



Substance Abuse – Drugs and Alcohol

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How to use this presentation?

Instructions to Local Nazim Tarbiyyat

Do's

- Talk about the issue with positive energy. This is a topic we should address to protect our youth from such vices and to empower them
- Use the presentation as a means for starting a conversation. Use the points mentioned in the presentation to invoke discussion. Remind people of the Quranic verses, Hadith etc.
- Engage and involve khuddam. Make it Interactive.
- Ask khuddam question, ask them to explain what they understand from this material
- Keep the workshop to about 30 minutes or so
- Help us make the presentation better. Submit interesting questions/issues raised to tarbiyyat@mkausa.org.

Don'ts

- Don't let the negativity of the subject be overpowering, such as, dwelling on how rampant this vice is in society, or individual examples inside or outside the Jamaat
- DO NOT JUST READ THIS SLIDE SET!
- Don't make this a monologue where one person is giving a lecture and everyone else is silently listening
- Don't pick on individuals or personal issues in your knowledge. Respect people's privacy.
- Do not make this as an imposing lecture. Idea is to make this a thought-provoking exercise



Clarification

- Question: Why is MKA talking about substance abuse?
- Answer: The purpose of this discussion is to educate and empower our khuddam and to prepare them to REJECT them if these vices were to ever come across. Just like we lock our homes and cars even though most of the people around us are not thieves, yet there are a few thieves around who will try to steal.



The Holy Quran

"O ye who believe! Wine (al-khamr) and the game of chance... are only an abomination of Satan's handiwork. So shun each one of them that you may prosper. Satan seeks only to create enmity and hatred among you by means of wine and games of chance, and to keep you back from the remembrance of Allah and from Prayer..." (5:91-92)

- **"al-khamr"** means anything that intoxicates or alters the mind. Thus, alcohol and all other forms of intoxicants are forbidden.
- Problems created by the use of intoxicants;
 - lead to hatred and enmity amongst people, causing murder, violence, immoral behavior etc.;
 - lead people away from Allah and His religion. Allah wants the believers to keep their minds pure and clean, so that they worship Him fully.



The Holy Prophet (peace be on him) Said:

“If a large amount of anything causes intoxication, (even) a small amount of it is forbidden.” (Abu-Dawood)

- When the Holy Prophet (peace and blessings of Allah be on him) proclaimed Allah's commandment concerning intoxicants, his followers broke their pots and jugs of wine until the streets flowed with it.



The Promised Messiah (as) said:

Refrain from the use of all intoxicants. **Liquor** is not the only thing that is destructive for humans, but **Opium, Ganja, Hemp, Bhung, Palm-wine** and every type of intoxicant which becomes a habit, affects the brain, and ultimately causes ruin. Keep away from all of these. I cannot understand why you should use such things through the evil of which thousands of addicts like you depart from this life every year, and the torment of the hereafter is in addition (Essence of Islam vol 4)

Note: Ganja, Hemp and Bhung are different names for extracts from Cannabis plant same as marijuana.



Hadhrat Khalifatul Masih IV (ra) said:

The pursuit of pleasure in every sphere of life requires change and novelty to provide a greater kick. Things, which used to satisfy in the past no longer, do now. Smoking and traditional intoxicants fail to provide the kick, which the progressively restless society requires. Drugs of all sorts begin to appear and no measure whatsoever taken to suppress the menacing trend of drug-addiction is enough. Yet, the drug addict requires a still greater kick. So a stronger, more addictive and lethal drug like crack is invented.

(Islam's Response To Contemporary Issues)



Hadhrat Khalifatul Masih V (aba) said:

- Huzur(aba) repeatedly warned against the peril of the *laghw (vain)* practice of smoking cigarettes leading to more addictive and dangerous intoxicants. (August 20th, 2004)
- Peace of mind is not in the bedazzlement of this world, or in intoxicants, it is only to be found in turning to God. (August 24th, 2007)



Alcohol – what do researchers say?

- “Alcohol thus ranks **at the dangerous end of the toxicity spectrum**. So despite the fact that about 75 percent of all adults in the United States enjoy an occasional drink, it must be remembered that alcohol is quite toxic. **Indeed, if alcohol were a newly formulated beverage, its *high toxicity* and *addiction potential* would surely prevent it from being marketed as a food or drug.**”
 - Source: <http://drugwarfacts.org> citing Gable, Robert S., "The Toxicity of Recreational Drugs," American Scientist (Research Triangle Park, NC: Sigma Xi, The Scientific Research Society, May-June 2006) Vol. 94, No. 3, pp. 207-208.



Alcohol – what do researchers say?

- "MCDA [multicriteria decision analysis] modelling showed that Overall, alcohol was the most harmful drug (overall harm score 72), with heroin (55) and crack cocaine (54) in second and third places."
- Source: <http://drugwarfacts.org> citing Nutt, David J Nutt; King, Leslie A; Phillips, Lawrence D, "Drug harms in the UK: a multicriteria decision analysis," The Lancet (London, United Kingdom: November 1, 2010) Vol. 376, p. 1558.
 - Note that The Lancet is a TOP journal of scientific research, and not some low-tier research publication.

Drug and alcohol abuse

- Watch the following movie
- <http://www.drugfreeworld.org/#/documentaries/truth-about-drugs-documentary-intro>





Learn more

- <http://www.drugwarfacts.org>
- <http://www.drugfreeworld.org>



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