



المدرسة الهندية الجديدة
NEW INDIAN SCHOOL

NIS Drug Prevention Policy 2026-2027

Signed

Principal

:

Date : 02/03/2026

Review By

: SLT

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DRUG PREVENTION POLICY

Aligned to the UAE Federal Law on Combating Narcotics · MOE · MOI · National Drug-Prevention Programme "SIRAJ"

1. Introduction

1.1 Purpose / Aim

This policy is designed to help protect our students from the dangers of drugs, drawing on the latest scientific studies and best international practices. Its aims are to:

- Raise awareness among educational and administrative staff about the types of narcotics and the indicators of abuse.
- Define and correct common misconceptions about narcotics.
- Enable educational and administrative staff to carry out early detection of, and intervention in, narcotics abuse.
- Clarify the characteristics and standards of preventive education on the dangers of narcotics.
- Develop educational staff's skills to address the issues associated with drug abuse.
- Outline the roles and responsibilities of educational staff and parents in preventing student narcotics abuse.
- Clarify the skills students need in order to prevent narcotics abuse.
- Introduce the UAE law on combating narcotic drugs.

In doing so, this policy seeks to reduce the number of individuals who begin using narcotics, minimise the harm caused by narcotics abuse, promote protective factors while reducing risk factors, and protect students through awareness, prevention, early detection and intervention.

1.2 Background & Necessity

The National Programme for Drug Prevention "SIRAJ" seeks to protect students from narcotic and psychotropic substances within the educational environment. It also aims to develop students' skills to reject drug abuse and to enable the educational environment to effectively manage and address issues related to the risks of narcotics.

Narcotics abuse causes serious physical, psychological, social and economic harm to individuals, families and society. A clear, preventive school policy is therefore necessary to safeguard students, build their resilience, and ensure early, coordinated support when concerns arise. The full range of harmful effects is set out in Appendix B.

1.3 Scope of Application

This policy applies to all members of the school community involved in prevention, detection and support, namely:

- School educational and administrative staff.
- Psychological and social specialists.
- Academic advisors.
- Safety officers.
- The public and private school environment.
- Parents and students.

2. Policy Statement

New Indian School is committed to:

- Protecting students from narcotic and psychotropic substances.
- Developing students' skills to reject drug abuse.
- Creating a safe and preventive educational environment.
- Enhancing awareness and promoting healthy lifestyles free from narcotics.

2.1 Grounds for the Policy

Narcotics abuse has significant and wide-ranging harmful effects — physical, psychological, social and economic — which this policy exists to prevent. In summary, abuse can damage physical health (including heart, blood-pressure, digestive, liver and kidney disorders, and sudden death), harm mental health (anxiety, depression, hallucinations, difficulty concentrating and suicidal tendencies), damage social wellbeing (crime, family disintegration and isolation), and cause economic harm (poor productivity, financial burden and money draining). The complete list is provided in Appendix B.

2.2 Prevention

- Promoting moral values among students.
- Encouraging participation in sports and school activities.
- Helping students acquire the skills to reject drugs.
- Providing awareness through curriculum integration.

2.3 Early Detection and Intervention

- Identifying behavioural, physical and environmental indicators of abuse.
- Monitoring academic performance and attendance.
- Referring cases to psychological and social specialists.
- Providing timely intervention and support.

2.4 Risk and Protective Factors Management

- Strengthening protective factors such as family support and social skills.
- Reducing risk factors such as peer pressure and lack of supervision.
- Addressing behavioural issues early.

2.5 Parental Engagement

Parents play a fundamental and primary role in protecting their children from the dangers of drug abuse by instilling moral principles and values and building a strong relationship with their children based on love, respect, trust and dialogue. The role of parents rests on a preventive role, an early-detection and intervention role, and a treatment and rehabilitation role. Parents shall:

- Communicate regularly with the school.
- Follow up on their children's academic performance.
- Know their children's friends.
- Guide their children in choosing good companionship.
- Seek professional help when required.

2.6 Record Keeping and Confidentiality

The school shall:

- Maintain records of identified cases.
- Document interventions and follow-ups.
- Ensure confidentiality at all times.
- Track progress and outcomes.

Record keeping is aligned with the intervention and monitoring practices described in the national and MOE prevention guides.

2.7 UAE Law on Combating Narcotics

This policy introduces and aligns with the UAE Federal Law on Combating Narcotic Drugs and Psychotropic Substances. Under this law it is prohibited to trade in, cultivate, manufacture or bring in narcotics except for purposes specified by law. The school works in partnership with the Ministry of Education (MOE), the Ministry of Interior (MOI) and the national drug-prevention programme “SIRAJ”, and refers matters to the relevant authorities where required.

3. Definition

3.1 Explanatory Notes / Glossary

Term	Meaning
Drugs (Narcotics)	Natural or chemical substances that negatively affect the body’s functions and lead to habituation or addiction. It is prohibited to trade, cultivate, manufacture or bring them in except for purposes specified by law.
Addiction	The condition resulting from continuous use of narcotics, whereby a person becomes psychologically, physically, or both, dependent on them, needs increasing doses to obtain the same effect, and becomes unable to perform daily tasks without them. Addiction is a chronic disease that affects the brain.
Prevention	Procedures and plans aimed at preventing individuals from using narcotic and psychotropic substances, including promoting protective factors and reducing risk factors.
Protective factors	Factors that help protect individuals from engaging with narcotic and psychotropic substances (e.g., family support, social skills, positive activities).
Risk factors	Factors that increase the risk of engaging in the abuse of narcotic and psychotropic substances (e.g., peer pressure, lack of supervision).
Psychotropic substances	Substances that affect the mind or mental processes and are controlled under UAE law.
SIRAJ	The UAE National Programme for Drug Prevention, which protects students within the educational environment and builds their skills to reject drug abuse.
Anti-Narcotic Committee	The school committee of staff, students and parents that leads awareness, prevention and intervention on drug abuse.

4. School Responsibilities

Prevention and response are coordinated by the NIS Anti-Narcotic Committee, which brings together school staff, students and parents to promote awareness, prevention and intervention regarding drug abuse (members listed in Appendix D).

4.1 Roles and Responsibilities

4.1.1 Principal & Vice Principal

- Leadership: lead the Anti-Narcotic Committee and ensure the programme aligns with school policies.
- Planning: oversee the development and execution of the action plan.
- Supervision: monitor the functioning of the committee and ensure all tasks are carried out effectively.
- Liaison: act as the main contact point between external authorities (police, health departments, etc.) and the school.

4.1.2 Teachers & Non-Teaching Staff (Members)

- Awareness campaigns: organise workshops, seminars and activities to raise awareness about the dangers of narcotic use.
- Monitoring: observe student behaviour and report any suspicious activity related to drugs.
- Education: incorporate drug-prevention education into classroom discussions where relevant.
- Role model: demonstrate healthy lifestyle choices and provide guidance to students.

4.1.3 School Counsellor

- Support services: provide counselling to students who may be at risk or involved in drug use.
- Prevention education: educate students about the psychological, social and health consequences of drug abuse.
- Intervention: identify students who may need intervention and refer them to appropriate resources, including parents and professionals.
- Collaboration: work closely with parents, teachers and students to ensure a supportive environment.

4.1.4 School Nurse

- Health monitoring: monitor students' physical health and recognise symptoms related to substance abuse.
- Emergency care: provide immediate assistance in case of any health-related incident due to drug use.
- Awareness: conduct health talks on the effects of narcotics on physical wellbeing.
- Coordination: work with local health authorities to organise medical check-ups and drug screening if needed.

4.1.5 Parent Representatives

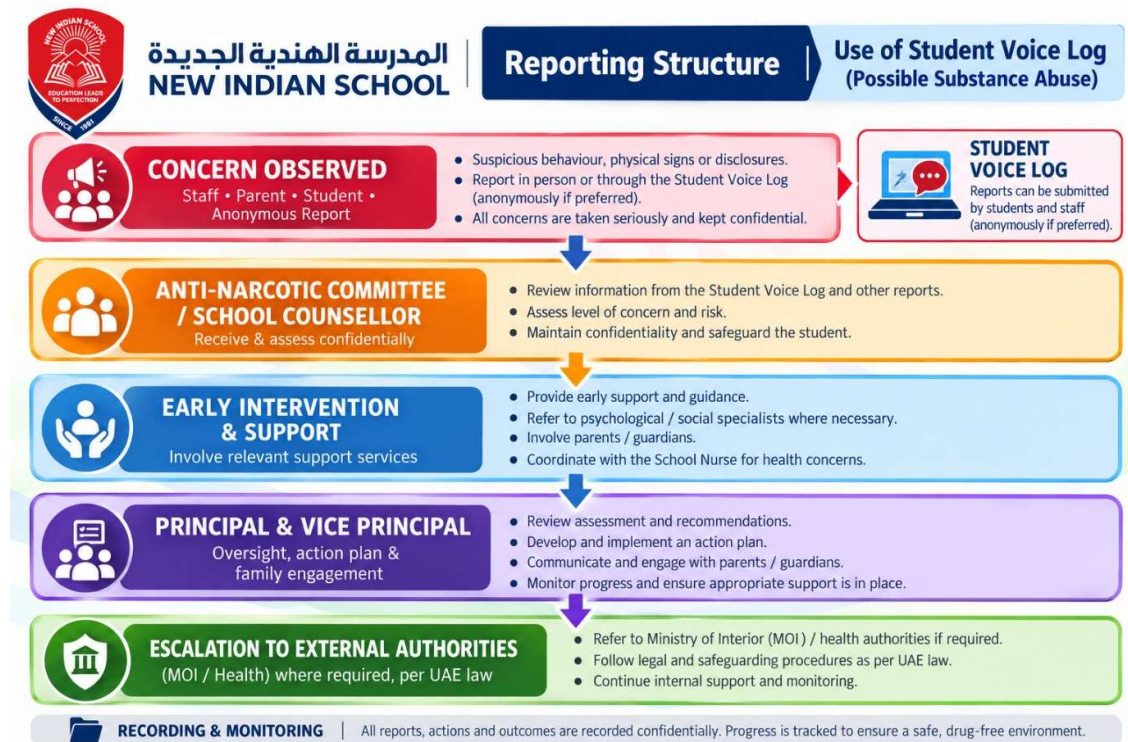
- Communication: act as a bridge between the school and other parents, sharing information and raising awareness.
- Support: encourage open dialogue between parents and children about the risks of drugs.
- Participation: assist in organising community-outreach programmes to spread awareness beyond the school.
- Parental engagement: lead parent-teacher meetings focused on drug-prevention strategies.

4.1.6 Student Representatives

- Peer awareness: act as peer educators, spreading awareness among fellow students through campaigns, events and informal discussions.
- Role model: exhibit positive behaviour and set an example of drug-free living.
- Feedback: provide input from a student perspective, helping the committee understand issues faced by their peers.
- Advocacy: take part in rallies, competitions and presentations that promote an anti-drug message.

4.2 Reporting Structure

Concerns about possible substance abuse are reported and managed through a clear, confidential pathway:



Anonymous Reporting

An anonymous reporting system student voice log enables students and staff to report suspicious activity related to drug use. Reports are handled confidentially by the Anti-Narcotic Committee, and the school premises are monitored to help ensure a drug-free environment.

5. Compliance

This policy aligns with UAE federal legislation and national and regulatory requirements on drug prevention.

5.1 Related Documents

- UAE Federal Law on Combating Narcotic Drugs and Psychotropic Substances.
- Ministry of Education (MOE) requirements and guidance.
- Ministry of Interior (MOI) requirements.
- National Programme for Drug Prevention “SIRAJ”.
- NIS Safeguarding & Child Protection, Student Behaviour, Health & Wellbeing, and Counselling policies.

5.2 Supporting Documents and Procedures

- Anti-Narcotic Committee terms of reference and membership (Appendix D).
- Anti-Narcotic Committee action plan (Appendix C).
- Awareness-programme materials, workshops and assemblies.
- Counselling, referral, intervention and follow-up records (kept confidentially).
- Health-screening and check-up coordination with local health authorities.

6. Feedback and Improvement

- The policy is reviewed periodically and updated based on new regulations.
- It is evaluated on the basis of its effectiveness and outcomes.
- The Anti-Narcotic Committee conducts an annual review of its initiatives and makes improvements as necessary.
- Student, parent and staff feedback informs awareness programmes, prevention and support.

7. Appendix

The following reference material supports consistent implementation of this policy.

Appendix A Indicators of Possible Substance Abuse

Staff and parents should be alert to a combination of the following indicators (no single sign is conclusive):

- Behavioural: sudden mood changes, irritability, secrecy, withdrawal, decline in motivation, new peer groups, or suspicious activity.
- Physical: fatigue, chronic headaches, loss of appetite, bloodshot eyes, unexplained health complaints, or signs of intoxication.
- Academic / attendance: falling performance, frequent absence, lateness, or loss of concentration.
- Environmental: unexplained possessions or expenditure, or items associated with substance use.

Appendix B Effects of Narcotics Abuse

Category	Effects
Physical	Heart and blood-pressure disorders · digestive disorders and loss of appetite · chronic headaches and stress · liver and kidney diseases and infections · sudden death.
Psychological	Anxiety, depression and stress · hallucinations and delusions · difficulty concentrating · suicidal tendencies.
Social	Spread of crime · family disintegration · isolation from society.
Economic	Poor productivity · financial burden · money draining.

Appendix C Anti-Narcotic Committee — Action Plan

1. Awareness programmes: regular sessions, in collaboration with local law enforcement or healthcare experts, to educate students about the harmful effects of drugs.
2. Counselling services: provide one-to-one counselling sessions for at-risk students.
3. Community engagement: organise community-based campaigns and include parents in anti-drug rallies or workshops.
4. Surveillance: monitor the school premises for signs of drug use and help ensure a drug-free environment.
5. Reporting mechanism: operate an anonymous reporting system for students or teachers to report suspicious activity.
6. Training programmes: organise training for staff on how to handle drug-related issues within the school.
7. Annual review: review the committee's initiatives each year and make improvements as necessary.

Appendix D Anti-Narcotic Committee Members



8. Policy Clarification

Questions about this policy or its application should be directed first to the School Counsellor or the Anti-Narcotic Committee, and then to the Vice Principal or Principal. Health-related concerns may be raised with the School Nurse.

9. Contact Information

Role / Channel	Contact
Anti-Narcotic Committee (Chair — Principal)	Ms. Beena Rani Rajmohan (Principal)
School Counsellor CPO	Ms. Githu Varghese CPO Ms. Shabna S CPO
School Nurse	Ms. Jis Varghese

10. Conclusion

By establishing the Anti-Narcotic Committee and implementing this policy, New Indian School fosters a proactive, whole-community approach to preventing drug abuse and promoting a safe, supportive and drug-free environment in which every student can learn, grow and thrive.

11. Policy Version Control

Version	Date	Description of Changes	Approved By	Next Review
1.0	05 April 2025	Updated policy	Principal	06 March 2026
2.0	06 March 2026	Reviewed policy for updates	Principal	02 April 2027
3.0	27 September 2026	Corrected and restructured under the standard NIS Policy Headings	Principal / Governing Body	September 2027

12. Accessibility — Soft and Hard Copy Availability

- A soft copy is published on the school website and available on request in accessible formats.
- Hard copies are available at the school reception and the counselling / relevant offices.
- Alternative formats (large print, read-aloud) are provided for those who need them.

13. Translation — English (and other nationality if applicable)

- This policy is available in English.
- Translations into other languages are provided where a significant community need is identified.
- In the event of any discrepancy, the English version aligned with RAK DOK / MOE regulations shall prevail, unless RAK DOK specifies otherwise.