai, aur is raaz ko chhipaaye rakhna bhi nahi.

Aur jaanna chahein to ^

Ek aisa insaan dhoondhiye jo aapke saath ho: aapka jeevansaathi, behen, koi dost, ya koi aise maata ya pita jo isse guzar chuke hon. Mushkil baat unke saamne zor se kahiye. Agar aapki apni neend, mood ya peena phisal raha hai, to apne liye bhi doctor se miliye.

♥ AAPKE SAATH

Jis raat aapko pata chala aur aapne aisi baatein keh deen jinka ab pachhtaava hai, us raat ke liye yeh suniye. Ek mushkil raat saalon ke pyaar ko nahi mitaati. Jo maata ya pita apne bachche ki madad ke liye poori kitaab padh rahe hain, ve naakam nahi ho rahe. Aap ab bhi uski taraf hain, aur yehi sabse zyaada maayne rakhta hai.

● YEH KARKE DEKHEIN

Aaj raat, ek cheez ka naam lijiye jo aapne aaj maata ya pita ke taur par achchi ki. Shaayad aap ek baar shaant reh gaye. Shaayad aapne bhaashan dene ke bajaaye suna. Sone se pehle ise khud se kahiye, ek hafte tak har raat.

6

✿ MADAD LENA

Madad lena, aur kab fauran kadam uthaana hai

✿ CHHOTA SA SAAR

Ek doctor aapke bachche aur aapke parivaar ki madad kar sakte hain, isliye yeh baat unse mat chhipaaiye. Kuch sanketon ka matlab hai aapaat sthiti: turant 112 par call kijiye. Tele-MANAS, 14416, mann ki sehat ke liye ek muft helpline hai, din-raat khuli, aapke liye bhi aur aapke bachche ke liye bhi.

Kisi bharosemand se shuruaat kijiye: aapke family doctor, aapke bachche ke bachchon wale doctor, ya koi maansik rog ke doctor (manochikitsak) jo kishoron aur jawaanon ko dekhte hon. Sharm ki wajah se peene ya nashe ki baat unse mat chhipaaiye. Jo unhein bataya nahi gaya, usmein ve madad nahi kar sakte, aur ve yeh sab pehle bhi bahut baar sun chuke hain. Aapne jo dekha hai, uske notes saath le jaiye.

Achchi madad aam taur par parivaar ko saath leti hai. Peene ki samasyaon ke liye, England ki guideline doctoron se kehti hain ki ve parivaar ko shaamil karein. 10 se 17 saal ke bachchon ke liye, ve akele mein, ek-ke-saath-ek baatcheet wali therapy ki salaah deti hain, ya jahaan doosri samasyaen bhi hon ya sahaara kam ho, wahaan parivaar ke saath chalne wale kaaryakram ki. Ye guideline sirf sharab ke baare mein hain. Aise kisi bhi centre se saavdhaan rahiye jo jaldi ilaaj ka vaada kare, ya kishoron aur jawaanon ko band karke rakhe. Pehle doctor se poochiye, aur kisi bhi cheez ke liye haan kehne se pehle khud jaakar dekhiye.

Aur jaanna chahein to ^

Agar aapka bachcha 18 saal ya usse bada hai, to doctor se poochiye ki ve aapse kya-kya bata sakte hain. Aapne jo dekha hai, woh aap phir bhi doctor ko bata sakte hain. Aap apne bachche se bhi, pyaar aur izzat se, pooch sakte hain ki kya aap is yojna ka hissa ban sakte hain.

Suraksha ki ek baat. Agar aapka bachcha har din bahut zyaada peeta raha hai, to ghar par usse achanak peena band mat karvaaiye. Ek dum se chhodne par kaanpna ho sakta hai, aur gambhir haalat mein uljhan ya daure bhi ho sakte hain. Ek doctor use surakshit dhang se chhodne mein madad kar sakte hain.

Kuch pal intezaar nahi kar sakte. Bahut zyaada sharab ya nasha shareer ke liye zehar ban sakta hai. Ye sanket pehchaaniye, aur inmein se koi bhi dikhe to fauran 112 par call kijiye.

Jagaaya nahi ja sakta.

Aapki aawaz ya chhoone par mushkil se jawab deta hai, ya bilkul nahi.

Saans theek nahi lagti.

Bahut dheemi chal rahi hai, ya lagta hai ruk rahi hai.

Daura.

Shareer jhatke khaata hai ya akad jaata hai, aise insaan mein jisne pi ho ya nasha kiya ho, ya abhi-abhi chhoda ho.

Bahut uljhan ya bechaini.

Use pata nahi ki woh kahaan hai, aisi cheezein dikhti hain jo wahaan hain hi nahi, ya woh bahut bechain hai.

Madad aane tak uske saath rahiye, aur use kabhi "sokar utar jaayega" sochkar akela mat chhodiye. Agar woh bahut sust hai ya jag nahi raha, to use karvat par lita dijiye taaki uska dam na ghute. Jab woh itna sust ho, to use peene ke liye kuch mat dijiye.

Doctoron ko imaandaari se bataiye ki aapke hisaab se usne kya liya tha. Unhein yeh aapke bachche ka ilaaj karne ke liye chahiye, aapke parivaar ko parakhne ke liye nahi.

Kabhi-kabhi peene ya nashe ke neechे gehri udaasi chhipi hoti hai. Agar aapka bachcha marne ki baat kare, ya is duniya mein na rehna chahne ki baat kare, to abhi kadam uthaiye. Uske saath rahiye, aur aisi cheezein uski pahunch se door kijiye jinse woh khud ko chot pahuncha sake. Kisi bhi waqt Tele-MANAS ko 14416 par call kijiye, ya aapaat sthiti mein 112 par.

Phir pyaar se aur seedhe poochiye ki woh kaisa mehsoos kar raha hai. WHO ki salaah kehti hai ki aatmahatya ke baare mein baat karne se use badhaava nahi milta, aur poochne se aksar insaan ko rahat milti hai aur lagta hai ki koi use samajhta hai. Madad maujood hai, aapke bachche ke liye bhi aur aapke liye bhi.

YAAD RAKHIYE

Shak ho to ise aapaat sthiti maaniye. Kisi bachche ke liye 112 par call karna, jo baad mein theek nikle, kabhi galti nahi hai. Pakka hone ka intezaar karna galti ho sakta hai.



*Jo kishor aaj kisi nashe ki or haath
badha raha hai, woh ek tike hue
parivaar aur sahi madad ke saath,
aage nikalne ke doosre raaste
dhoondh sakta hai aur isse aage
badh sakta hai.*

● YE H KARKE DEKHEIN

Aaj raat apne phone mein do number save kar lijiye: 112, aur Tele-MANAS, 14416. Unke paas us doctor ka naam likh lijiye jinhein aap sabse pehle call karenge. Tab ve zaroorat padne se pehle hi taiyaar rahenge.

YE H JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- NHS: Drug addiction, getting help

Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.
- Tele-MANAS, muft rashtriya helpline: **14416**. Kisi bhi samay, din ho ya raat. Bharat sarkar ki seva.