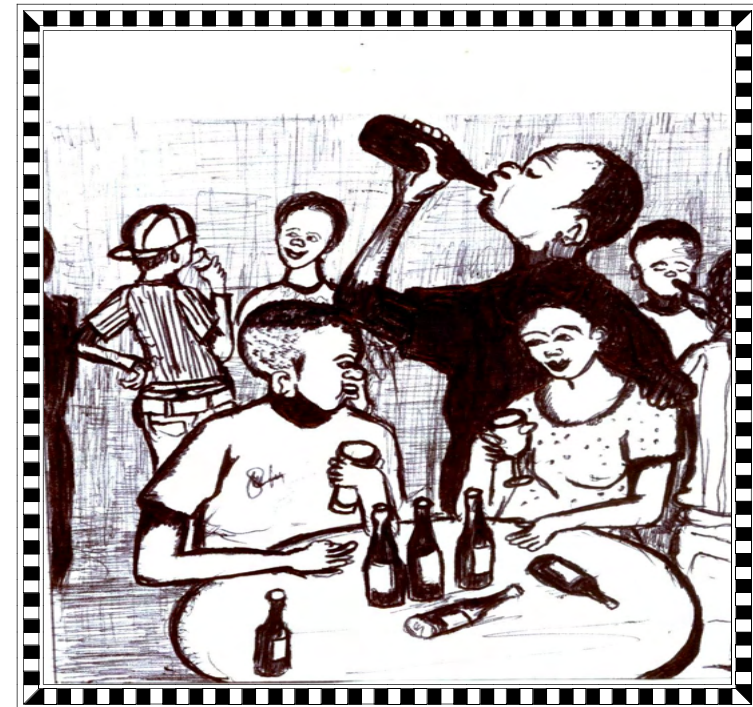
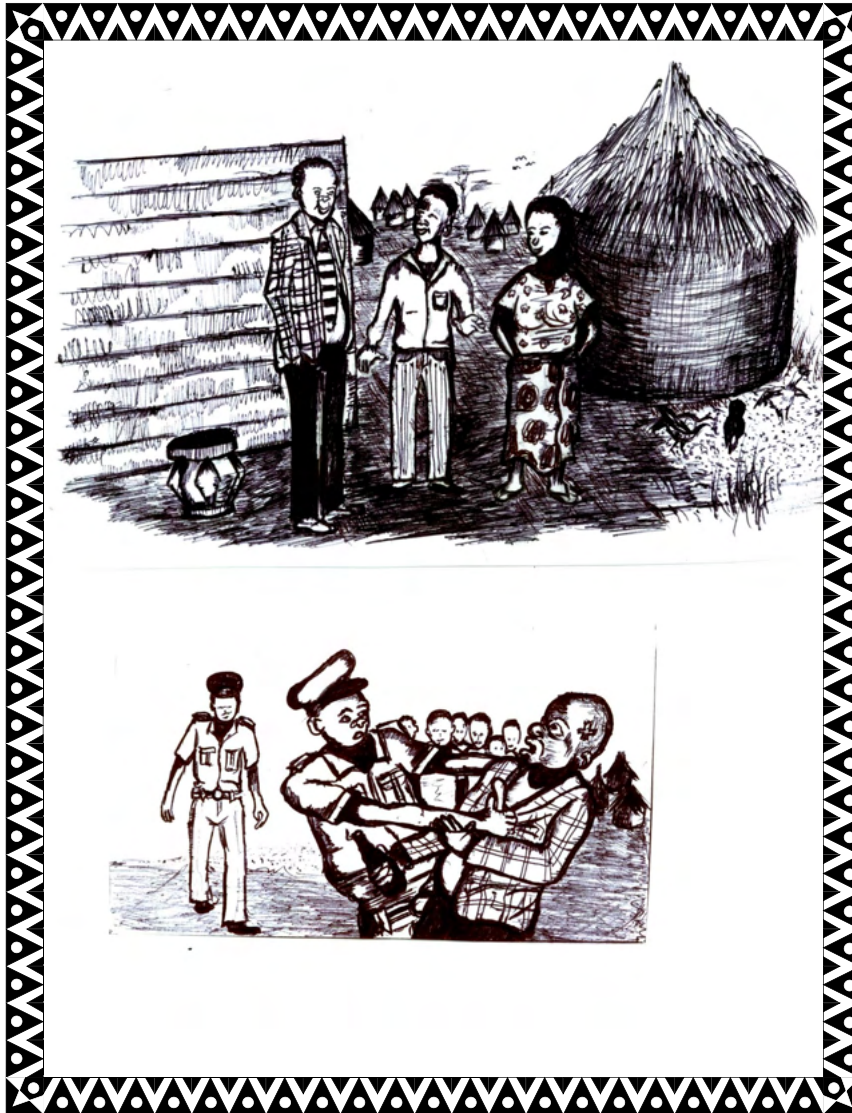




Community Self-Help Education Series no 10

Let's start our own community Alcohol awareness and support group



Resources Manual

Everyone has the right to a standard of living including medical care and necessary social services. (25.1) shortened quote from the Universal Declaration of Human Rights.

By Arnfinn Solli
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Alcohol abuse in the community is a severe problem. Obviously the leaders have failed to deal with this misery. Therefore those that see the consequences every day should form support groups to create awareness and influence community leaders to make action.

How to use the manual.

The manual is intended to serve as a tool for the support groups in the churches, sport and community that intends to fight alcohol abuse in the community.

You do not need to have education or money to make the first steps. A vision to improve family life through preventive measures such as the creation of awareness about alcohol abuse in your community will be enough quali-

[illegible]

The club is free to make copies of this manual and share the information with anybody that wishes to know more about education resources. However we appreciate that the club tells where it club found the information.

The manuals can be sourced at no cost from Response Network office on Nkumbi Road, Plot 936, near the ZAWA offices and the Railway museum. Tel (260) 213 32 04 91, Fax: (260) 213 32 36 34, E-mail: mail@responsenetwork.org or fravor@responsenetwork.org

cation to start your project.

Use your feet to go around offices that might assist you.

The manual will guide you about what office to go to and what service you can ask for at that particular office. If they, for various reasons, cannot give you the service you came for, ask them to advise you on alternatives or other places you can go and get that support.



Forge partnership with other people in the community who know more than you and can fill in where you come short. For instance, when you need to make contacts to organise support to the group, ask the families in your community that are affected by alcohol abuse for small donations to pay for stamps or important phone calls or

send an e-mail. When you need to write an application for funds, ask the local schoolteacher or a retired civil servant to write the letter for you. The staff at the Internet café will assist you to write an e-mail or look up information on the internet.

When you need to start awareness among schoolchildren, ask the head teacher and talk to the Parents Teacher Association (PTA) chairperson for permission to use classrooms after school. Make your point by reminding them that the families benefiting from the awareness activities are the families and pupils from the school. Your alcohol awareness efforts are enhancing the school's civic education efforts.

Basically, this manual will enlighten you about some of the opportunities that exist in Zambia. The focus is on Government, District Councils and charitable voluntary organisations that have as its objective to deliver various services to health efforts such as fighting drug and alcohol abuse in the community. However they might at times not be effective due to insufficient funding or staff training.

Despite their shortcomings, you, as a concerned community member will be valuable to these organisations by asking for their assistance. That way they can improve through learning about the need for support to families affected by alcohol abuse, promoting awareness about alcohol abuse and so preventing young people from taking up drinking.

Freedom from alcohol abuse

You have a big challenge; - there are too many children and women in your neighbourhood that experience abuse every week because a family member

or neighbours get drunk and become violent.

The whole family suffers because money which could buy food and clothes for the family is used for beers or home brewed alcohol. This creates instability, unhappiness and depression in the family as family members suffers and gets very difficult lives.

The causes are many but most places lack community sport, play and other recreational activities, and therefore many people resort to spending their time drinking in the bars and the streets. Although there are laws in place to regulate sale of alcohol products, the enforcement agencies such as the police service and the district council health department, do not check that age restrictions are followed in the sale of beer in licensed bars. Informally, home brewed alcohol and beer are sold also almost everywhere in the streets and even homes. This practice goes almost unchecked by the authorities



Therefore these children and women live in misery get mental problems and live in abject poverty since all the money in the family goes for alcohol and many are in need of care.

You may ask: Is it possible to start our own alcohol awareness and support group when we have no facilities, no money and no equipment? You may reply that it is impossible.

The First Steps

The following steps will help you establish the alcohol awareness and support group without spending money and that will make the initiative sustainable because it is based on self-help resources. Later, when established, you can benefit from various sources of support listed next.

Step 1. A community effort

First of all get the families of those abusing alcohol and the youth interested in your idea of addressing alcohol abuse and create awareness to the youth, and to all ages in your neighbourhood?

Everyone has the right to equal access to public service in his country (21.2)

Everyone has the right to rest and leisure, including reasonable limitations of working hours and periodic holidays with pay. (24) *Everyone has the right to a standard of living adequate for the health and well being of himself and his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability widowhood, old age or lack of livelihood in circumstances beyond his control. (25.1)*

Everyone has the right to education. (26.1)

Everyone has duties to the community in which alone the free and full development of his personality is possible. (29.1)

For the full text please go to the Internet: <http://www.un.org/Overview/rights.html> 21.2)



bassy and sometimes they are non-governmental and independent of the embassy. Any way, the various embassies will give you the addresses you need to find that country's volunteer service's office in Zambia.



The Universal Declaration of Human Rights was adopted by the United Nations.

Most member states including Zambia have adopted the declaration. The following is a selection of some of the articles (shortened) of the human rights:

All human beings are born free and equal in dignity and rights. (1)

Everyone has the right to life, liberty and security as a person. (3)

No one shall be held in slavery or servitude. (4)

No one shall be subjected to torture, or inhumane or degrading treatment or punishment. (5)

No one shall be subject to arbitrary arrest, detention or exile. (9)

Marriage shall be entered into only with the free and full consent of the intending spouses. (16.2)

Everyone has the right to freedom of opinion and expression (19)

Everyone has the right to freedom of peaceful assembly and association. (20.1)

There are many ways of doing this, call a meeting, go door to door and inform, brief the teachers to tell their pupils, make announcement in the Churches and put up posters.



A community alcohol awareness and support group can never be a "one woman or man show". You need advice from people with interest and previous experience from peer education and administration which are equally important. Identify people whom you can ask to assist. Look for advisors from the organisations and offices under appendices.

Step 2. Find your peer educators

Look for people in your community who are known to have been keen about education or sport in the past, as teachers or administrators. They could be school-leavers, boys and girls that left school in grade 9, 10, 11 or 12 and are now young adults who are currently idle. Go and visit them one by one and convince them to join your community alcohol awareness support group.

Now you have unqualified volunteer peer educators, which is a good start. Try to ask 10 people to assist your support group as volunteers, - 8 may insist to be paid and therefore will refuse, that is ok, forget about them, - work with the two remaining who see benefit for themselves in the long term working with the alcohol awareness and support group.

Step 3. Working Successfully with Volunteers

It is important to remember that volunteers are more than just a source of free labour! They are a valuable, in fact a vital, part of your support group, and need to be treated as such.

When appointing a volunteer, consider the following:
Screen prospective volunteers carefully. Those applying to be volunteers might have different motives, one of which might be the hope that they will one day become employed by the support group for which they are volunteering. Or they might just be bored and looking for something to do, without being really committed to the vision to fight alcohol abuse.

Even though they might not be officially employed, it is helpful to have volunteers sign a type of contract agreement, which outlines clearly the following:

- Job description
- Expected times or hours of work per week or month.
- Training they will receive and be expected to complete successfully.

Incentives or rewards such as food or periodic cash gifts. If you have no incentives/ rewards to offer, say so clearly in your contract, to avoid a mismatch in expectations.

Quoted from the book "The Church in an HIV+ World"



Step 4. Find a place to meet

Then you need a place to meet in a classroom at a nearby school or a church.

Step 5. Congratulations

You have taken your first steps and started your own community

alcohol awareness and support group at almost no cost!

If you wish you do not need to read any further as your support group is a fully sustainable activity based entirely on self-help.

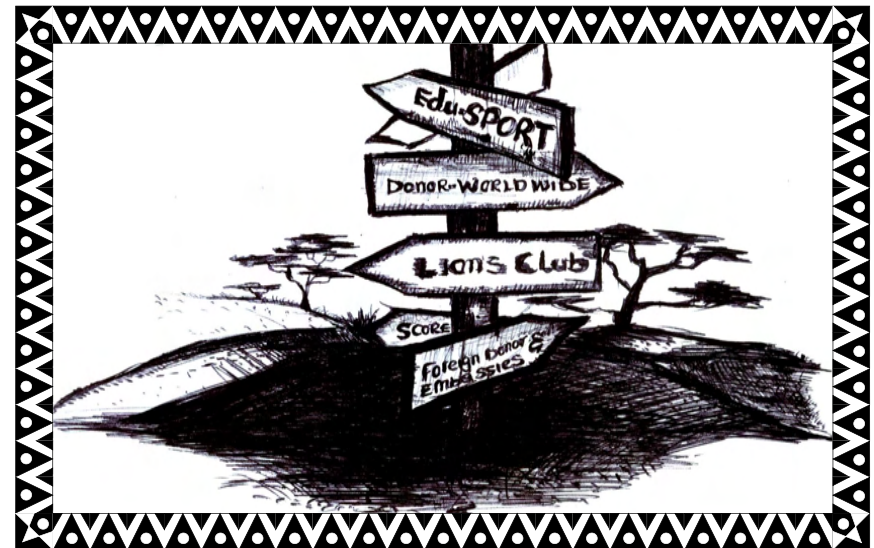


However, we are aware that some alcohol awareness and support groups have ambitions to grow, get more members, get better facilities and improve on the peer education and funding of the support group. For those that want to excel in community awareness methods, we have written the last part of the manual below.

You will see the alcohol awareness and support group will soon be the pride of your community!

Step by step your alcohol awareness efforts will grow.

Some people say when seeing half a glass of water: "The glass is half empty", they look at it from a negative point focusing on what is missing, others say "the glass is half full" and focus on the positive that still there is plenty of



Foreign donor agencies and embassies

Lions club, Rotary, Jaycee's and local businesses

Find out if there are service clubs, such as Lions club, Round Tables, Rotary, Jaycees etc. in the area where you live. You may apply to them for support to improve your community alcohol awareness youth project. Explain what you want to buy or do and enclose a detailed cost estimate of the expenses you appeal to them to support. Be realistic and apply for the funds needed only and not large amounts.

Make a follow up visit after submitting your application letter, see the club Chairperson to explain your application and invite him/her to come and see the community alcohol awareness and support group. Businesses like Hotels and Supermarkets have an interest to support community initiatives and the application from the alcohol awareness and support group might be welcome. Provided you write a proper application letter with a budget, the chances are good to be funded by the service clubs above or the business houses.

Volunteers from abroad

Some countries support volunteer services that place volunteers to support local communities without any cost for you. Some of them might ask you to nominate a host family where the volunteer can stay. The countries that are known to fund civic education volunteers are: USA has the Peace Corps, Japan has the Japan Overseas Volunteer Service, Norway has Fredskorpset, the UK has VSO, Finland has Finnish Volunteer Service and Denmark has MS. These volunteer services are sometimes operating under their em-

the District Education Board Secretary (DEBS)

Request the (DEBS) District Education Board Secretary to help you acquire free **teachers and pupils manuals** from the Ministry of Education in Lusaka in **drug and alcohol education/civics** for your community alcohol awareness and support group.

Support from other sources

Try the following organisations when looking for help to find treatment and support for persons addicted to alcohol.

Alcoholics Anonymous (AA)

AA in Lusaka meets at Canadian High Commission on Tuesdays 12:30-13:30 and Friday at 17:30 – 18:30 at Kalemba Ignatius Church. Look for small adverts in the newspapers that announces where they meet in your town.

Alcohol rehabilitation

The Community based rehabilitation project in Ndola can share their experience with you, Tel. 0212 62 15 33

Missionaries of Africa

Have issued publications on alcohol abuse such as "Alcoholism – Not wilful misconduct it's a Sickness". P.O. Box 320076 Lusaka. E-mail: guidost34@yahoo.com

Drug Enforcement Commission

The headquarters is in Lusaka. They will give support groups doing alcohol awareness the advice and materials you ask for: Call Tel no 01 22 81 88 and 01 25 67 94.

Support available for alcohol awareness.

The following organisations might be able to provide training, funding or a volunteer to assist your community alcohol awareness efforts.

Donor's world wide looking for the community initiatives

Mission Project Service

The book "**Agencies for Development Assistance**" has more than 400 entries with description of donor organisations that are looking for community projects for co-operation. Borrow the book from church leaders, Fathers or Sisters - that is where I saw this book the first time. The price is \$ 50 + postage \$ 10 and you can buy from Mission Project Service, c/o Br. Marcel Sylvestre, F.I.C.2020 East Maple St. NW North Canton, Ohio 44720, U.S.A. Fax: 00 1 330-490-7165, E-Mail: mpservice@walsh.edu, Web site:

www.missionprojectservice.org If many community projects co-operate and share the cost of purchasing the book, all will benefit when making partnership with foreign donors. The book also explains how to present an application for support in a winning manner.



water!

We are aware that running a community alcohol awareness and support group is no easy task, however, we would like you to look at the bright side; the glass is half full, - therefore this resources manual will attempt to guide you to look for a lot of opportunities for assistance to the support group, or be aware of various sources of assistance you can use your initiative and apply to for help.

One step at a time

Do not look too far ahead! Take on today's problems and look for assistance and advice from people who know better as problems arise. In this way your support group will grow slowly and your community will understand and support the community alcohol awareness and support group. Do not despair when problems seem to be lining up. Remember, to any challenge there are at least two solutions, - just seek advice and look for the solutions when the community alcohol awareness and support group is in hardship!

For example, if nobody comes forward and show interest, - may be you have asked the wrong people! Stay away from people that come to the support group for economic gain. The support group only needs members and peer educators that are willing to work and contribute because they want to see a community free of alcohol abuse develop for the sake of the women, children and a peaceful community.



The following steps will help you develop the awareness initiative with external assistance from organisations/departments in Zambia and abroad.

The committee

Conduct elections among the members to elect a community alcohol awareness support group committee.

Then give your new community alcohol awareness support group a name and adopt a constitution. Decide on a small nominal membership fee that is

important for the show of commitment and belongingness. For instance charge K 10 per member per term.

Register the support group

You may request for the following benefit to your community alcohol awareness support group when you have registered with the District Health Management Team, District Social Welfare Officer and District Education Board Secretary. Try all of them and find who may be of help for your alcohol awareness support group. Look for these and more supporters under appendices.



Follow up your initiatives!

Note that whenever applying for support somewhere, - make follow up enquiries by personal visit or by telephone to find out if your letter was received, - or may be you omitted some important information so your application is not attended to. If you are not used to writing an application, seek advice from partners you trust.

We wish you good luck in your very noble task of creating

awareness about alcohol abuse in your community. You will succeed by going step by step, - and this journey will surely take you very far.

Do you need more coaching?

If you meet great challenges somewhere in the process of developing your community alcohol awareness and support group, or you feel that the assistances we have recommended to you, are disappointing or encouraging you, - you are welcome to contact the writer of this manual: Arnfinn Solli, Email: sarnfinn45@gmail.com, and you will get a reply to your questions as soon as possible.

Request the District Social Welfare Officer for help to find a standard community support group **constitution**, or use the sample at the end of the manual and amend to suit your support group's need.

Request the DSWO for help to have your **support group registered** as a support group as the police and district council offices that are needed in the registration approval process, may be very uncooperative if youth go alone. Seek assistance from the Human rights commission office if you meet a lot of problems. The registration form is at the NRC registration office.

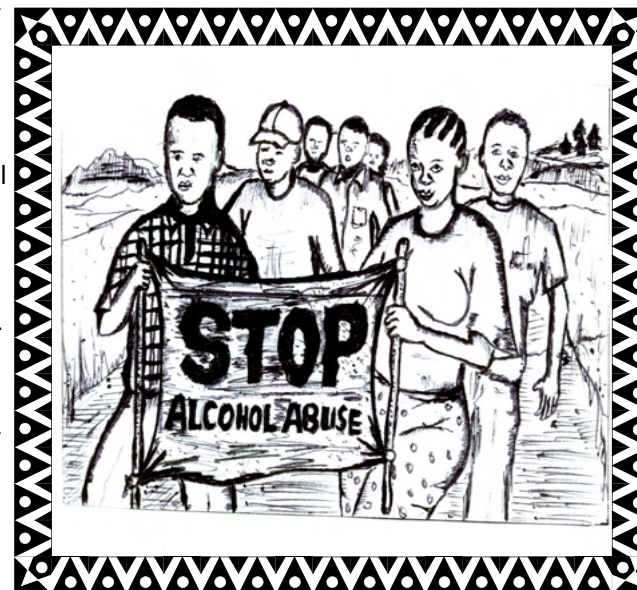
Request the DSWO for free copies of **posters, pamphlets and other information material** about violence, drug and alcohol abuse to include in your support group's training programme. In case the DSWO do not have such material, they should assist you to access the materials from National bodies concerned about alcohol abuse.

Request the DSWO to be invited to **short courses** for your volunteer peer educators and leaders that are arranged from time to time by the Government, donors or the NGO's or UN bodies such as UNICEF.

Make your request to the District Health Management Team (DHMT) or nearest health centre.

Request the DHMT for help to have your **support group registered** with Ministry of Health in order to benefit from courses or information material issued from time to time. Request them for free copies of **posters, pamphlets and other information material** about violence, drug and alcohol abuse to

include in your support group's training programme. In case they do not have such material, they should assist you to access the materials from National bodies concerned about alcohol abuse. The Health Centres wishes to provide youth friendly services. Request the DHMT to invite the support group to **short courses** for your volunteer peer educators and leaders that are arranged from time to time.



Make your request to

abuse, its causes and its consequences. A responsible approach to alcohol use among young people will help form better families and communities free from abuse and violence in the future.

Alcohol abuse foster criminal behaviour and great carelessness to sex so HIV and STI's are easily contracted and this add on to the misery of the abuser. Furthermore, alcohol abuse does affect our health as it damages the liver and causes serious health problems.

Under appendices in the manual we have given suggestions for youth groups to discuss themes where the interrelationship between alcohol abuse, sexual behaviour, peer pressure and the risk of STI and HIV infection are highlighted. More facts about alcohol you will get from material and training when you get in contact with Department of Social Welfare, Alcoholics Anonymous (AA), District Health Team, Drug Enforcement Commission or Missionaries for Africa.

The best way to approach the alcohol challenge is awareness, moderation, prevention and education. However, if a person already has developed addiction, there is only one way out; to stop consuming alcohol altogether and go through a very painful weaning process, also called Cold Turkey. Most alcohol addicts fear this process and find it very hard to beat the alcohol addiction without help.

A strong desire from the addict to quit drinking alcohol together with assistance from the employer, doctor and a clinic can help an individual stop drinking.

An addict that has quit drinking can never touch alcohol again. If a former alcohol addict takes even one small tot of alcohol, the chances are very high that he will totally loose control and become a full-blown dependent on alcohol again. The solution for one that once was hooked to addiction is not to touch alcohol ever.

Appendix 4

Various supports

Make your request to the District Social Welfare Officer (DSWO).



Abbreviations

Addiction is a term for a state of the body where the individual has lost control and biological and psychological automatic processes have taken the lead and made the individual largely powerless to the effect of an addictive substance such as alcohol or drug

AIDS Acquired Immune deficiency syndrome

Alcohol An addictive recreational drug

AA Alcoholics Anonymous is the prominent organisation of people that are controlling their alcohol addiction.

DHMT District Health Management Team

DEBS District Education Board Secretary

DEC Drug Enforcement Commission

DHBS District Health Board Secretary

DSWO District Social Welfare Officer

GRZ Government of the Republic of Zambia

HIV	Human Immuno Deficiency Virus
MoH	Ministry of Health
IOC	International Olympic Committee
NGO	Non Governmental Organisation
OVC	Orphans and Vulnerable Children
STI	Sexually transmitted infections
UNICEF	United Nations Children's Fund
UNAIDS	United Nations AIDS prevention organisation
USA	United States of America

Community Self-help Education Series

Empowering Communities through information

You have in the hand one of the following 16 manuals in the “*Community Self Help Education series*” which are published in English and ChiTonga by Response Network for use by community leaders

1. “Let’s start our own community school”
2. “Let’s start our own sports club”
3. “Let’s start our own community literacy class”
4. “Let’s start our own community skills training”
5. “Let’s start our own women’s group”
6. “Organic Vegetable Growing”
7. “Let’s start our own community HIV/AIDS support group”
8. “Let’s start our own community health and nutrition club”
9. “Let’s start our own community ‘Know your rights club”
10. “Let’s start our own community alcohol awareness and support group”
11. “Let’s start our own community mental health club”
12. “Let’s start our own community participation (governance) club”
13. ‘All included’ Let’s start our own community support group for children with special needs
14. “Let’s start our own community Women’s Rights Club– Stop the Violence”
15. “From team to inclusive sports club”
16. The Gender Equality in Governance Club”

The manuals supplement each other so you will benefit from combining the resources from two or more manuals to increase the quality of your education project.

For instance “Know your rights”, “alcohol awareness” are like brothers and sisters because alcohol abuse causes violence and crime and battering of children and women and the rights manual gives advice on how to respond to abuse and seek assistance.

way behind bars through excessive drinking in the social clubs or the bars. People that drink too much we may call addicts. Addiction means that they cannot manage to stop drinking before getting totally drunk, and they continue drinking when waking up the next day. Some addicts continue drinking steadily for days or weeks on end when getting started, and stop only at a point when money is totally finished or he/she is sick and exhausted.

Meanwhile the family suffers, forced into poverty, violence and suffering by the abuse of alcoholic beverages.

How can we know who can keep their drinking under control and who cannot stop?

The scientists do not know.

Therefore we should avoid playing with addictive forces such as alcohol as the consequences are catastrophically dangerous to our future behaviour in the family and the workplace if we get hooked on the addiction and become dependant of alcohol.

Do not challenge the addictive forces in our body. Avoid drinking or keep drinking at a minimum. Young people need to be sensitised about alcohol



negotiations with non-members without the authority of the support group and embezzles funds.

Article 8: Dissolution of the board

The board can be dissolved immediately if:
The board approves of / or should have been aware of practices which are inconsistent with the support group's objectives or policy.

Article 9: Board meetings.

The board shall meet at least two times in a year.
Extraordinary board meeting can be called in case of urgent business.
The agenda to be discussed must be submitted two weeks prior to the meeting.

Article 10: Finance.

The support group shall submit progress quarterly and annually report to the partners who happen to give financial support to the support group. All the funds shall be applied in carrying out the objectives of the support group.

Article 11: Dissolution of the support group:

The support group can be dissolved when the Maramba alcohol awareness and support group decides to do so, reasons either being that no funds are available for the support group or that funds available have not been spent according to the support group's policies.
Notice of dissolution should be 6 months.

Article 12: Amendments

This constitution may be amended by a two-thirds (2/3) majority of the delegates present.

Motion for the amendment of the constitution shall be submitted in writing at least one month before the meeting before it is to be considered.

Article 13: Disposal of assets

Assets will be donated to a social institution in Livingstone with similar objectives and remaining funds will be sent back to the donors or donated to another social institution after consultation with the donor(s).

Appendix 3

The challenges of Alcohol abuse.

Alcohol is used presently and has been used by most cultures throughout history for medical, ceremonial and recreational purpose and the usage has resisted occasional prohibition or restrictions from Governments. Attempts to stop the use and abuse of alcohol completely, has failed.

The negative consequences of alcohol abuse in the family, the community and the society at large are enormous as a cause and effect of poverty, violence and crime. Furthermore, drinking is slowly breaking down the health of the abuser. Many people that serve a sentence in prison started the sad

Appendices

Appendix 1

Ideas for group work and discussions

Here are some ideas for youth groups to discuss to develop interest about alcohol abuse and related health and social challenges among young people.

THE ALCOHOL QUIZ

The Alcohol Quiz is designed to test basic knowledge about alcohol abuse. When correcting the quiz, you have the opportunity to correct inaccurate beliefs held by your community and it can be used to stimulate discussion.

- 1 **How can you tell if somebody is abusing alcohol?**
Because of the way they act
They look tired and ill
You cannot tell
- 2 **The risk of youths abusing alcohol is:**
High
Moderate
Low
- 3 **Can you become addicted to alcohol when drinking one bottle of beer?**
No



Yes

4 Can a driver drive safely after drinking alcoholic drinks?

Yes

No

Only when driving fast

Only when driving slowly

5 Are youths more easily influenced than adults to join in drinking parties?

Yes

No

Same, no difference

Discussion topics

1 Are there agencies in your community that help people with alcohol problems?

Make a list of these agencies. Contact one of the agencies and ask what services they provide. Share this information with your group. Ask a health care provider from one of these agencies to speak at a group meeting about the problems of drug and alcohol abuse. Invite other members of your community to this meeting.

2 Write a series of short dramas or role-plays that deal with setting sexual limits in relationships. For example, a friend of yours tells you he is pressurising his girlfriend to have sex with him. He has threatened to end the relationship if she will not have sex with him. She wants to wait until she is married before having sex. He says he plan to trick her to drink sweet alcohol so her resistance will weaken.

3. Develop role-plays in which:

You clearly tell your friend if she wants to wait to have sex then he should respect this;

A couple negotiates using a condom when they have sex. Include what options a person has if one partner refuses to use a condom;

A friend offers you alcohol

Ask your group to do the role-play with you and practice so you can use the role-play in events in your community.

4 You can make people in your community or at school aware of alcohol abuse by:

challenges of creating an environment in the community free from alcohol abuse.

Keep in contact with the donors to sustain the funding and expand the funding base.

Provide books, computers and Internet facility to the members of the Maramba alcohol awareness and support group so they can learn more about the challenges of alcohol abuse and join the international network of exchange of information and co-operation.

Provide support to families affected by alcohol abuse.

Article 4: The board.

The board shall have a membership of 8 members.

In order to monitor the programmes of the support group, the support group shall consist of following board:

Chairperson

Deputy Chairperson

Treasurer

Deputy treasurer

Secretary

Deputy secretary

2 board members.

Article 5: Duties of the board

To adapt yearly work plans and budgets

To adopt development plans and policies

To review 1/2 yearly reports of activity

To review activities and formulate policies

Article 6: Term of office

Three of the board members at the initial board shall have a two years term.

Maramba Alcohol Awareness and support group shall retain one third of the board members for continuity every year.

The minimum of five board members shall form a quorum. In the absence of the Chairperson and the Vice Chairperson the members present shall choose the Chairperson to chair that meeting.

Article 7: Discipline

Disciplinary action will be instigated towards the member who:

1 Fails to submit or carry out decisions of the majority that has been arrived at democratically.

2 Consistently fail to honour the obligations and conditions of membership

3 Fails to attend three consecutive meetings without a valid reason and without reporting

4 Persistently shows lack of interest.

5 Engage on private fund raising activities and other

Appendix 2

Example of a constitution

The sample constitution below may be used as a model to be amended according to the need of an alcohol awareness support group.

Constitution for Maramba Alcohol Awareness and support group

Article 1: Name The name of the support group is Maramba alcohol awareness and support group.

Article 2: Postal/Physical Address

The physical address of the support group is at Maramba community hall.

The Postal address is P.O. Box is P.O. Box 60000, Maramba Livingstone.

Article 3:
Objective:



Objective

The support groups' objectives are to:
Provide education about prevention of alcohol abuse to youth in the community and in the schools as well as create public awareness about the

- Organizing a sports or community event with guest speakers from Social Welfare;
- Providing drama presentation in your school community dealing with relationship issues, negotiating safer sex and reducing alcohol consumption.
- Providing information about where to access sexual health and family planning clinic services
- Providing information about correct use of condoms and how to access condoms in your community;

5 You can make people in your community or at school aware of alcohol abuse by:



- Organizing a poster display about alcohol in your community
- Asking to have a speaker come to your group or school to talk about alcohol awareness.
- Creating a list of agencies in your community where you can get information and advice on alcohol, STI, HIV, violence and crime prevention.

6. Make a list of ways alcohol addicts are cared for in your community

Where would someone with an alcohol problem go for help? Answer as

many of these questions as you can:

- Is there a hospital or special clinic for alcohol addicts in your community?
- Are there any community associations that help alcohol addicts and their families?
- What does the government do for alcohol addicts?
- If there are no specific services for alcohol abuse, what kind of care is available for people with addiction problems?
- Who provides care? Doctors, nurses, volunteers, families?
- Share with your group what you learned and ask them if they know about any services for people living with alcohol abuse or related illnesses.

7. Imagine a person abusing alcohol, a relative or a neighbour.

Write a story about someone telling you that he or she is abusing alcohol. Describe how you would try to

support them and under stand them. Share your story with your group.

8. Imagine what it is like to abuse alcohol.

Find out if there is anyone who speaks publicly about alcoholism. Are there stories in the news? How do people react to them?

Make a list of reasons why people would not want others to know they are addicted to alcohol.

9 Discuss prejudices and help confront it. To start, think of these issues:

What is prejudice? Have you ever felt someone was prejudiced against you? Why? Your age, religion, other reasons? How did you feel? Providing a list of services for people with alcohol problems;

10 Talk to the social welfare officer and the health department at the district council.

Ask them what change is needed in your community to help abusers of alcohol and prevent others to be addicted to alcohol. Write a short letter or make a petition on the subject and ask your group to sign it with you. Give it to the Member of Parliament in your area to send to the right national decision-maker.



11. Alcohol abuse and careless sexual behaviour often go together.

If you control your alcohol drinking, you can also stay clear of taking risks through unprotected sex.

Sometimes it is difficult to say "no" to sex or to delay sex. The guidelines below may help you with these decisions.

Write in the boxes (E) for those things you would find easy to do and (D) for



those things you would find difficult to do.

- ☐ Go to parties and other events with friends
- ☐ Decide how far you want to "go" (your sexual limits) before being in a party.



- ☐ Decide your alcohol limits before being in a pressure situation
- ☐ Avoid falling for romantic words and arguments
- ☐ Be clear about your limits – don't give mixed messages, e.g. by acting sexy when you do not want sex
- ☐ Pay attention to your feelings; when a situation becomes uncomfortable, leave

- ☐ Get involved in activities (e.g. sports, clubs, hobbies)
- ☐ Avoid "hanging out" with people who might pressure you to have alcohol and sex
- ☐ Be honest from the beginning, by saying you do not want to have sex
- ☐ Avoid going out with people you cannot trust
- ☐ Avoid secluded places where you could not get help
- ☐ Do not accept rides from those you do not know or cannot trust
- ☐ Do not accept presents and money from people whom you don't know very well
- ☐ Avoid going to someone's room when there is no one else there that you trust.
- ☐ Explore ways of showing affection other than sexual intercourse