

Presentation of ASIA PACIFIC FORUM ON FAMILIES (APFAM INT)

**The Centrality of Families
in Community Action to
Prevent Drugs and
Substance Abuse.**

Why Families Matter

- ▶ It Reflects a strong, cohesive and loving unit that is the source of security and shelter
- ▶ Protects and inspires its members
- ▶ A peaceful family provides a secure environment for the nurturing of children and development of relationships.
- ▶ All these bedrocks are being forcefully challenged and drugs and substance abuse is one of the reasons.

No alternative to Family.

- ▶ Its true that families are in crisis but its centrality cannot be denied.
- ▶ Its role and functions are still valid at all times because without the FAMILY there is no community.
- ▶ The Family and the Community bring each other into existence.
- ▶ The family ensures the continuity of faith, culture and the nation.
- ▶ The nurturing and the empowerment of the family is perhaps the most cost effective way to combat the scourge of drugs and substance abuse.

Protective factors

- ▶ **Strong family bond**
- ▶ **Parental engagement in child's life**
- ▶ **Clear parental expectations and consequences**
- ▶ **Strong connections to social institutions like the schools, religious organizations and places of worship.**

Risk Factors.

- ▶ *Dysfunctional families.- Increasing divorce rates*
- ▶ Living environment—chaotic, climate change, shameless class disparity, disconnection from history, targets of business greed.
- ▶ Poor social coping skills
- ▶ Parental substance abuse involvement
- ▶ Connections with deviant peers.

How to nurture/enhance family for the this challenge of change.

- ▶ What are the strengths, talents and capacity of each family member.
- ▶ What are the weakness and shortcomings of each member
- ▶ Collate strength and weakness to formulate the potential
- ▶ What kinds of problems /situations constitute a challenge?
- ▶ How can the family's strength be harnessed to combat the problems.

Enhancing Family integrity

- ▶ Integrity is the ability to distinguishing between right and wrong, truth from falsehood and good and bad are deeply embedded in the foundation for the family, then each member will be raised to be a person of righteousness and integrity.
- ▶ Family is the cornerstone of the community and community is the protecting and supporting edifice to the family.

Family Values

- ▶ 1. Love
- ▶ 2. Care
- ▶ 3. Concern
- ▶ 4. Commitment
- ▶ 5. Mutual Respect
- ▶ 6. Filial Responsibility
- ▶ 7. Communication
- ▶ 8. Honor and Dignity of the elderly
- ▶ 9. Spirituality
- ▶ 10. Leadership and Mentoring

Family Virtues

- ▶ 1. Honesty
- ▶ 2. Modesty
- ▶ 3. compassionate
- ▶ 4. Justice
- ▶ 5. Courage
- ▶ 6. Patience
- ▶ 7. Forgiveness
- ▶ 8. Generosity
- ▶ 9. Humility
- ▶ 10. Gratitude

Moral Intelligence- 7Steps

- ▶ 7. reviewing your progress
- ▶ 6. three means of character building
- ▶ 5. Renouncing your desire.
- ▶ 4. Self Examination- looking at oneself critically
- ▶ 3. Believing you can truly change yourself.
- ▶ 2. Understanding good and bad character
- ▶ 1. Set the Goals- The Value of Good Character

Family Leadership

- ▶ A Family that is built on intellectual and mental persuasion in which the mind, the most valuable gift from God, is the key to knowing and loving God and the people.
- ▶ A Family that looks down at and bans the use of drugs, alcohol and superstition.
- ▶ A family that does not condone gambling, speculation and greed.

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- ▶ A family that believes in the purity of the soul and body and of respecting promises.
- ▶ A family that believes in marriage as the institution of building a family and community.
- ▶ A family that believes in volunteering oneself and resources to serve God and the community.
- ▶ A family that believes in respecting people's properties, self-dignity, and the right to live honorably.

Family leadership

- ▶ **A family that never hoards and never uses usury and loan sharking and abuse the services of credit cards in its financial dealings. (From the limited knowledge that communities have on the financial systems it is quite clear that a large portion of the profits made by many financial institutions today comes from credit cards fees, late payment penalties and high interest charged.**
- ▶ **The future needs a society that does not allow its families to overburden itself with liabilities debts and promises that cannot be met.**

Societal Actions to save families

- ▶ **Children from dysfunctional and single parent families are involved with many facets of the drug trade so it is important that:**
- ▶ **1. ensure that those who are married, stay as happy couple and family**
- ▶ **2. provide collective community support to families.**
- ▶ **3. join hands and hearts to stop domestic violence as this one of the by products of drug culture.**

Alcohol and the family

- ▶ In case of domestic and family violence the entire family is emotionally and socially traumatized and a recent Conference of Pacific Women parliamentarians very resoundingly said that alcohol and drugs were responsible for the growing scourge of violence against women and children in the Pacific

HiTech

- ▶ The family is affected when companies and employers provide Hitec for communications like laptops, smartphones etc. in global companies to remain in touch, and these devices disrupt the in-home family atmosphere. This in many instances to alcohol and drugs use.

Respect

- ▶ One of the main goals of the family is to teach its children to love and respect the religious institutions, and build strong ties between its children part of the life. Instilling love of the religions is a great and important part of upbringing; deep in effect, and implants in a child respect, good values and manners.
- ▶ Today, the family faces a grim offensive aimed at shaking its very foundations, because of excessive use of legal drug, alcohol and the use of other substances which are responsible for the increase in family violence and marriage breakups.

Prioritise Family

- ▶ Making family a priority means nurturing some essential attributes like:
- ▶ **Foregiveness**
- ▶ **Communication**
- ▶ **Expressing appreciation and gratitude**
- ▶ **Affection and love**

A strong family needs strong kids

- ▶ Every child has a role and purpose in the family.
- ▶ It is essential that parents show children their importance and significance.
- ▶ The family is not complete without each member, therefore the kids need to know that they are valued and respected as are their ideas and opinions.
- ▶ Parents should make room to include the children in the decision making that affect the family.
- ▶ This could be in simple things like whom to invite to the party, where to go for vacation or even the colour of their room

Families and Children

- ▶ Children need to know that they are always loved.
- ▶ Unconditional love is the key to self esteem enhancement.
- ▶ Even when the children are being disciplined they need to know that they are loved and its part of caring.
- ▶ Young kids fear rejection and should know at all times that though their behavior may not be acceptable, they will always be loved and wanted.

Conclusion

- ▶ Hope we can keep the FAMILY as the centerpiece of all actions in the prevention of drugs and substance abuse
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