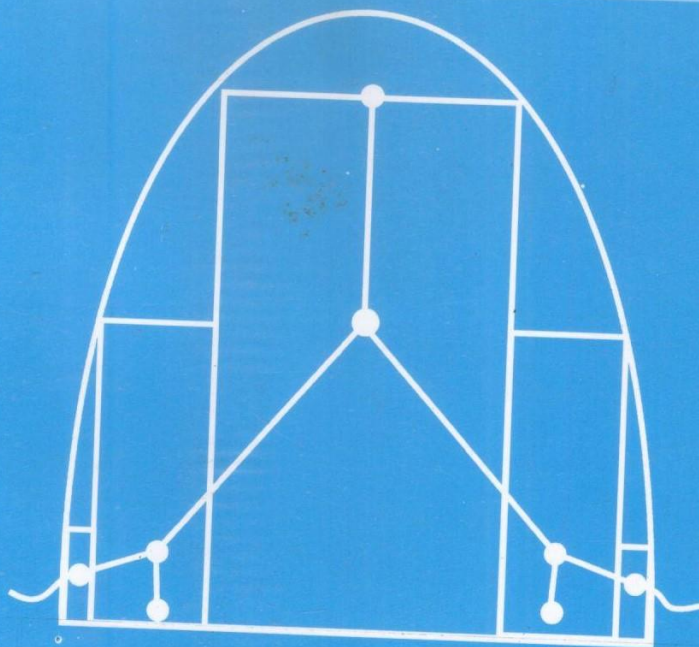


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School Strategies for Curbing Prevalence of Drug Abuse Among Secondary School Students in Akute Metropolis, Ogun State, Nigeria.

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Abstract

Drug abuse continues to be the major risk behaviour among the youths and adolescents in the society, with physical and mental health implications. Despite the known risks associated with the drug abuse, adolescents continue to abuse drugs. This paper examined school strategies for curbing drug abuse among secondary school students in Akute metropolis, Ogun state, Nigeria. The statistics of drug abuse in Nigeria shows that 94.2 percent male and 5.8 percent female abuse drugs and the age at first use is between 10 to 29 years old. Some reasons for drug abuse among students are environment, peer group influence, promotion and availability of these drugs. The implication of drug abuse among students can be seen on the family relationship, academic background and the society at large. This study employed descriptive survey design and data were gathered through questionnaire administered on students. The sample were 300 students drawn from 10 secondary schools in Akute metropolis Ogun state, using random sampling technique. The school strategies that have been put in place to curb drug abuse among students are guidance and counseling unit, talking to students on the assembly and classroom talk among which are the most commonly used and successful in reducing drug abuse. This study therefore recommended that preventive drug abuse curriculum, establishment of counseling centers for drug control, anti-drug campaign and using mass media for spreading information about the scourge on drug abuse should be put in place to reduce if not eradicate drug abuse among students in Nigeria as a whole.

Keywords: School strategies, Curbing and Prevalence, Drug abuse

Introduction

Drugs generally are known as herbs, leaves and plants that have been used to heal and control diseases. The use of drug in itself does not constitute any danger because drugs correctly administered have been a blessing. Sambo (2008) observed that "chronic use of substance can cause serious, sometimes

irreversible damage to adolescent's physical and psychological development." The use of drugs could be beneficial or harmful to men depending on its use. Staff (2012)

Christine (2009) reported that the use of drugs and other pharmacologically active substances dated back to several generations, many several centuries ago. Their uses have been on preventive and curative grounds and also for social and recreational purposes. In the past, choice of such substances was limited to those easily available in the environment of the users, but in the present era, the use of various types of drugs has gone beyond those drugs produced and available in the immediate environment. The use has reached an alarming rate of the abuse by adult, youths and children. Drugs such as Barbiturates, Valium, pethidine, Narcotics, Cocaine and Heroin have become rampant and they have side effect on individuals.

Drug abuse has thus become a national concern in Nigeria, given its impacts on education and future leadership, innovations and human resources Coleman (2010). Secondary school students are particularly at risk given that they are in their formative years of education, career development, social skills and identity formation. Several school adolescents experience mental health problem, either temporarily or for a long period of time. Some become insane, maladjusted to school situations and eventually drop out of school. Haladu (2003) explained that the term drug abuse refers to excessive and persistent self-administration of a drug without regard to the medically or culturally accepted patterns. It could also be viewed as the use of a drug to the extent that it interferes with the health and social functioning of an individual. Odejide (2000) warned that drug abusers who exhibit symptoms of stress, anxiety, depression, behaviour changes, fatigue and loss or increase in appetite should be treated by medical experts and counsellors to save them from deadly complications.

The Nigerian National Drug Law Enforcement Agency (NDLEA) has stated that drug abuse is one of major problems in schools (NDLEA, 2013). Many of the behaviours of who are closely tied to the peer culture, students learn easily from peers, wanting to be attractive to others becomes very important in adolescence and this factor is significant in the development of eating disorders, alcohol consumption, tobacco and drug use, tanning, not practicing safe sex and vulnerability to injury among other behaviours. These adolescents who get involved in such risky behaviour often have high levels of conflict with their parents and poor self-control, suggesting that they engage in such behaviour to manage a stressful life. Adolescents who abuse substances typically do more poorly in school, and family problems, deviance, and low self-esteem appear to explain this relationship.

World Health Organization (WHO, 2005) and World Heart Foundation's data, posit that in Nigeria, 22.1% of school youth age between 12 to 17 years use tobacco. In South Africa, it is 19.4%, 15.1% in Ghana and 16.2% in Kenya. The government of Nigeria seems to lose sight of its responsibilities though it claims

that tobacco should be regulated in a market oriented framework, which strikes an optimal balance and the need to ensure healthy work force. Some youths will experiment and stop, or continue to use occasionally with significant problems. Others will develop addiction, moving on to more dangerous drugs and causing significant harm to themselves and the society at large.

Nigerian youths are becoming drug dependent, while Nigeria is gradually transiting from the status of a drug-consuming nation to that of a drug-producing one. Young ones who are mainly from well-to-do homes are increasingly identifying with the 'big boys' that practice the use of substance like heroin and cocaine. Other substances like Indian hemp, which is frequently produced in Nigeria and other substances like Methamphetamine and tablet with codeine capable of intoxicating are mostly found in schools (Staff, 2012).

From the record of drugs abuse in Nigeria in 2011, the Northwest has a statistic of 37.47 percent of the drug victims in the country, while the Southwest has been rated second with 17.32 percent, the south-East is been rated third with 13.5 percent, North-central has 11.71 percent, while the North-east zone has 8.54 percent of the drug users in the country (Akannam, 2008). In Nigeria, the estimated life time consumption of cannabis among the population is 10.8 percent, followed by psychotropic substances like benzodiazepines and amphetamine-type stimulants 10.6 percent, heroin 1.6 percent, and cocaine 1.4 percent, in both urban and rural areas. Drugs abuse appears to be common among males with 94.2 percent than females 5.8 percent, and the age of first use is 10 to 29 years. The use of volatile organic solvents is 0.53 percent, and is widely spread among the street children, in school youth's and women. Multiple drug use happens nationwide with 7.88 percent to varying degree (United Nations Office on Drugs and Crime, 2007).

Drug use by students has hampered education and management in Nigerian secondary schools. In Nigeria, recent statistics suggest that one in every three secondary school students consumes alcohol. However, due to the alarming rate of drug abuse among students, some curbing strategies have been put in place to curb the menace. Such strategies include drug abuse prevention education, public awareness, treatment and rehabilitation. Pike (2011). These curbing strategies required to solve some of the problems of drug abuse.

Statement of the problem

The Nigerian National Drug Law Enforcement Agency (NDLEA) has stated that substance abuse is one of major problems in schools, colleges and universities in Nigeria. (NDLEA, 2013). Drug abuse especially among the youth and young adults is responsible for lost wages, destruction of property in schools, soaring health care costs and broken families. It is a problem which affects us all as parents, children, teachers, government officials, taxpayers and workers.

Despite eradication efforts in countries in Africa, the region still remains a major supplier of some drugs such as cannabis, which is one of the most widely abused drugs (Abdool, 2004).

Substances like drugs are prescribed for medication purposes and so it meant to be useful to man. The human body in response, reacts, based on the dosage of the drug administered to it. The body naturally regulates the reactions of the drugs as part of metabolic homeostasis. However, the abuse of these substances through the use of it's over dose, unprescription or for other reasons other than medication affects the normal functioning of the body organs. To add to this, drug abuse entails a lot of social problems ranging from lateness to class, family neglect, deviant behaviours, and involvement in crimes among other.

Despite management strategies by the government, drug abuse is still prevalent among students both in secondary schools and higher institutions. None of these researchers have treated the prevalence and management of drug abuse specifically in Akute town of Ogun state, part of which the gap the researcher intends to fill.

Purpose of the study

This study is aimed at finding out the following purpose:

- It identifies school strategies put in place to curb drug abuse among secondary school students.

Research Questions

The following research questions were raised for this study:

1. What are the school cubing strategies have been put in place to curb drug abuse among secondary school students?

Research Hypothesis

The following hypothesis was postulated in order to guide this study:

QH₀: There is no significant difference between curbing and management strategies of drug abuse in Akute Metropolis Ogun State.

Literature Review

A drug is defined as any natural or artificial substance, other than food that by its chemical or physical nature alters structures or functions in the living organism (Dorwick and Maline, 2007). It is also defined according to their use; in pharmacology, as a chemical substance used in the treatment, cure, prevention, or diagnosis of disease or used to otherwise enhance physical or mental well-being. Psychoactive drugs are chemical substances that affect the function of the nervous system, altering perception, mood or consciousness. Recreational drugs are drugs that are not used for medicinal purposes, but are instead used for pleasure. These include alcohol, nicotine and caffeine, as well as other substances such as opiates and amphetamines. NAFDAC (2000) as cited by Haladu (2003) explained the term drug abuse as excessive and persistent self-administration of a drug without regard to the medically or culturally accepted

patterns. It could also be viewed as the use of a drug to the extent that it interferes with the health and social function of an individual. Drug Abuse is the harmful use of mind altering drugs. It added that the term usually refers to problem with illegal drugs, which also include harmful use of legal prescription drugs, Such as in self-medication. (Oluremi, 2012).

The drugs that are commonly abused by students are in categories. According to Pike, (2011) categories of drugs are classified according to their physiological effects. These are stimulants, narcotics, cannabis, depressants, analgesics, and sedatives, performance enhancing drug, hallucinogens and inhalants. For example the primary use of stimulants is to increase the activities of the central nervous system (CNS) with increase heart rate, blood pressure and the rate of brain function. The users feel uplifted and less fatigue. Examples of stimulants include caffeine, cocaine, nicotine and amphetamine.

- a) **Caffeine:** It is a tasteless drug found in coffee, tea, cocoa, many soft drinks and several groups of over the counter drugs (National Centre on Addiction and Substance Abuse, 2004). Moderate intake of it is relatively harmless to the individual health. However, chronic users show evidence of withdrawal and physical dependence.
- (b) **Cocaine:** This is a very strong stimulant. Cocaine produces a feeling of excitement, increase confidence and willingness to work. Cocaine use is on the increase among students as it is perceived as a confirmation of one's big boy status (Pike, 2011).
- (c) **Nicotine:** This is a poisonous alkaloid derived from tobacco plant. It is responsible for the dependence of regular smokers on cigarettes. (Elizabeth & Martin, 2007). Nicotine is in tar, cigars, cigarettes, tobacco and traditional snuff. A small dose of nicotine has a stimulating effect on the autonomic nervous system. It is mostly abused by secondary school students (Thomas, Carl, & Jacqueline, 1986).

Also there are narcotics drugs mainly use for pain relief. These are among the potent dependence producing drugs, used medically to relieve pain and induce sleep. Narcotics are derived from plants such as opium, morphine, codeine and heroin. They are extremely addictive and can be inhaled, (snorted), injected, or smoked (Gate Way Foundation, 2013).

- (a) **Heroin:** It is a white crystalline power derived from morphine but with a short term duration of action. According to Substance Abuse and Mental Health Service, (2005) heroin was highly popular among young adults in United States between 1990 to 1998. It is quick acting. It alters the brain chemistry which interferes with an individual's ability to make decision.
- (b) **Codeine:** Is an analgesic derived from opium poppy and morphine but less potent as a pain killer and sedative, and is less toxic. Because of the presence of codeine in cough syrups, it has become a favourite for many drug abusers. They could easily be obtained over the counter at big and

small medicine stores (Encomium, 2013). Codeine is generally abused by students of secondary and higher institutions, who mix the syrup with soft drink or use it to soak garri.

- (c) **Tramadol:** This is a painkiller that is often prescribed for moderate to severe pain for arthritis patients. However, it is a narcotic drug meaning that users may be at risk of addiction if they use it for a long period. It works by blocking pain synapse traveling between the nerves and the brain, thereby the user becomes “high” (GFADTC, 2013).

Another category of drug is cannabis. This is a drug prepared from Indian hemp plant (*cannabis sativa*) also known as pot, marijuana, hashish and bhang. It has little therapeutic value and its nonmedical use is illegal. Cannabis, popularly known as marijuana is one of the drugs commonly abused in Nigeria especially the adolescents. Marijuana was introduced to Nigeria by soldiers returning from Second World War (Odejide 2009).

Signs and Symptoms of Drug abuse among Students

According to Adolescents Health Information Project (AHIP 2001) the following are signs and symptoms of drug abuse. They are:

- a. Signs of Drug Used and Drug Paraphernalia
 - i. Possession of drug related paraphernalia such as pipes, rolling paper, small decongestant
 - ii. Possession of drugs, peculiar plants or bolts, seeds of leaves in ashtrays or clothing pockets.
 - iii. Odour of drugs, smell of incense or other cover up scents.
- b. Identification with Drug Culture
 - i. Drug related magazines, slogans on clothing
 - ii. Hostility in discussing drugs
- c. Signs of Physical Deterioration
 - i. Memory lapses, short attention span, difficulty in concentration.
 - ii. Poor physical coordination, slurred or incoherent speech; unhealthy appearance, indifference to hygiene and grooming
 - iii. Bloodshot eyes, dilated pupils.
- d. Changes in Behavior
 - i. Distinct downward performance in school place or work.
 - ii. Increased absenteeism or tardiness.
 - iii. Chronic dishonesty, lying; cheating and stealing.
- iv. Trouble with the police and other law enforcement agencies
- v. Change of friends, evasiveness in talking about new ones.

There are numerous causes and factors of drug abuse among students. No single factor could be defined as solely responsible for the abuse of drugs but the following are some of the causes of young people vulnerable to drug abuse in Nigeria. (Oshodi, Aina, & Onajole, 2010; Igwe, et al., 2009; Abudu, 2008; Oluremi, 2012; Desalu, et al., 2010; Ajibulu, 2011; Henry, Smith, & Caldwell, 2006).

- i. **Peer group Influence:** Peer group pressure plays a major role in influencing many youth's into drug usage. This is because peer pressure is a fact of teenage and youth's life. In Nigeria, and other parts of the world, one may not enjoy the company of others unless he conforms to their norms.
- ii. **Environment:** Many young people live in communities which suffer from multiple deprivations, with high unemployment, low quality housing and where the surrounding infra-structure of local services is splintered and poorly resourced. In such communities drug supply and use often thrive as an alternative economy often controlled by powerful criminal groups. As well as any use that might be associated with the stress and boredom of living in such communities, young people with poor job prospects recognize the financial advantages and the status achievable through the business of small scale supply of drugs.
- iii. **Lack of Parental Supervision:** Many parents have no time to supervise their sons and daughters. Some parents have little or no interaction with family members, while others put pressure on their children to pass exams or perform better in their studies. These problems initialize and increases drug usage.
- iv. **Socio-economic Status of the Parents:** Socio-economic status of the parents entails direct costs which are very important to families; particularly this is related to every aspects of the family's life and caring to children. The implications of family relationship on students have remained an alarming factor to the total life of the children by implication the socio-economic status of the parents may influences adolescents to abuse or not to abuse drugs even if the parents have very low income, low income average, high, or very high income.
- v. **Pathological family background:** broken homes, illegitimate relationships, alcoholic parents or parent's involvement in antisocial and illegal activities.

Implications of Drug Abuse

- The following have been identified as some of the implications of drug abuse:
- **Students' academic performance:** The academic performance of students is greatly affected by drug abuse. This is why Coleman (2010) concludes that drug abuse is detrimental to the socio-economic and intellectual advancement of the nation. Drug abuse by students has hampered education and management in Nigerian secondary schools. In Nigeria, recent statistics suggest that one in every three secondary school students consumes alcohol. Another 8.3% smoke cigarettes while almost one in every ten (9.1%) chew Miraa. About 3% smoke bhang and use hard drugs like heroin, cocaine, mandrax and tranquilizers (The Daily Times, 2004). Drugs can affect a student's concentration and thus interest in school and extracurricular

activities. This leads to increased absenteeism and drop outs. Most psychoactive drugs affect the decision making process of students, their creative thinking and the development of necessary life and social skills. Drugs also interfere with an individual's awareness of their unique potential and thus their interest in their career development (Louw, 2001).

- **Society at large:** The implication of drug abuse has been a feature of a morally bankrupt, corrupt and wasted generation and loss of our societal values and ideals. According to Giade (2011), any nation being used by drug barons as a transit route has the potential of becoming a drug abuse consumer's country. Drug abuse threatens the security of a nation, tearing apart our societies, spawning crimes, spreading diseases such as AIDS and killing our youth and our future.

The situation of drug abuse has caused a lot of embarrassment to the government most especially the image of Nigerians abroad. It is obvious that customs officials in the United States of America and indeed the entire Nations of Europe subject the people if Nigeria travelling to their countries to more thorough and embarrassing checks. This type of degrading and humiliating examination of Nigerians according to them is because they want to crack down on smugglers of which Nigerians are chief suspects due to the hard drug trafficking posture exhibited by some greedy Nigerians.

School Strategies for Curbing Drug Abuse in Nigeria

The government of Nigeria has tried to curtail, eradicate or discourage the use, sale, trafficking and recycling of illegal drugs by promulgating various decrees against such drug use. There is the popular Anti narcotic Decree under which the NDLEA was set up in 1989. The Federal Military Government enacted Decree 48 now Cap N30 Law of the federation establishing the National Drug Law Enforcement Agency. The Agency is charged with the dual responsibility of reducing the supply and demand for drugs and reducing the demand for illegal drugs. To achieve these objectives, the Drug Reduction Directorate is divided into three (3) units namely.

1. Drug Abuse Prevention Education

This is geared towards providing factual information and learning experiences on drug problems. To this end, NDLEA in conjunction with NERDC has concluded the development of preventive drug education curriculum and infused its content into relevant school subjects at various levels of learning (Primary, Secondary and Tertiary) while the implementation is in progress. The essence of preventive education in schools is to encourage students to recognize the benefits of adopting drug free and healthy life style and to provide them with necessary skills to be able to resist pressures to take drugs. Besides, the NDLEA has launched the formation of drug free clubs in Secondary School in Nigeria so as to promote alternative activities to drug involvement by students. NDLEA (1997).

2. Public Awareness Campaigns

This approach aims at involving community groups in drug abuse and trafficking prevention. It involves the use of traditional rulers, community/opinion leaders, youth leaders, religious leaders, professional bodies, voluntary organizations, NGOs etc to campaign against drug abuse and illicit drug trafficking. Community resources are mobilized towards prevention and social integration programs. Sambo (2008).

3. Treatment and Rehabilitation

It is in line with the statutory responsibility of the Agency that the Treatment and Rehabilitation unit in the Drug Demand Reduction Directorate was created. Drug Rehabilitation is predicated on the need to provide help to identified drug dependent persons. Drug Dependency is a public health problem that impacts negatively on the social multiple levels. There are four major Treatment/rehabilitation methods in use in Nigeria, namely:

Non-Governmental Based Treatment/Rehabilitation

Community Based Treatment/Rehabilitation

Hospital based Treatment/Rehabilitation

Religious/Faith Based Treatment / Rehabilitation

Theoretical Framework

Some theories of drug abuse which indicate that some individuals truly depend on certain drugs for their survival due to a number of factors.

- (a) **Learning Theory of Drug Abuse:** It maintains that dependence or abuse of drugs occurs as a result of learning. The learning could be by means of conditioning, instrumental learning or social learning.
- (b) **Biological Theory of Drug Abuse:** The theory maintains that drug abuse is determined by the individual's biological or genetic factors which make them vulnerable to drug addiction
- (d) **Socio-cultural Theories of Drug Dependence/Abuse:** The theories maintain that abuse is determined by socio-cultural values of the people. For instance, while certain cultures permit the consumption of alcohol and marijuana, other cultures do not. Among the Urhobo, Ijaw, Ibibio, Edo, Igbo, Yoruba and Itsekiri, alcohol i.e. Oogoro is used in cultural activities. In Northern Nigeria, alcohol is forbidden due to Sharia law. However, the sharing law does not forbid cigarette consumption and thus nicotine dependence. It should be noted, however that no theory fully explains the etiology of drug abuse. This is due to individual differences. It then becomes obvious that the disorder (drug abuse) is an acquired one. The acquisition then is dependent on a host of personal inclinations and environmental factors, a situation explained suggestively by Bandura (1986) social cognitive theory, i.e. the triadic reciprocity involving behavior, environment and the person.

Methodology

The research design for this study is a descriptive survey research which examined the prevalence of drug abuse and management strategies among secondary school students. Descriptive survey design is used to access and predict the views, reactions or opinion of a large number of people in a specific unit.

The population for this study consists of all secondary school students in Ogun state, Nigeria. The target population for this study consist of students of ten secondary schools in Akute metropolis. Statistical sampling technique was used to select schools. The schools selected consist of boys and girls (mixed schools). The sample size of 300 respondents was used for this study. Simple random sampling technique was used to sample respondents that are students. The sample size was chosen because it is practically impossible to study the total population. Also stratified sampling technique was used to select schools in Akute metropolis of Ogun state.

The instrument for data collection was the questionnaire. It was developed by the researcher to elicit information from the respondents. Data were collected by distributing questionnaire to a sample of people selected to represent the population under this study and then responses were analyzed and represented through the use of chi-square statistical analysis from which conclusions were drawn and results generalized.

The validity of the instrument was established by giving the instrument, the specific objective and the research questions of the study to three experts in measurement and evaluation in the department of Social Sciences Education, University of Ilorin. Their main task was to critically examine the questionnaire and to ascertain that the content of the instrument covers the objective of this study. Their constructive criticisms advice and suggestions were used to modify the instrument that was used for data collection.

The reliability of the instrument was determined using the test retest method. The instrument was administered on ten respondents outside the sample frame. It was re-administered on the same respondents again to compare the results. 0.72 reliability index was obtained

The researcher collected a letter of introduction from the head of department, Social Sciences Education, University of Ilorin before proceeding to seek permission from the authorities of the selected schools. The instrument used for this study, the questionnaire was administered to the respondents of the selected schools through simple random sampling technique. The instrument was administered to the respondents and completed copies were collected back on the spot. Data were collected and analyzed as follows: - Percentage was used to answer the biographical data of the respondents while chi-square statistical analysis was used to answer corresponding hypothesis postulated for the study at a 0.05 level of significance.

Result and Discussions

Research Question 1: What are the curbing strategies have been put in place to curb drug abuse among secondary school students in Akute Metropolis, Ogun State?

Table 1: Curbing Strategies put in Place to Curb Drug abuse Among Secondary School Students in Akute Metropolis, Ogun State.

	Frequency	Percentage	Total
Guidance and Counselling	118	39	300
Talking to Students on Assembly	110	36	300
Classroom Teaching	108	36	300
Drug Prevention Program	84	28	300

Table 3 presents the frequency and percentages of management strategies adopted in Secondary School in Akute Metropolis, Ogun State. The mostly adopted strategy is Guidance and Counselling followed by Talking to students on Assembly, Classroom teaching and lastly Drug Prevention Programme

QH₀₁: There is no significant difference between curbing and management strategies of drug abuse in Akute Metropolis Ogun State.

	Alcohol	Marijuana	Cocaine	Tramado	All of the Above	Total
Male	79	27	10	16	12	144
Female	58	13	5	18	8	102
Total	137	40	15	34	20	246

chi-square	level of significance	degree of freedom	critical level
3.64	0.05	4	9.488

The chi-square value of 3.64 is less than the critical value of 9.48. There is no strong evidence against the null hypothesis thus it cannot be rejected. There is no significant difference between curbing and management strategies of drug abuse in Akute Metropolis Ogun State.

Discussion of the findings

Drug abuse is highly prevalent and the commonly abused drugs are Alcohol, Marijuana, Tramadol, Cigarettes in Secondary School in Akute Metropolis, Ogun State. This is in line with the submission of National Centre on Addiction and Substance Abuse (NCASA) (2004), Pike (2011) Elizabeth and Martin (2007), Gate Way Foundation (2013), Substance Abuse and Mental Health Service, (2005), Encomium, (2013), GFADTC (2013), Odejide, (2009) and Adolescents Health Information Project AHIP (2001).

Also, the commonest curbing strategy put in place is Guidance and counselling, followed by talking to the students on assembly, Class room teaching and lastly Drug Prevention Program. Drug Prevention Program might occupy the last position because of the cost of carrying out the program. These were in support of the study of National Drug Law Enforcement Agency (2009) which recommends **drug abuse prevention education, public awareness campaigns, treatment, and rehabilitation.**

Conclusively, the students' level of exposure to drug management strategies is satisfactory as students are exposed every week. This is buttressing the views of Oshodi, Aina, and Onajole, 2010; Igwe, et al., 2009; Abudu, 2008; Oluremi, 2012; Desalu, et al., 2010; Ajibulu, 2011; Henry, Smith, and Caldwell, 2006 that no single factor could be defined as solely responsible for the abuse of drugs but the following are some of the causes of young people vulnerable to drug abuse in Nigeria. The study also indicated no significant difference in commonly abused drugs on the basis of students' gender in Akute Metropolis, Ogun State.

Conclusion and Recommendations

From the outcome of analysis of the data presented in this study, the researcher has revealed a number of factors as regards prevalence of drug abuse and curbing strategies among secondary school students. Based on the results obtained and data analyzed the following conclusions were drawn:

1. Preventive Drug Abuse Curriculum: There is need for a standard form of drug abuse curriculum to be added to the school curriculum.
2. Establishment of Counselling Centre for Drug Control: Counselling Centre should be established in every community by the government or private individuals. Qualified health counselor should be employed in helping drug addicts or those dependent on drug by giving them counsel on how to go about the withdrawal.
3. School administrators should be provided with skills on how to handle students with behavioural problems using primary, secondary and tertiary prevention and they should always organize lectures, rallies, seminars and film shows for students on the adverse effects of drug abuse.
4. Government, ministry of education and other health parastatals should do more in educating the adolescents about substance use and its effects.
5. The Ministry of Education (Federal and State) in-collaboration with National Drug Law Enforcement Agency (NDLEA) must intensify their antidrug campaigns in order to have a drug- free society with a special focus on students.

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