

SEARCH the risks of DRUGS

De Sleutel

De Sleutel is the largest organisation in Belgium providing support, care and prevention for drug problems. This brochure gives you information on legal and illegal drugs in Belgium. It is certainly not sufficient on this topic. Look for more information in the services you know, on the internet. But most of all: TALK about drugs and ask your questions to friends, family, teachers, health workers.

Clear and correct information

The first need of anyone concerning drugs and addiction is clear information. We don't want to shout a message loudly in your ear with this folder. We give you a view on the effects of drugs, which are very often positive effects. But also on the risks. Maybe you are going through a stressful period, feel depressed or are unsure what will happen in the future. Risks are then easily set aside, because they are often on long term. But if you are doing a lot of effort right now to live or survive more in comfort, don't destroy all your efforts with taking severe health risks.

Education



education


Young people are extra vulnerable for drug dependence. Their body is not yet developed. But also their competences to make difficult decisions, to be careful, to set a limit are not ready yet. Drinking a glass of alcohol, smoking a cigarette, taking medicines are behaviours that children see around them. Sometimes they copy it. Therefore you must be aware of your model status in this

sense. Together with this brochure we publish a little story-book to read with your children. The word 'drug' is not printed in the book. But together you can find out how the social skills and lifeskills are related to smoking, drinking and the use of drugs. The start of a dialogue.

Address

De Sleutel - Hundelgemsesteenweg 1, Merelbeke, 09 - 231 82 91
preventie.de.sleutel@fracarita.org - www.desleutel.be



Support from the European Commission 
 Project leader: LWL-integrative Drogenhilfe, Germany.
 Drug information partly based on www.jellinek.nl