

**STRATEGY ON PREVENTION OF DRUG ABUSE AND YOUTH
DELINQUENCY IN HIGHER EDUCATION INSTITUTIONS IN KHYBER
PAKHTUNKHWA**



**HIGHER EDUCATION ARCHIVES & LIBRARIES
DEPARTMENT GOVERNMENT OF KHYBER PAKHTUNKHWA**

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Glossary of Terms and Abbreviations

ANF	Anti-Narcotics Force
CBOs	Community Based Organizations
Drug(s)	This includes “narcotic drugs” as defined in the Control of Narcotics Substances Act, 1997 as well as “psychotropic substance” listed in the Schedule to the Act, pharmaceutical drugs, sedatives and tranquilizers described in The Drugs Act, 1976 if used without a prescription or authorization, and alcohol prohibited by The Prohibition (Enforcement of Hadd) Order (4 of 1979)
Drug Abuse	Possession, use or the sale or distribution of such drugs
HD	Health Department
HEAL	Higher Education, Archives & Libraries Department
HEC	Higher Education Commission
HEI	Higher Education Institute
HEMIS	Higher Education Management Information System
HERA	Higher Education Regulatory Authority
KPCVE	Khyber Pakhtunkhwa Countering Violent Extremism
LEAs	Law Enforcement Agencies
NGO	Non-governmental organization
Smoking	Smoking shall have the same meaning as it does under the Prohibition of Smoking and Protection of Non-Smokers Health Ordinance, 2002
Smoke free	Smoke free shall mean the prohibition of smoking and other use of tobacco in accordance with the provisions of the Prohibition of Smoking and Protection of Non-Smokers Health Ordinance, 2002
SWD	Social Welfare Department

Anti-Tobacco Legislation	The 'Prohibition of Smoking and Protection of Non-Smokers Health Ordinance, 2002,' or any other anti-tobacco legislation in the HEI's jurisdiction, as applicable
Illicit Smoking	Smoking in any form for the consumption of drug and is considered as drugabuse.

1. Introduction:

The Higher Education Archives and Libraries Department of Khyber Pakhtunkhwa is a government department comprising of a total of **368-degree colleges** (Male: 216 and Female: 152) providing education to a total of **280,430 students** at degree colleges with a working faculty of 9280. Besides, the department is catering the needs of **34 public sector universities** with approximately **250,000 students** with a working faculty of 3500. Furthermore, there are private degree colleges and universities, which are regulated through Higher Education Regulatory Authority (HERA). There are a total number of **102,688 students** in private sector colleges and universities with a working 10,692 teaching staff. There are **344 private colleges** and **11 private sector universities** with 75048 students in private colleges and 27640 students in private sector universities. Thus, there is a huge number of human-capital which is prone to drug use, misuse and abuse.

The increase in drug use, misuse, and abuse in colleges and universities in Khyber Pakhtunkhwa has become a significant concern for the Government. This alarming trend has led to various social and economic problems, including decreased academic performance, health issues, and increased criminal activities.

Besides, youth delinquency, particularly in the context of drug abuse, has emerged as a pressing issue within both public and private sector universities in Pakistan, including those in Khyber Pakhtunkhwa. The prevalence of drug use among university students poses significant challenges to their academic performance, mental health, and overall growth.

The department of Higher Education, Archives and Libraries is committed to addressing the critical issue of drug abuse in academic institution both, public and private sector by implementing a comprehensive risk assessment strategy and, an integrated approach to control its abuse. The Higher Education Department through the Khyber Pakhtunkhwa Centre of Excellence on Countering Violent Extremism (KPCVE) will effectively identify, evaluate, and mitigate drug abuse risks in this strategy. The strategy encompasses the identification of pertinent stakeholders, the allocation of roles and responsibilities, and a timeline for implementation through various action plans.

2. Nature, Types, and Effects of Drug Abuse in HEIs:

Drug abuse in higher education institutes in Khyber Pakhtunkhwa has become a growing concern, manifesting in both the prevalence and variety of substances being misused. The nature of drug abuse in these settings is often characterized by a combination of recreational and coping mechanisms, with students turning to substances as a way to manage academic pressure, social anxiety, or personal challenges. The most commonly abused drugs include **cannabis**, **prescription medications** like painkillers and sedatives, **synthetic drugs**, and in some cases, harder substances like **methamphetamine** and **heroin**. The accessibility of these drugs, coupled with peer pressure and a lack of awareness about the risks, has contributed to their widespread use among students.

The impact of drug abuse on students in universities and colleges in Khyber Pakhtunkhwa is profound, affecting both their academic performance and overall well-being. Academically, drug abuse leads to diminished concentration, poor attendance, and ultimately, declining grades, which can hinder students' long-term career prospects. Furthermore, the psychological effects, including increased anxiety, depression, and the potential for developing substance use disorders, exacerbate these challenges. Socially, drug abuse can lead to isolation, strained relationships, and a breakdown in the communal fabric of campus life. The health risks associated with drug abuse, such as addiction, overdose, and long-term cognitive impairments, pose serious threats to the future of the affected students, as well as the overall educational environment in Khyber Pakhtunkhwa.

3. Scope and Applicability:

The scope and applicability of this strategy is in line with the relevant laws, rules, regulations and policies of the federal and provincial government. The Higher Education Commission's Policy on Drug and Tobacco Abuse 2021 has also been a touch point while preparing this strategy from the Higher Education, Archives and Libraries Department. As far as drug abuse is concerned, the Federal Government has passed various laws including the Control of Narcotics Substance Act, 1997 and the Drugs Act, 1976, which proscribes the possession and distribution of illicit drugs and alcohol with penalties for violations provided in the Code of Criminal Procedure up to and including capital punishment. Similarly for prohibition of smoking, the Federal Government enacted the Prohibition of Smoking and Protection of Non-smokers Health

Ordinance, 2002 (Ordinance No. LXXIV of 2002) to limit smoking at public places of work (except in designated areas) or use in public service vehicles and to outlaw tobacco storage, sale, or distribution in the vicinity of educational institutions.

The strategy is applicable on all public and private sector Higher Education Institutes including Degree Colleges and Universities.

4. Objectives:

Following are the main objectives of the strategy.

- i. Identify causes and contributing factors:** Evaluate the causes of drug abuse in degree colleges and universities.
- ii. Identify and Assess Risks associated:** Evaluate the nature and extent of drug abuse in degree colleges and universities.
- iii. Develop Mitigation Strategies:** Develop and execute strategies to mitigate the risks associated with drug abuse.
- iv. Devise Strategies to prevent Youth Delinquency:** Develop and Execute various Intervention strategies to reduce the risk of delinquent behavior and help youth develop into responsible and productive adults.
- v. Foster Collaboration:** Collaborate with stakeholders to guarantee a cohesive strategy.
- vi. Promote Awareness:** Spread awareness and implement preventive measures throughout universities.

5. Causes and Contributing Factors:

- i. Peer Pressure:** Students may engage in drug use due to the influence of their peers who are involved in such activities.
- ii. Influence of Friends:** A major driver of drug abuse among students is the influence of friends and seniors.
- iii. Stress and Academic Pressure:** High academic demands, coupled with the stress of exams and future career uncertainties, usually lead students to use drugs as a coping mechanism.

- iv. **Lack of Awareness:** Many students lack proper knowledge about the harmful effects of drugs and the legal consequences of drug abuse.
- v. **Easy Availability:** The availability of drugs on or near campuses make it easier for students to access them.
- vi. **Family Issues:** Dysfunctional family environments, lack of parental supervision, and familial drug use can contribute to students' drug abuse.
- vii. **Socio-Economic Factors:** Poverty, unemployment, and other socio-economic factors can drive students towards drug use as a comfort-refuge.
- viii. **Mental Health Issues:** Depression, anxiety, and other mental health problems can lead students to self-medicate with drugs.
- ix. **Cultural and Social Acceptance:** In some social circles, drug use may be normalized or even glamorized.
- x. **Absence of Recreational Activities:** The lack of healthy recreational options on campuses drives students towards drug use as a means of relaxation and socialization
- xi. **Institutional Factors:** Inadequate security measures on campuses including lack of strict policies and enforcement against drug use.

6. **Strategy Overview:**

The overview of the strategy regarding Key stakeholders and their roles and responsibilities are as under:

1. Stakeholder Identification

- i. Higher Education Department (HED).

The role of Higher Education is:

- Policy development and implementation.
- Coordination with Colleges, universities and other stakeholders.
- Monitoring and evaluation of anti-drug initiatives.
- Allocation of resources for drug abuse prevention programs.

- ii. Colleges & Universities (Public and Private).

The role of academic administrative set up are:

- Implementation of internal drug prevention policies and programs.
- Establishment of Anti-Drug Committees.
- Conducting awareness campaigns and educational programs.
- Ensuring a safe and drug-free campus environment.

iii. KPCVE.

The role of Khyber Pakhtunkhwa Centre of Excellence on countering violent extremism is:

- Conducting research and data analysis to inform policy.
- Collaborating on awareness campaigns and educational initiatives.
- Offering support and expertise for anti-drug programs.
- Serve as nerve center for Working Group for eliminating drug abuse in academic institutions of Higher Education Department

iv. Health Department.

The role of health department as a key stakeholder is:

- Conducting drug testing and ensuring the accuracy of results.
- Offering counseling and mental health support for affected students.
- Providing medical support and rehabilitation services.
- Collaborating on public health campaigns related to drug abuse prevention.

v. Social Welfare Department.

The role of Social Welfare department as a key stakeholder is:

- Offering counseling and mental health support for affected students.
- Providing support and rehabilitation services.
- Collaborating on public campaigns related to drug abuse prevention.

vi. Anti-Narcotics Force (ANF)/ Excise Taxation & Narcotics Control Department

The role of anti-narcotics force is:

- Enforcement of laws related to drug trafficking and abuse.
- Conducting operations to dismantle drug supply chains.
- Providing intelligence and support for university-based anti-drug initiatives.
- Collaborating on educational campaigns to raise awareness about drug abuse.

vii. Local Law Enforcement Agencies (LEAs).

The role of local law enforcement agencies is:

- Supporting universities in conducting crackdowns and inspections.
- Providing security and law enforcement during anti-drug operations.
- Collaborating with university administration on joint action plans.
- Ensuring legal action against individuals involved in drug-related activities.

viii. Parents and Community Based Organizations.

The role of parents and CBOs is:

- Participating in awareness and educational programs.
- Supporting students and providing a safe environment at home.
- Collaborating with universities and LEAs in monitoring and reporting drug abuse.
- Engaging in community-based initiatives to prevent drug abuse.

ix. Student Bodies and Peer Groups:

- Acting as Anti-Drug Ambassadors to promote awareness among peers.
- Organizing peer support groups and sessions.
- Reporting drug-related incidents and providing support to affected students.
- Engaging in positive activities to divert attention from drug use.

2. Distribution of Tasks: Task Management

Stage	Task	Stakeholders	Responsibility
Preliminary Phase (Time: 10 days)	<ul style="list-style-type: none"> • Establish Monitoring Committee (s) to develop a comprehensive assessment framework and criteria. • Formation of Working Group for Countering Drug Abuse & Youth Delinquency in academic institutions in Higher Education Department and its sub-committees at the level of HERA, HE Directorate, DG Commerce and Management 	Representatives from KPCVE, public and private universities, LEAs, Anti-narcotics, Excise Department, Health & Social Welfare Departments.	KPCVE will take the lead and VCs, Director HE and respective Principals will coordinate.

	Sciences, Universities, Colleges (General & Commerce) and private sector education Institutes.		
Data Collection Phase (Time: 30 days)	<ul style="list-style-type: none"> • Conduct surveys and interviews within respective public and private sector universities by the sub-committees. • Gather necessary data • Analyze existing records and reports on drug abuse 	Vice Chancellors, Provincial Narcotics Control Department, local police departments, and health departments	HEMIS will prepare a web-based template for data collection. The respective institutions (College & University) will feed the data accordingly and consolidated report will be shared with KPCVE
Preparation of baseline report (Time: 10 days)	<ul style="list-style-type: none"> • Analyze collected data to identify patterns and risk factors. • Analyze collected data to identify patterns and risk factors. 	Nominated experts of HED	KPCVE
Strategy Development and Implementation Phase (Time: 10 days)	<ul style="list-style-type: none"> • Create actionable strategies and preventive measures based on assessment findings. • Implement programs in universities 	“Working Group for Countering Drug Abuse & Youth Delinquency” in Higher Education Institutions (Colleges & Universities)	
Awareness and Training Phase (Time: 30 days)	<ul style="list-style-type: none"> • Conduct awareness campaigns and training programs for students, faculty, and staff. 	<ul style="list-style-type: none"> • HED through KPCVE • Vice Chancellors/ Principals 	

	<ul style="list-style-type: none"> • Monitor and evaluate the effectiveness of implemented strategies 	
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3. Action Plans

i. Awareness and Education

- **Campaigns and Workshops:** Organize awareness campaigns and workshops in educational institutions to educate students about the dangers of drug abuse.
- **Curriculum Integration:** Integrate drug education into the college and university curriculum, highlighting the legal, social, and health consequences of drug use.
- **Peer Education Programs:** Train students to become peer educators who can influence their peers positively and provide support.

ii. Counseling and Support Services

- **Counseling Centers:** Establish counseling centers in colleges and universities to provide mental health support and substance abuse counseling.
- **Helplines:** Set up helplines for students to seek help anonymously.
- **Support Groups:** Create support groups for students dealing with drug abuse to share their experiences and receive guidance.

iii. Law Enforcement and Security

- **Campus Surveillance:** Increase surveillance on campuses to prevent drug trafficking and use.
- **Collaborations with Law Enforcement:** Collaborate with local law enforcement to monitor and control the supply of drugs near educational institutions.
- **Punitive actions and Penalties:** For the students involved in use, sale and purchase of drugs shall be liable to the punitive actions and penalties in a manner aiming to reforming the behaviour of the students. As level one: it may be treated as **First offense**. The punitive action may include Recordable warning, Placement on watch list, Mandatory counseling sessions (3-6 months) at any given rehabilitation Centre and Parent/guardian

notification for information. For **Second Offense**, the action may include Suspension from university (1-2 semesters), Mandatory rehabilitation program (3-6 months) and Regular drug testing. For **Third Offense** the action may include Expulsion from university/college, Referral to law enforcement agencies (LEAs) for arrest and prosecution.

iv. **Community and Family Engagement**

- **Parent-Teacher Associations:** Strengthen parent-teacher associations to engage parents in drug prevention efforts.
- **Community Programs:** Develop community programs to provide recreational activities and vocational training to students.
- **Awareness Programs for Parents:** Conduct awareness programs for parents on the signs of drug abuse and how to address them.

v. **Monitoring and Evaluation**

- **Regular Surveys:** Conduct regular surveys to monitor the prevalence of drug abuse in educational institutions.
- **Feedback Mechanisms:** Establish feedback mechanisms to assess the effectiveness of implemented strategies and make necessary adjustments.
- **Data Analysis:** Analyze data to identify trends and areas needing more focused interventions.

4. **KPCVE Role**

- **Resource Development:** Develop educational materials and resources on drug abuse and prevention.
- **Training Programs:** Conduct training programs for teachers and peer educators on identifying and addressing drug abuse.
- **Policy Advocacy:** Advocate for policies and regulations that support drug-free campuses.

- **Training Law Enforcement:** Train law enforcement officers on handling drug-related issues within educational institutions.
- **Community Outreach:** Facilitate community outreach programs to raise awareness and involve the community in prevention efforts.
- **Parental Counseling:** Provide counseling services to address underlying issues contributing to drug abuse.

7. **Implementation Mechanism: Constituting Working Group**

The “**Working Group for Countering Drug Abuse & Youth Delinquency**” in Higher Education Institutions aims to address and control drug abuse within colleges and universities across Khyber Pakhtunkhwa. The working group will be comprised of Vice Chancellors of universities, Director General Commerce, Director Higher Education, representatives of the key stakeholders, Principals of the colleges and the Chief Coordination Officer of the Khyber Pakhtunkhwa Centre of Excellence on Countering Violent Extremism (KPCVE). The Working Group will report to the Secretary Higher Education Archives & Libraries Department. They will ensure comprehensive oversight, coordination, and implementation of strategies to combat drug abuse in the academic environment.

1. **Structure of the Working Group:**

- Chairperson:** Secretary Higher Education Archives & Libraries Department and his/her role will be to provide overall leadership and direction. Approve policies and strategies proposed by the working group.
- Focal Person:** The Chief Coordination Officer, KPCVE will be the focal person being Secretary of the Working Group and will coordinate efforts among colleges and universities, and ensure effective implementation of strategies. Serve as the main point of contact for all working group communications.
- Members:** As per **Notification** of the Administrative Department i.e. Higher Education Archives & Libraries Department. (**Annex-A**).

2. **Role of KPCVE: Assistance to the Working Group as a Nerve Centre**

- Assessment and Risk Evaluation**

- a. Conduct regular assessments of drug abuse risks and threats within the colleges and universities.
 - b. Identify high-risk areas and prioritize interventions.
 - ii. **Program Development and Execution**
 - a. Develop tailored programs and strategies for drug abuse prevention and control.
 - b. Implement pilot projects and scale successful interventions across institutions.
 - iii. **Stakeholder Engagement**
 - a. Engage with local law enforcement, health services, and community organizations to support drug abuse control efforts.
 - b. Foster partnerships with external experts and consultants.
 - iv. **Monitoring and Evaluation**
 - a. Establish mechanisms for ongoing monitoring and evaluation of drug abuse control programs.
 - b. Adjust strategies based on evaluation findings and feedback.
 - v. **Communication and Advocacy**
 - a. Lead communication efforts to raise awareness about drug abuse and promote a drug-free environment.
 - b. Advocate for policy changes and additional resources as needed.
- 3. **Timeline (90 days)**
 - i. **Formation and Initial Meetings:**
 - a. Establish the Working Group and conduct initial meetings to define roles and responsibilities.
 - ii. **Policy Development and Framework Establishment:**
 - a. Develop and finalize policies and strategies.

iii. **Data Collection and Analysis:**

- a. Conduct assessments and gather data.

iv. **Program Implementation:**

- a. Launch prevention and support programs.

v. **Monitoring and Reporting:**

- a. **Ongoing:** Monitor progress, evaluate effectiveness, and report regularly.

The Working Group for Eliminating Drug Abuse in Academic Institutions for Vigilance and Control of Drug Abuse, led by the Secretary Higher Education Archives & Libraries Department and supported by the KPCVE, provides a structured and collaborative approach to addressing drug abuse in colleges and universities across Khyber Pakhtunkhwa. By leveraging the expertise and resources of its members, the working group will develop and implement effective strategies to create a safer and healthier academic environment.

8. Sub Committees for the Working Group

There will be sub committees along with structure and clear mandate at the level of:

- i. Higher Education Regulatory Authority (HERA) for private colleges and universities under the chairmanship of Chairman HERA **(Annex-B)**
- ii. For general cadre colleges under the chairmanship of Director Higher Education **(Annex-C)**
- iii. For commerce colleges under the chairmanship of Director General Commerce **(Annex-D)**
- iv. For every respective university, under the chairmanship of respective Vice Chancellor **(Annex-E)**

9. Outcomes of the Strategy

Outcome 1:

- o Significant reduction in drug availability and usage in educational institutions.

Outcome 2:

- o Enhanced coordination and collaboration between departments and stakeholders.

Outcome 3:

- Increased awareness and prevention of drug use among students.

Outcome 4:

- Improved reporting and accountability mechanisms.
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