

Voice of the children

Alcohol in the eyes of the young



REGIONAL OFFICE FOR

**World Health
Organization**

South-East Asia



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Voice of the Children: Alcohol in the eyes of the young

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Printed in India

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Acknowledgement

This publication has been conceptualized by Dr Nazneen Anwar, Regional Adviser, Mental Health, Department of Noncommunicable Diseases and Environmental Health, WHO Regional Office for South-East Asia (WHO-SEARO). Overall guidance has been provided by Dr Thamarangsi Thaksaphon, Director, Noncommunicable Diseases and Environmental Health, WHO-SEARO. The book presents alcohol issues in the eyes of young children and echoes their heartfelt cry to stop alcohol consumption for health and happiness.

We acknowledge and thank all the participating schools, institutes, and NGO's including from India: Springdales School, Presentation Convent School, Amarjyoti School, Lotus Valley International School, Guru Harkrishan Public School, Pathways School, Bharti Public School, Goodley Public School, Heritage School, Shri Ram School, NIFT, T.R.P. Institute, SEWA Trust, Artography studio; Delhi Police; and the Department of Health and Education, East Delhi Municipal Corporation.

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We extend our sincere thanks to the young artists from Bangladesh, Bhutan, India, Indonesia, Sri Lanka and Thailand, for their beautiful and powerful artwork.

Foreword

Let us hear the voice of the young: STOP alcohol use



In the discourse on alcohol, the voice that is missing is that of the young. It is their voice that we need to hear. It is they who are affected most. It is their future at stake.

The increasing trend of alcohol consumption in the South-East Asian Region is affecting our young people more than others. Across the Region, the harmful use of alcohol causes more than 650 000 deaths each year. Worldwide, more than a quarter (26.5%) of all 15–19-year-olds are current drinkers, amounting to 155 million adolescents, a matter of grave concern. People of younger ages are disproportionately affected by alcohol compared to older persons, with 13.5% of all deaths among those who are 20–39 years of age attributed to alcohol.

Beyond the statistics, and the fact that the harmful use of alcohol is a risk factor for many diseases and injury conditions, there are untold stories of the loss of loved ones and income, of family break-up and neglected children, of depression and loneliness, of violence and abuse. The harmful use of alcohol also leads to risky behaviours among the youth, including drink-driving, fighting, drowning, self-harm and suicide.

As the young are among the most affected, they must have a voice in shaping the response to this key public health issue.

This publication helps in giving expression to young people's thoughts, feelings and emotions. Through their art, the young have demonstrated how well they understand the consequences of the harmful use of alcohol. They also have interesting solutions to offer. The message that came out strongly from their artwork is simple and pointed: STOP alcohol use.

I urge Member States to continue their efforts to implement the Regional action plan to reduce the harmful use of alcohol in the South-East Asia Region (2014–2025), to prioritize the SAFER initiative and to carry out several other local initiatives to reduce alcohol consumption. WHO is committed to supporting Member States as and where needed.

I do hope this publication inspires each one of us to take action and address the harmful use of alcohol.

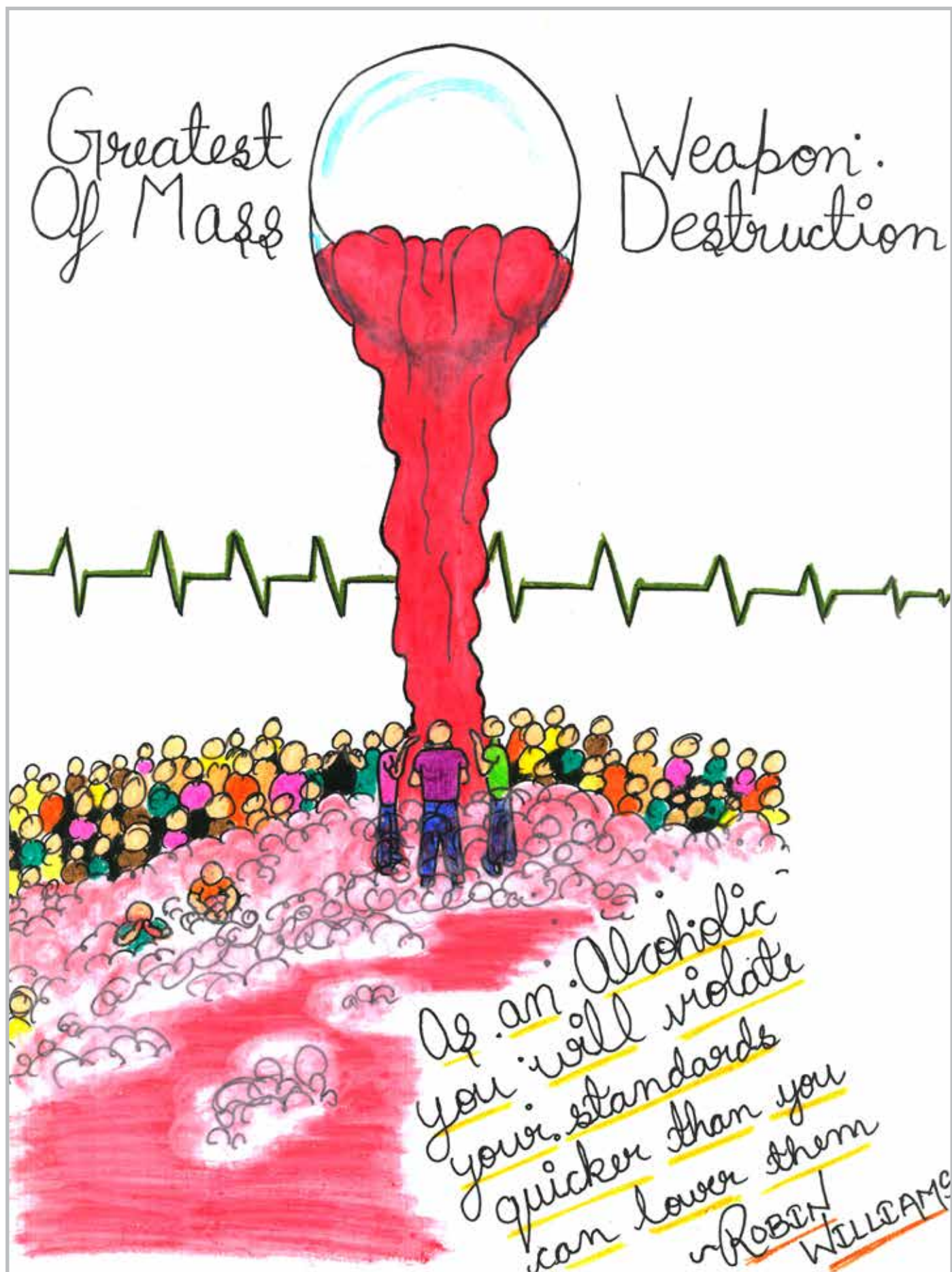
A handwritten signature in black ink, reading 'Poonam Khetrpal Singh'.

Dr Poonam Khetrpal Singh
Regional Director
WHO South-East Asia

A hand holding a lit matchstick against a dark, textured background. The matchstick is lit, with a bright orange flame and a white tip. The hand is visible from the wrist up, with fingers gripping the matchstick. The background is dark and textured, possibly a wall or a piece of fabric.

Listen to our voices, stop alcohol consumption

- Alcohol: a weapon of mass destruction
- Nothing about alcohol is healthy
- Alcohol takes control of our body, darkens our heart and soul
- Alcohol kills our capacity to think clearly
- Drinking and driving: fast lane to death and injuries
- Alcohol is a very effective dissolving agent. It dissolves families, jobs, dreams, marriages, friendships, but NEVER dissolves problems
- The alcohol monster devours it all



Kartavy Chauhan, 14, India

Alcohol: a weapon of mass destruction



Kiara Kapoor, 9, India

Nothing about alcohol is healthy



Paulina Popy Kirana, 28, Indonesia

Alcohol takes control of our body. It is like living on the edge.
Time to break the chains and be free!



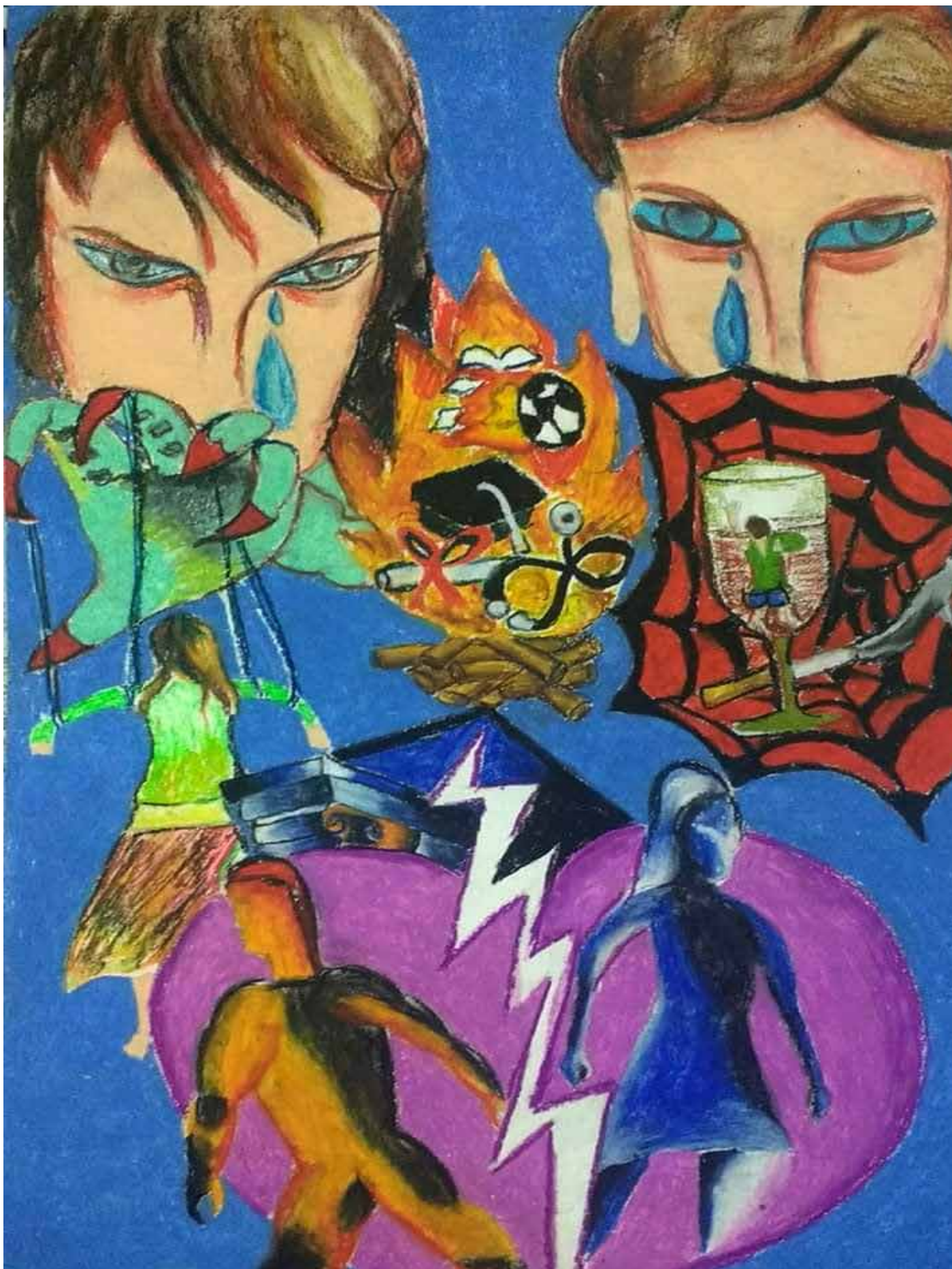
Lakshmi, 16, India

Statutory warning: Alcohol consumption kills our capacity to use the brain!



Shreya, 14, India

Drinking and driving: fast lane to death and injuries!



Raamaansh Gupta, 13, India

Alcohol is ruining our health and relationships, burning our dreams and careers.
We, the youth, are getting entrapped into the web of alcohol



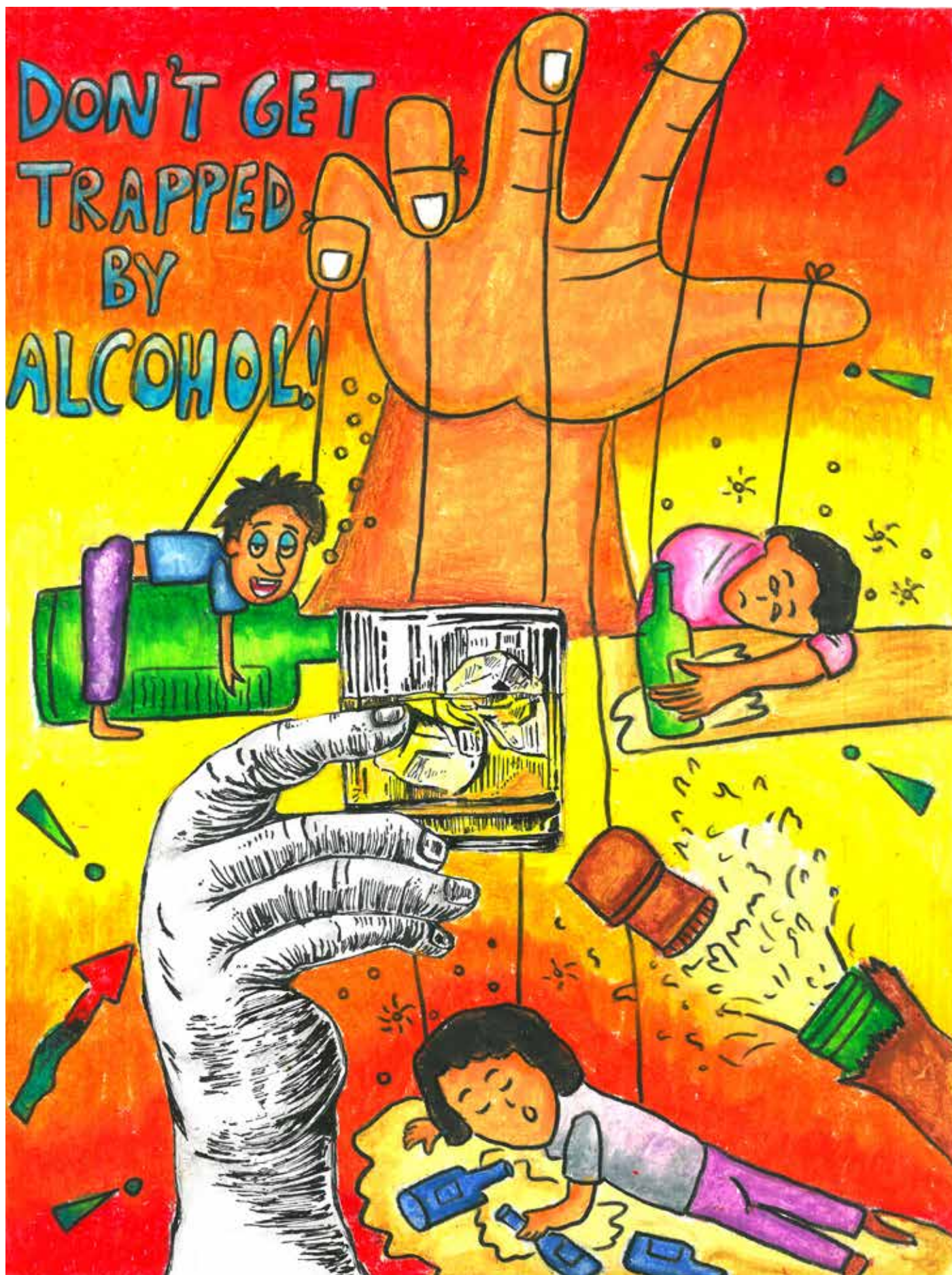
Eklavya Chauhan, 11, India

Alcohol is a very effective dissolving agent. It dissolves families, jobs, marriages, friendships but NEVER dissolves problems



Mehak Jain, 14, India

You do not die alone, many lives go with you. The alcohol monster devours it all!



Akshita Chhabra, 16, India

The alcohol trap



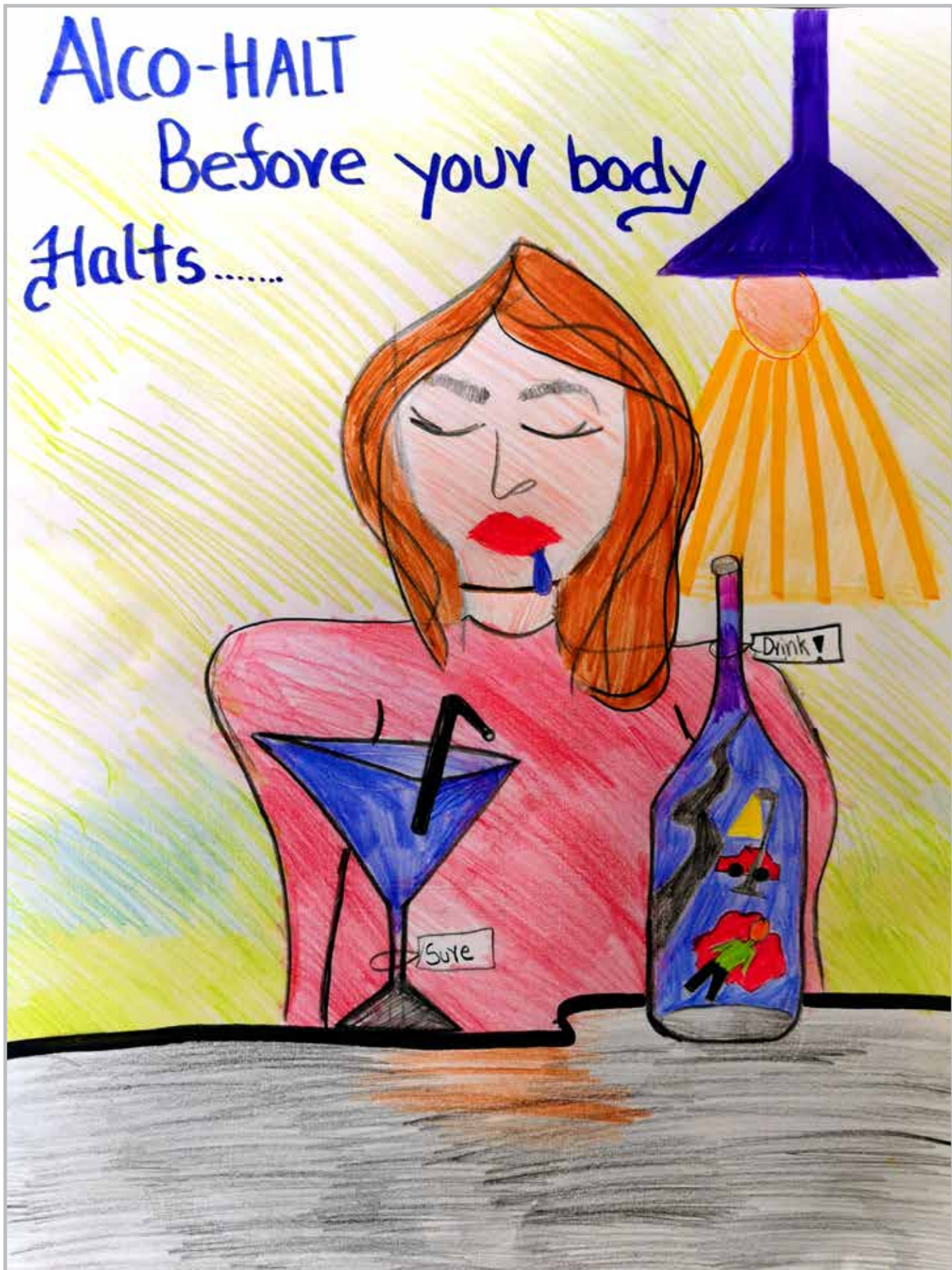
Rushda Khan, 14, India

I tried to stop you, but you gave yourself to alcohol... damaging your organs
and ruining your family!



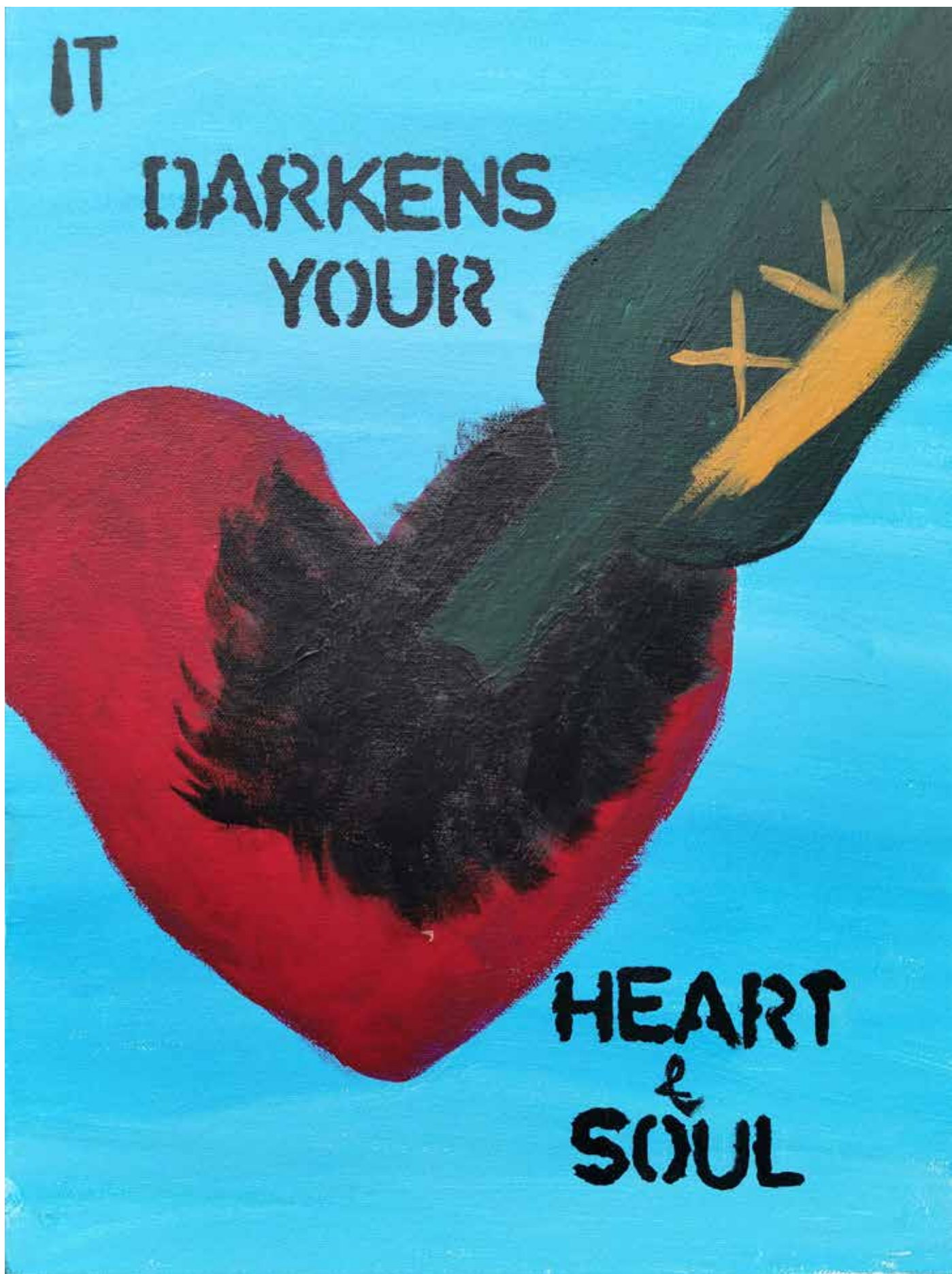
Ishita, 13, India

Alcohol digs a gap. Don't drown your life away



Saara Pavijaat, 12, India

Alco-HALT



Kiara Kapoor, 9, India

Alcohol darkens your heart and soul

Effects and consequences

Alcohol:

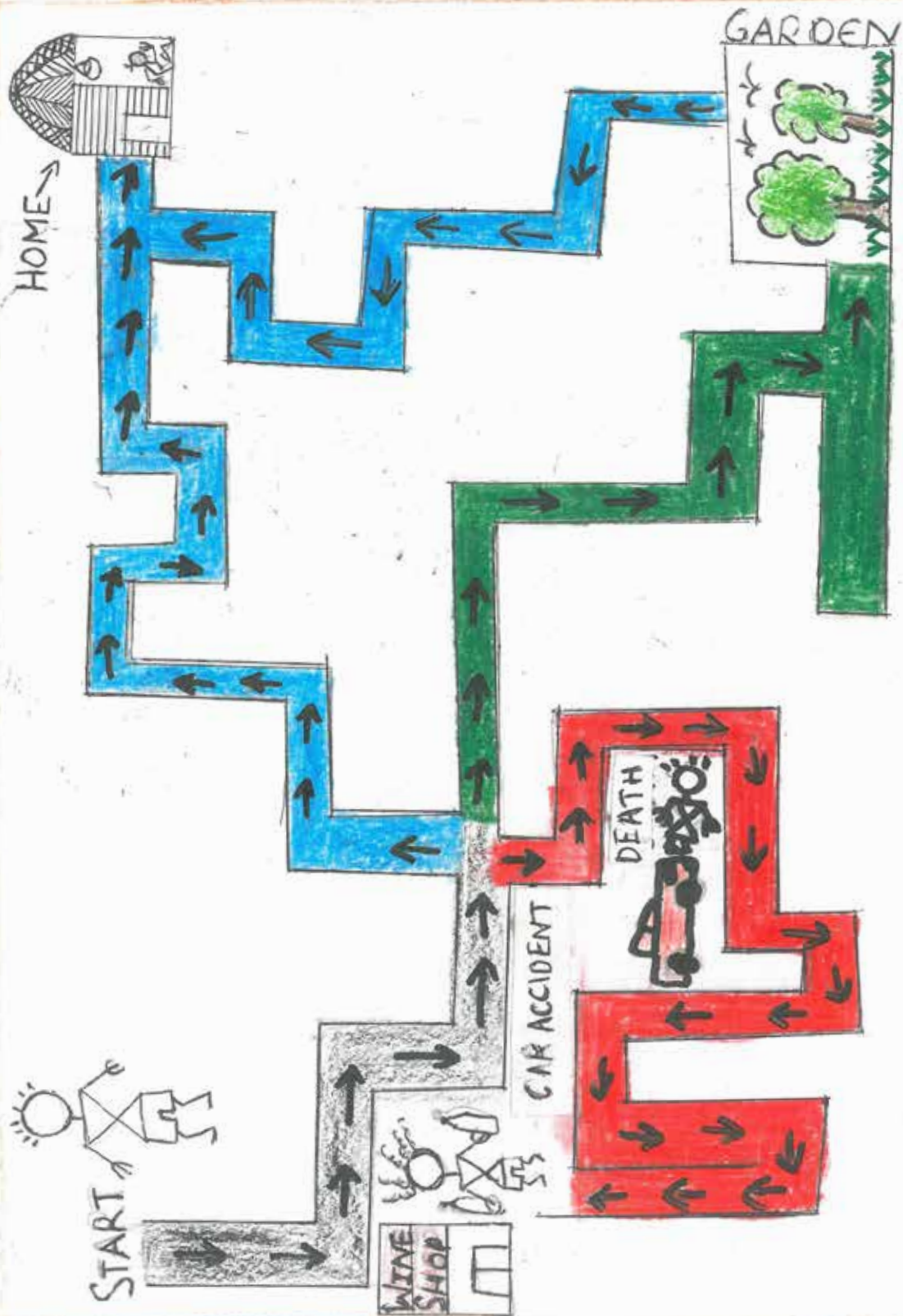
- ...kills
- ...is the leading cause of road accidents
- ...harms the liver
- ...causes cancer
- ...can lead to depression or suicide
- ...can be poisonous
- ...destroys homes
- ...leads to domestic violence, sexual abuse and increase in crime

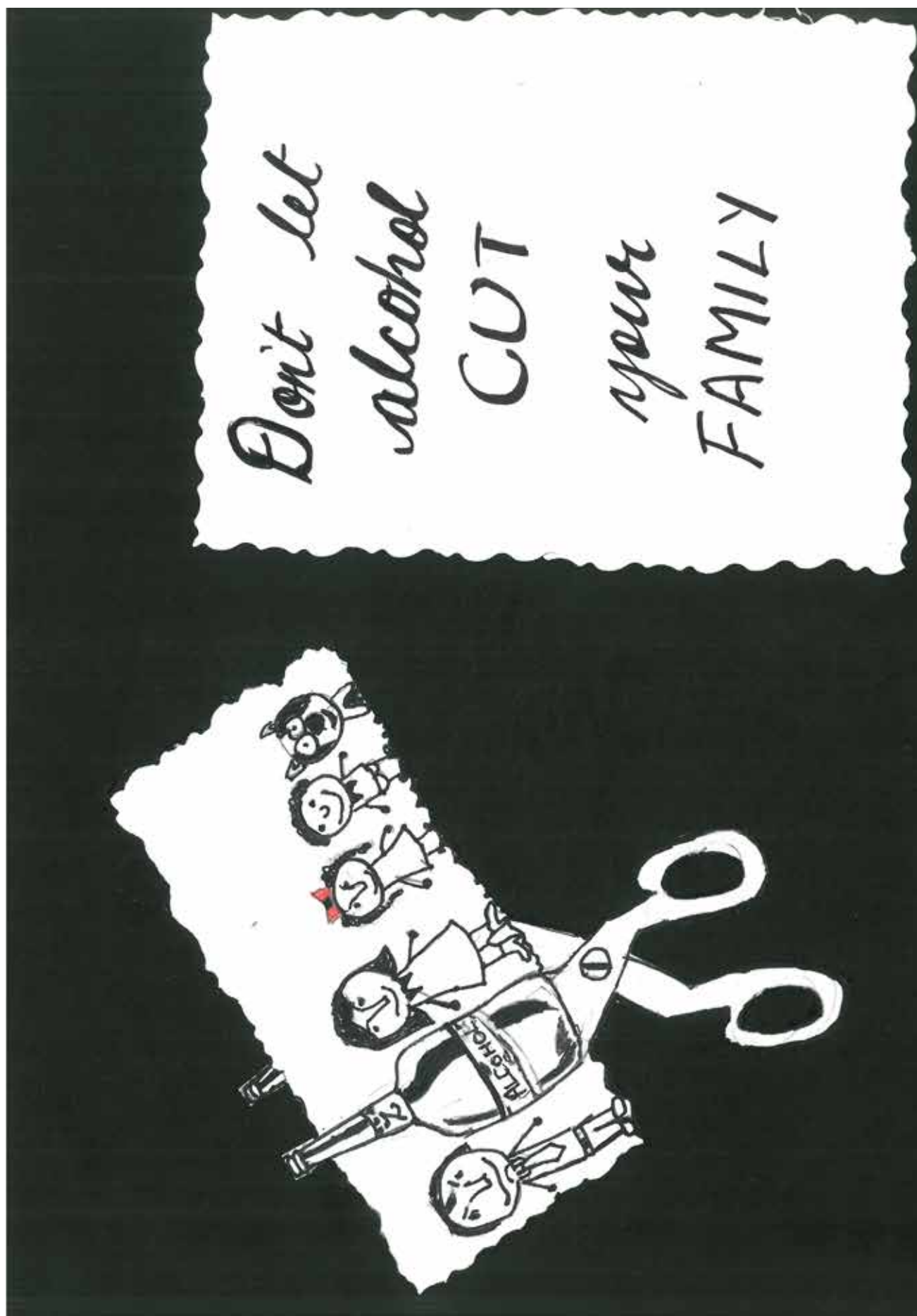


Kinley Tenzin, 16, Bhutan

Choose life – suicide is never the answer, nor is drinking and smoking

YOUR LIFE DEPENDS ON CHOICES YOU MAKE





Abhinav Singh, 12, India

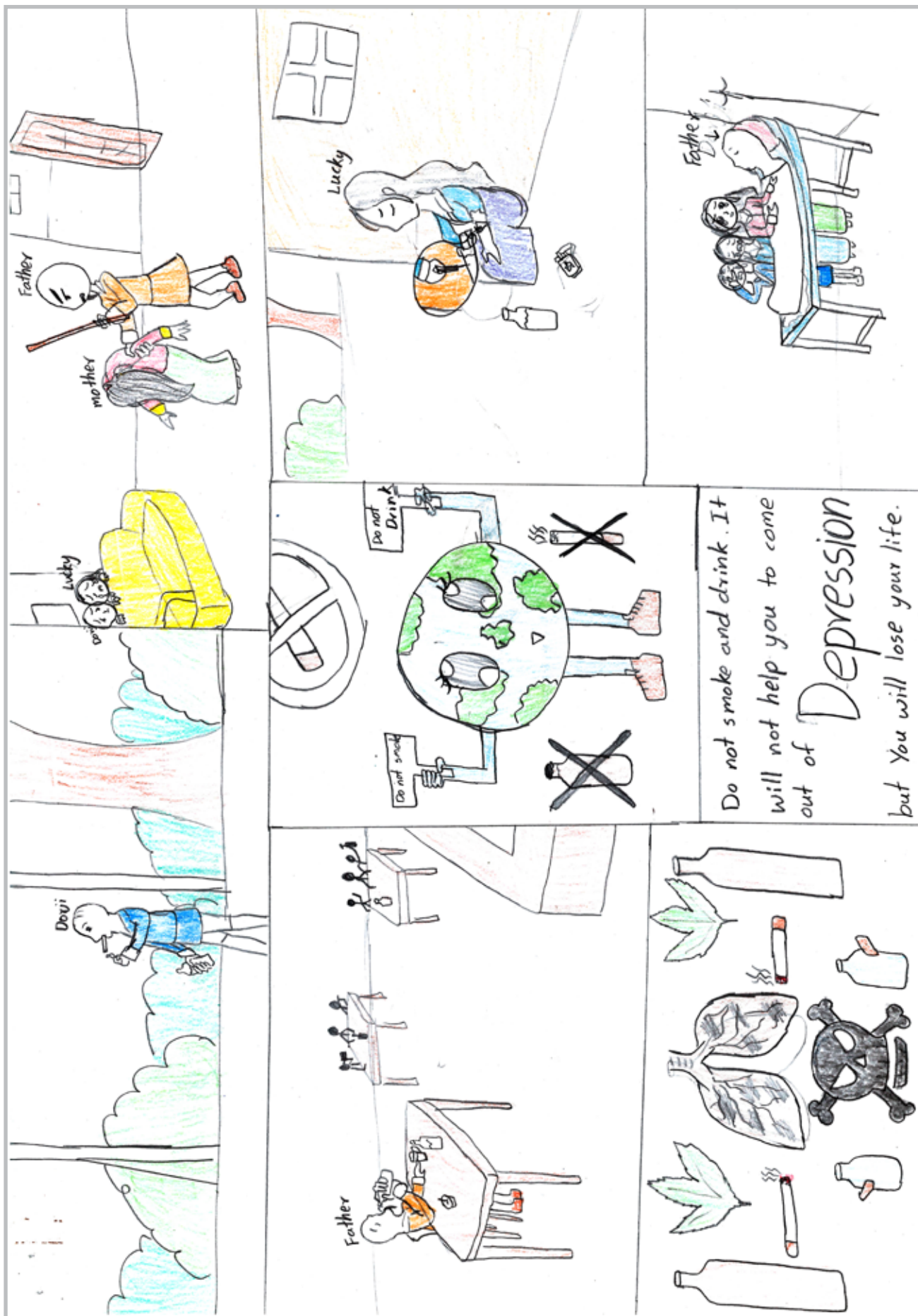
Alcohol has a sharp edge; it cuts us from our families





Damchoe Gyeltshen, 15, Bhutan

We start having alcohol because of a heartbreak. Is it worth it?



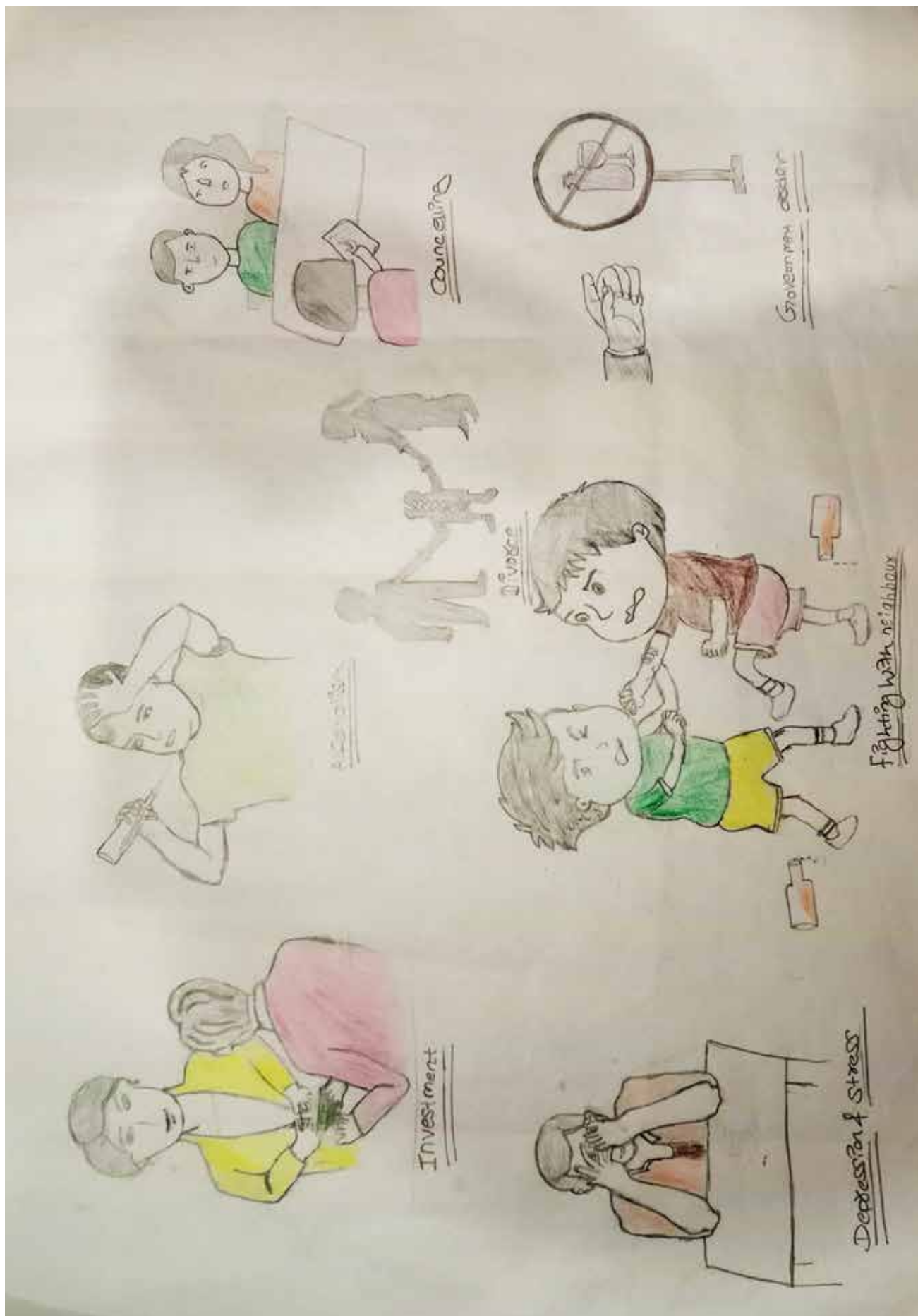
Tandin Wangma, 14, Bhutan

Do not smoke and drink. It will not help you to come out of depression, but you will lose your life



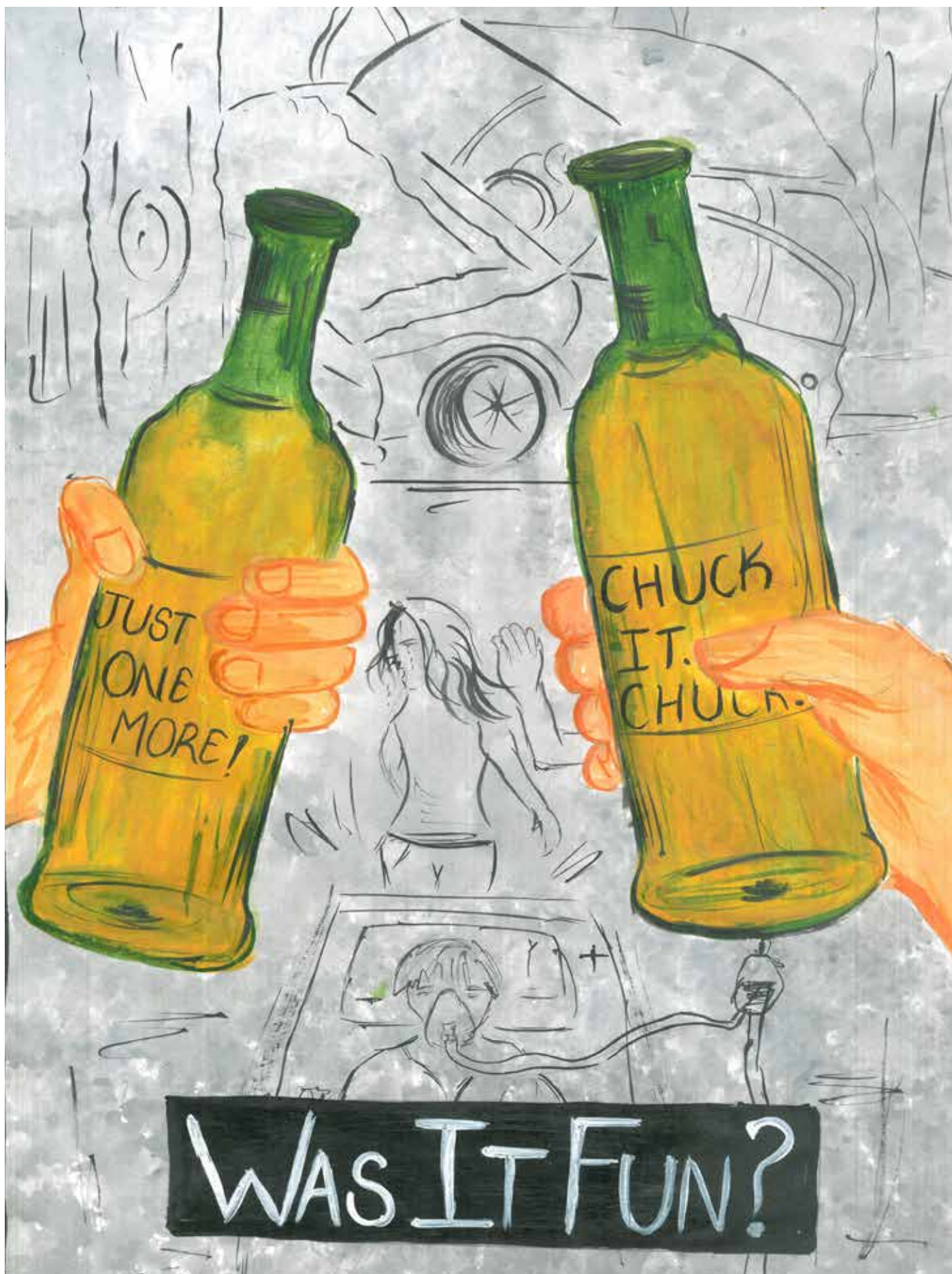
Palak Sharma, 12, India

The more you drink, the more you sink



Sabin Mahato, 18 and Sunil Chaudhary, 17, Nepal

Collateral damage of alcohol consumption



Areen Soni, 19, India

Is the fun worth the consequences? Think



Monika Saroch, 26, India

Women carrying the weight of her alcoholic husband. Family is struggling for the basics like bread (roti), which is out-of-reach like the moon.



Abodh Poudyal, 25, Nepal

Alcohol and agony: the price you pay



Montita Paohintang, Thailand

Alcohol and tobacco: the silent master of our lives



Our messages
on action for
an alcohol-free
world!

- Develop and support alcohol-free environments
- Don't start. It leads you nowhere
- Knowledge is power! Stay informed, stay safe
- Be a role-model, say NO to alcohol
- Alcohol-free families, happier families
- Break-up with the bottle, not with the family
- Let us actively engage in creating better lives for ourselves
- Make a start, change your mindset
- We can, we will: bottle the alcohol devil



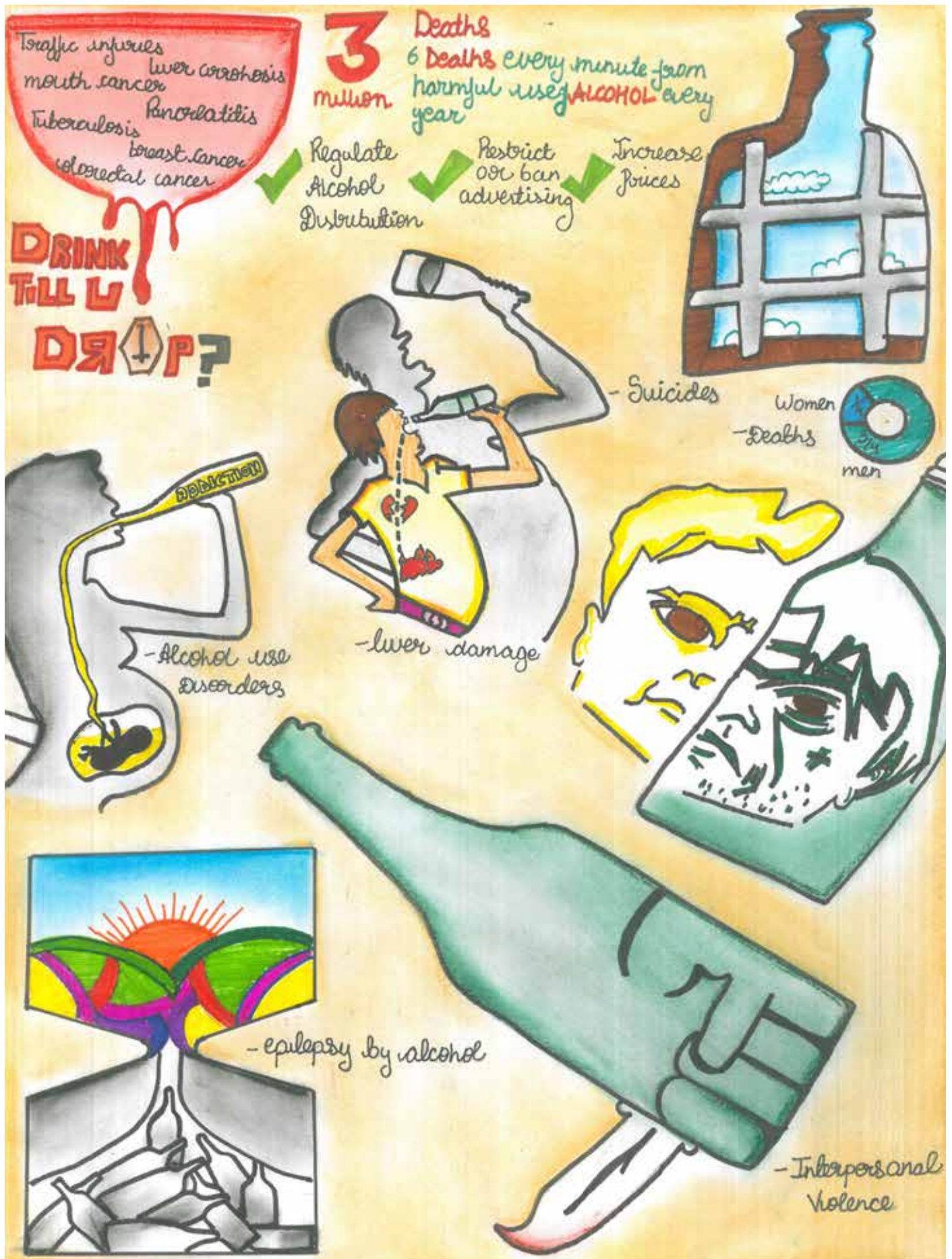
Cheshta, 11, India

Let's say no. Alcohol is not good for us



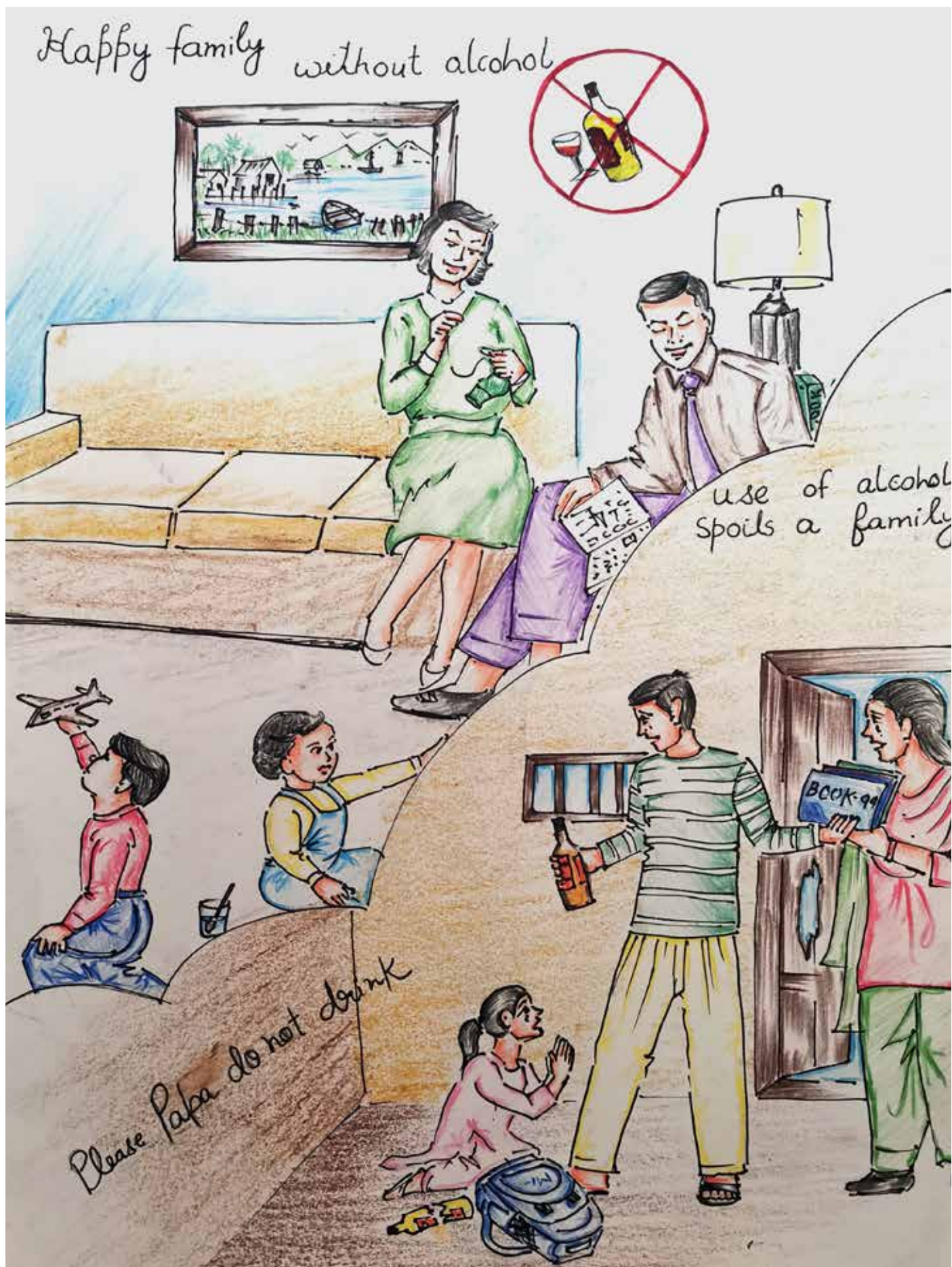
Samridhi Khanna, 18, India

We can, we will: bottle the alcohol devil



Riya Dadhwal, 16, India

Be a role-model to us, say NO to alcohol



Kushagra Saxena, 15, India

Alcohol-free families, happier families

BREAK UP WITH THE bottle

NOT YOUR family.



Ilina Singh, 14, India

Break-up with the bottle, not with the family

To Increase The Country We Have to Leave The Intoxication

Don't Take Drugs and Alcohol

waste of money



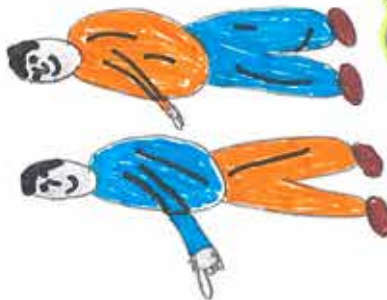
People falls on the road



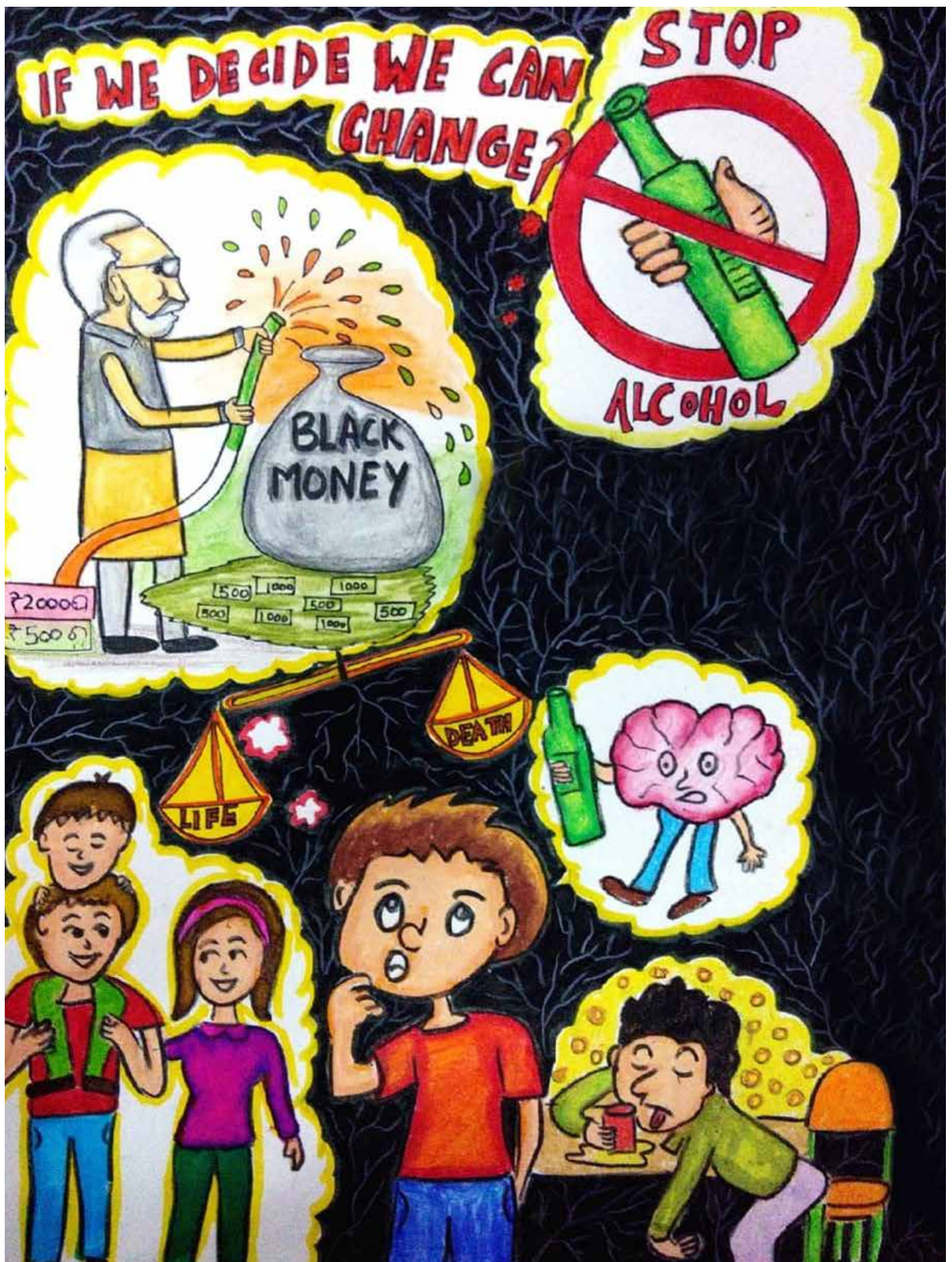
Alcohol Gives up Diseases

A waste of time to take the Alcohol

People laugh on that Person

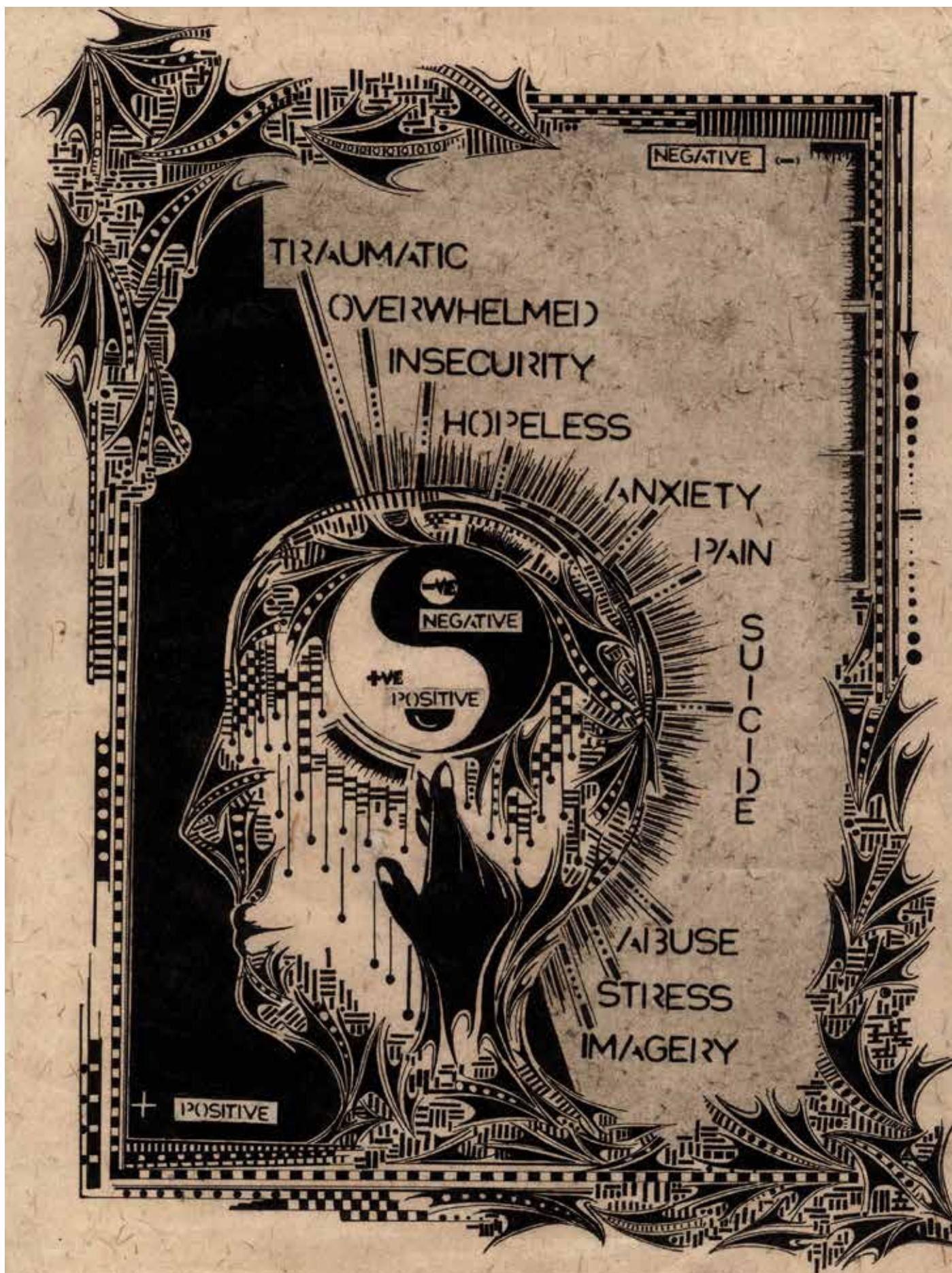


Alcohol Reduces the health and became the Un healthy



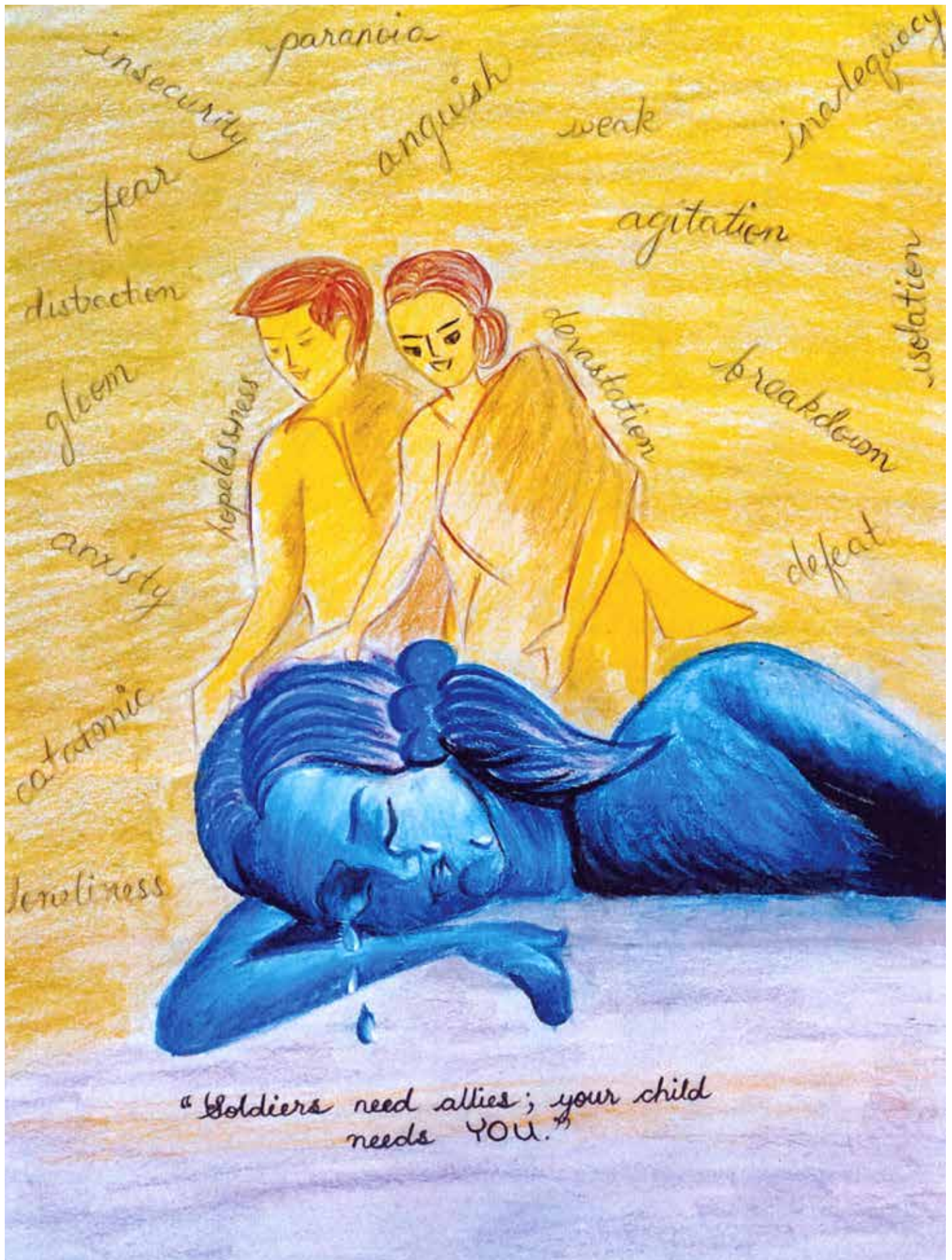
Puneet Chhabra, 12, India

If we decide to change, nothing can stop us



Surja Bdr Pradhan, 20, Bhutan

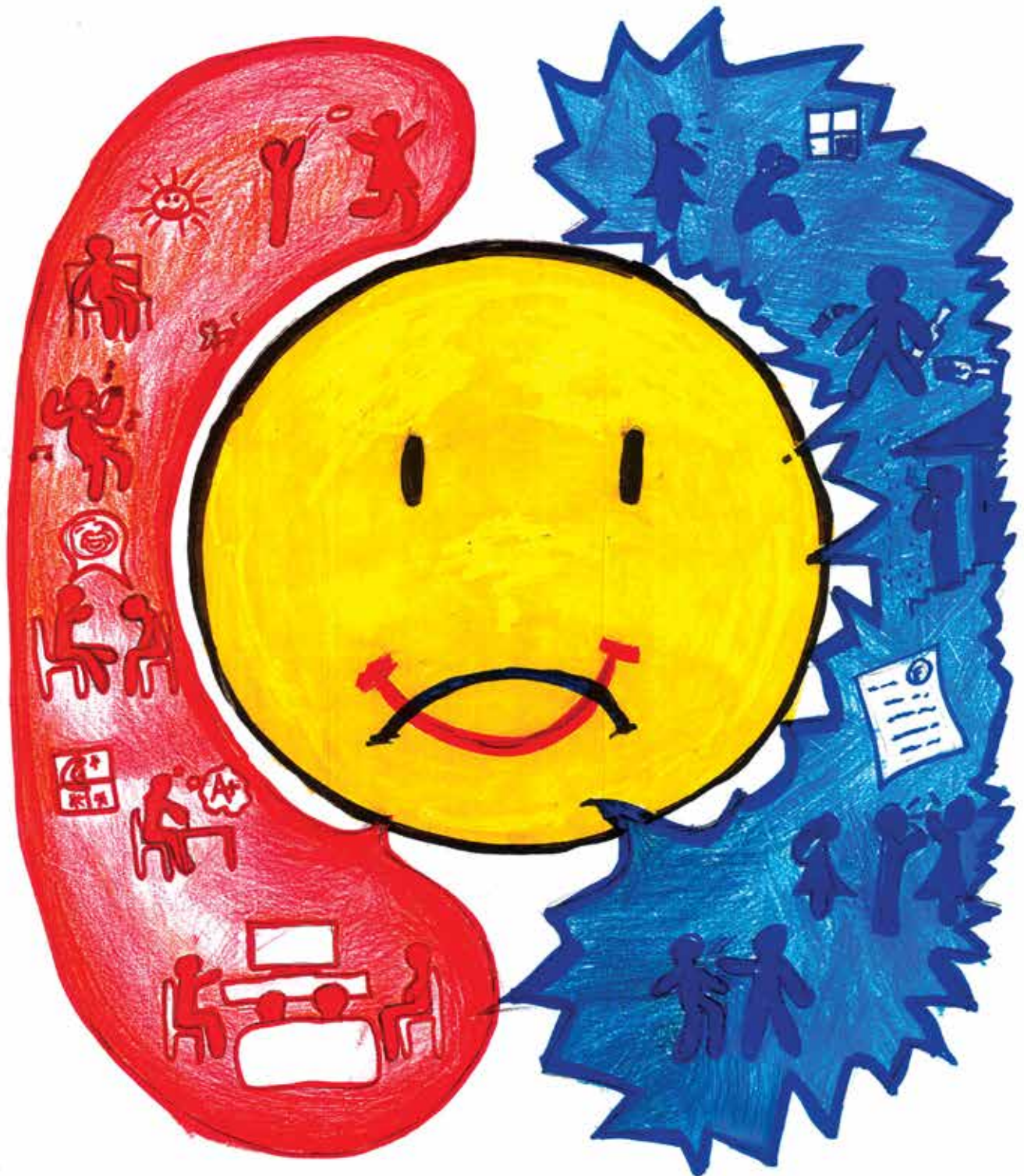
There are lot of negative emotions that can push us to take alcohol, tobacco or drugs.
We must focus on the positive and create new healthier habits



Fariza Tanvir, 14, Bangladesh

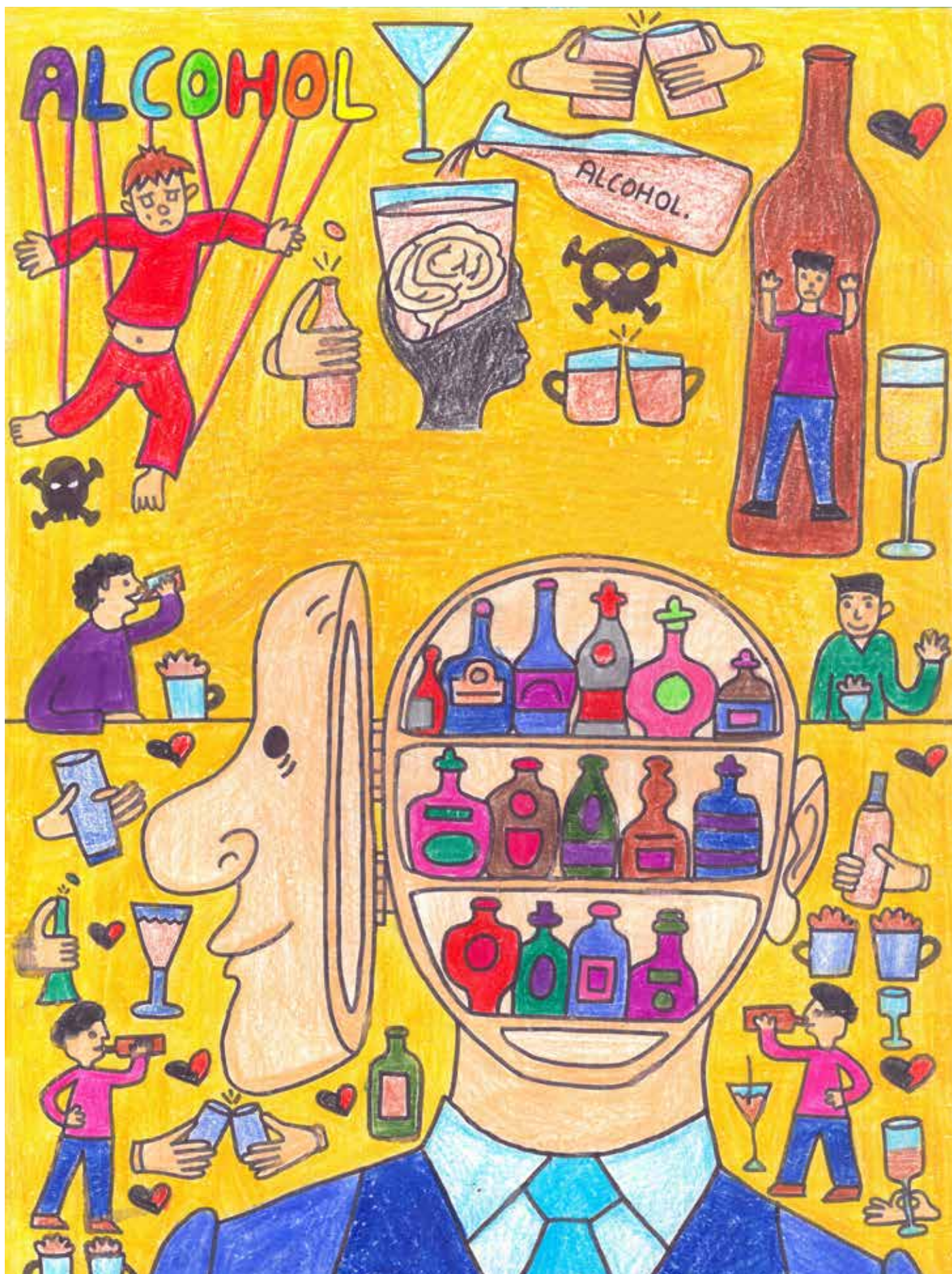
Stand by us, dear Parents. We need you

Change your mindset



Didula Chenneth Weerathne, 15, Sri Lanka

Make a start, change your mindset

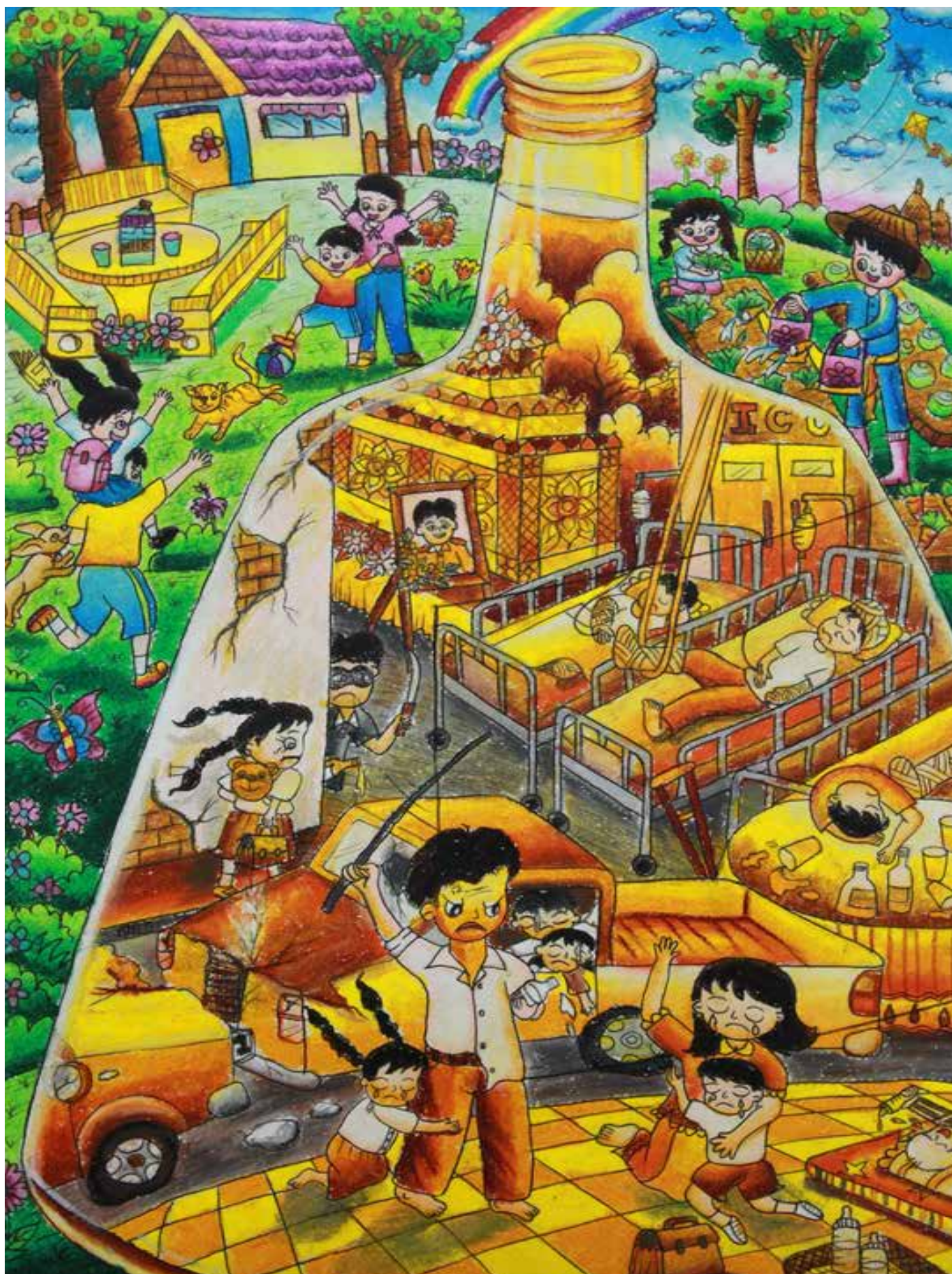


Ramsha Kamran, 14, India

Alcohol thoughts are harmful thoughts



Let us actively engage in creating a better life for ourselves



Wikawee Rattanamane, Thailand

We demand an alcohol-free world!



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Designed by VOYCE