

Report – Peer Education Session

‘Say Yes to Life No to Drugs’

The Peer Educators of Class XII conducted an engaging and interactive session for the students of Class X on the topic ‘Say Yes to Life and No to Drugs’ on Tuesday, 5th March’24 during the enrichment slot. The purpose of the session was to spread awareness about the consequences of substance abuse along with the importance of making informed choices and understanding the responsibilities associated with saying ‘no’ to substances.

The session aimed at helping students understand the different substances and their detrimental effects on the physical and mental wellbeing of an adolescent. To foster a comfortable and engaging environment, ice breaking activities along with real life situations and case studies were used for introducing the topic and initiating open dialogue. The session provided comprehensive information about the risk factors that generally lead children towards experimenting with various substances. The long term and short-term consequences of substance abuse was objectively discussed, with an intention to provide a clear understanding of the potential risks associated with engaging in substance use.

The Peer educators also laid emphasis on the protective factors designed at preventing substance abuse. The session was facilitated with role plays for deliberation and in depth understanding of the topic. During the session practical strategies and tools were discussed to empower children to resist peer pressure.

The session successfully addressed key aspects of substance abuse prevention. By combining theoretical knowledge with interactive activities, case studies and open discussions, the class XII peer educators effectively conveyed the importance of embracing life and making informed choices. The online pledge ‘Say Yes to life and No to Drugs,’ taken by students and teachers was reiterated once again. The session was well conducted and very well received by the students.



