

# Rising Stars

## Education about DRUGS in school

By «-La fille avec la robe verte-»



Narcotics are a morbid reality in today's society. Because of the neglect of our political leaders and the general unawareness of the subject, they have managed to seep their way into all classes, sexes and ages of society.

It is no secret that they are easy to get, and people of all kinds fall prey to their temptations. It is a myth that only people who are bitter or unhappy take drugs. There are countless tales of people with idyllic lives who try drugs out of boredom, curiosity or peer pressure. That single mistake leads them into a life that is totally dominated by their addiction. That's why it is important to educate the Bengali kids about the grim consequences that drugs bring to individuals as well as society.

It is naïve to expect youngsters to stay away from drugs, when knowledge of the subject restricts to merely to some social values that vaguely refer to them as 'bad'. They need to know the facts. They need more in depth knowledge. They need to know that drugs can kill and cause mental and physical damage.

Schools and colleges should seriously consider educating youngsters about the hazards of illegal drugs.

If they don't then the only thing left for us to do is to sit back and wait for a society that totally ruined by wide spreads of diseases like AIDS and also by lawlessness like never seen before, since that is what drugs bring with them. Educating the people of this problem has to begin in the schools. It is important that the information reaches the youngsters at an early age before they face the danger in reality.

School authorities of Bangladesh should include information about drugs in biology or health class. This has been done for several decades in the western countries, and as a result of that, combined with extensive campaigns for drug awareness, most of them can now report a practically drug free nation. There are several ways in which schools can spread the message. Teachers can organise campaigns, like a "Drugs Awareness Week" apart from discussing the matter in usual classes. In these campaigns, students can do research by reading about drugs. It would be even better if they could visit rehabilitation centres and interview addicts and parents of addicts. This will help youngsters to understand the trauma drug addicts and their close ones go through. I believe that the horrifying stories drug addicts usually have to tell, is enough to convince anybody to stay away from narcotics. Police officers and doctors can be brought to school classes so that they can share their experiences and knowledge about addicts. Students can also be given the task to write down their views about drug use.

Schools should also take the opportunity to warn parents about the potentiality of their children using drugs. Parents and teachers should be made aware of the signs that indicate drug use, for example frequent infectious diseases, loss of weight, sudden mood changes, the child's frequently requesting for large sums of money, grades dropping considerably, and so on.

Narcotics are a real and present problem that is going on in youngsters' lives today. It has to be taken seriously. If school authorities take on the mission of fighting drug use, then I believe that the battle will be more than half won.

I hope this piece of writing will inspire at least one person to bring this matter up in his or her school, so that some form of drug education can begin there.

## SILENT World

By Nozaira Sultana

I don't remember how I felt when I was young. Everything is different now. Only one thing that hasn't and will never change is my hearing disability, or in other words my deafness. I have been deaf since my birth and I'll never be cured.

I was citizen of a silent world and I took it as normal. I thought nothing called sound existed in this world. When I



started growing up, I felt that something was missing from me. I saw people around me laughing and talking with each other. I tried my best to listen to them nothing but silence surrounded me. Tears came into my eyes. I knew that their sound filled world was much more beautiful than my world. I was jealous and behaved roughly with them. In my world, my mother was the only one whom I loved and admired. She never looked at me with sympathy. I hated people's sympathetic looks when they all tried to show extra kindness towards me. What I wanted was to be was a part of them. I wanted them to behave normally with me, but they pushed me aside. My mother would treat me the same way she would treat other people. She played with me, laughed with me and my silent world would beam up with imperceptible beautiful sounds.

I still remember my first teacher, Mrs Joya. She was the kindest lady I ever knew and was very helpful. She was a private teacher. She was the one who taught me how to read and write. A whole new world opened in front of me when I started reading books. Books became my best friends. The autobiography of "Helen Keller" is my favorite. It inspired me the most. Before reading that book I felt sad and helpless. But after reading it I found myself transforming into something new. I was determined to make myself strong and confident. I understood that life has two options take it or leave it. I decided to take it, enjoy it and explore it. I tried my best to ignore my deafness first, but then I understood that it was better to live with it then try to ignore reality. I started becoming normal and confident. Surprisingly, I found out that I liked being around people and they liked me too. I was no longer rough with them. I was able to make them understand that I wanted to be a part of them. They gladly accepted me.

Now my life is different. I'm in school and the kids around me are all like me. I have some really good friends there. As we cannot hear, we speak through our hearts. I've now learned to accept myself the way I am and it will never create an obstacle in my future.

## Multiple Personality Disorder

MPD is a rare disease but a very dangerous one. I want all the readers of The Rising Stars to know about this awful disease also known as Dissociative Identity Disorder.

MPD usually affects those people who have gone through a trauma or shock and can't absorb it in their minds. So the patients begin scared and insecure unknowingly and forms a character in mind who is strong enough to face and fight back reality and any hurting incident that happens in the future. But he/she keeps his real character intact. Sometimes more than two characters are formed. It depends on how many different levels the patient divides his shocks in life into. Each character has a different name and absolutely different attitude. They speak different languages. The patient acts as if he/she was two or more different people. The characters are born according to the shock and its intensity. One character is not usually aware of the other ones existence. But as the characters are born to protect each other, as the patient is insecure. That's why in some serious cases it is found that one character acts as a friend of another character.

During the past twenty years there have been dozens of criminal trials involving a defendant claiming to have multiple Personality disorders. The charges cover a range of activity including murder, kidnapping, etc.

MPD is a controversial topic among psychiatrists. Some psychiatrists believe that MPD doesn't exist. While some reputable doctors, hospitals and social service organizations have been treating patients effected by MPD. A research project in three countries suggests that MPD effects one percent of the total population in the world. Mostly two-thirds of the cases of MPD is treatable. Referring to the most resent research Approx. one third of the juvenile victims of MPD are children under 6 years of age. Therefore potential steps should be taken so that people can know about this disease and it dangerous effects.

