Voice of the children
Alcohol in the eyes of the young
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Acknowledgement

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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.

Dr Poonam Khetrapal Singh
Regional Director
WHO South-East Asia
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
Alcohol: a weapon of mass destruction

Kartavy Chauhan, 14, India
Nothing about alcohol is healthy

Kiara Kapoor, 9, India
Alcohol takes control of our body. It is like living on the edge.
Time to break the chains and be free!
Lakshami, 16, India

Statutory warning: Alcohol consumption kills our capacity to use the brain!
Drinking and driving: fast lane to death and injuries!

Shreya, 14, India
Alcohol is ruining our health and relationships, burning our dreams and careers. We, the youth, are getting entrapped into the web of alcohol.
Alcohol is a very effective dissolving agent. It dissolves families, jobs, marriages, friendships but NEVER dissolves problems.
You do not die alone, many lives go with you. The alcohol monster devours it all!
The alcohol trap

Akshita Chhabra, 16, India
I tried to stop you, but you gave yourself to alcohol... damaging your organs and ruining your family!

Rushda Khan, 14, India
Alcohol digs a gap. Don’t drown your life away
Alco-HALT
Before your body
Halts......

Saara Pavijaat, 12, India

Alco-HALT
Alcohol darkens your heart and soul

Kiara Kapoor, 9, India
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
Choose life – suicide is never the answer, nor is drinking and smoking

Kinley Tenzin, 16, Bhutan
Our life depends on the choices we make
Abhinav Singh, 12, India

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

Don't let alcohol cut your family.
Sonia Kaur, 14, India

You drink, we suffer. Why?
Damchoe Gyeltshen, 15, Bhutan

We start having alcohol because of a heartbreak. Is it worth it?
Do not smoke and drink. It will not help you to come out of depression, but you will lose your life.
The more you drink, the more you sink
Collateral damage of alcohol consumption

Sabin Mahato, 18 and Sunil Chaudhary, 17, Nepal
Is the fun worth the consequences? Think

Areen Soni, 19, India
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.
Alcohol and agony: the price you pay

Abodh Poudyal, 25, Nepal
Alcohol and tobacco: the silent master of our lives
Voice of the children: Alcohol in the eyes of the young
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
Let’s say no. Alcohol is not good for us
We can, we will; bottle the alcohol devil.
Be a role-model to us, say NO to alcohol
Voice of the children: Alcohol in the eyes of the young

Kushagra Saxena, 15, India

Alcohol-free families, happier families
Break-up with the bottle, not with the family

Ilina Singh, 14, India
To Increase The Country We Have to Leave The Intoxication

Don't Take Drugs and Alcohol

People laugh on that person

People falls on the road

A waste of time to take the alcohol

Alcohol reduces the health and became unhealthy

Alcohol gives up Diseases

waste of money

Leave your intoxication, contribute to your country's development
If we decide to change, nothing can stop us
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
Stand by us, dear Parents. We need you
Didula Chenneth Weerarathne, 15, Sri Lanka

Make a start, change your mindset
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Ramsha Kamran, 14, India

Alcohol thoughts are harmful thoughts
Let us actively engage in creating a better life for ourselves.
We demand an alcohol-free world!
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