

on a regular basis by Olympic champions and well-known athletes, graduates of the Departments of Physical Education and Sport Science (DPESS) or Trainer Academies free of charge.

21. Sport programs for students and young people with the participation of Greek Olympic champions are required.
22. The selling of the Olympic sports venues must stop. Everyone in Greece, especially the young, should be given free access to the Olympic sports venues.
23. Central planning must also provide for Anti-Doping control. The fact that the use of performance-enhancing drugs is detected even in children's and teen amateur championships is alarming. Preventive control of athletes, especially in children's and teen amateur championships is necessary.

D. CULTURE

24. The term 'culture' can be defined as the development and organization of the lives of the people and it is characterized as an expression of the human consciousness. Participation and amateur cultural creation have to be promoted and supported by a special legal framework and sufficient funding by the state budget.
25. Cultural creation should be made known and promoted by the media. A culture that fosters the values of collegiality, peace, social justice, solidarity, and that stands against social marginalization, racism, fascism and xenophobia should be promoted.
26. The state should take all the necessary measures to prevent mass media from promoting ways and values that promote the use of psychotropic substances.
27. The mass media should be educational and recreational, it should, constitute a space for freedom of speech and projects, promote creative expression, and objectivity and develop critical thought.
28. The media should be cautious with the information it releases, on addiction without sensationalizing or glamorizing the issue. The information should remain within scientific frameworks and should point to counseling groups and therapeutic communities.
29. Effective measures should be taken against the transformation of the internet into a substitute for genuine human relationships. Actions against disaffection and alienation should be developed. Relationships based on solidarity between people should be enhanced. Philosophy should be promoted, as well as the development of relationships between young people within a real, natural, social and cultural space.

E. LEGISLATIVE FRAMEWORK

30. A legislation concerning psychotropic substances should provide for measures that address the causes of the problem, not merely its management and the imposition of

penalties. It should emphasize prevention, therapy, social rehabilitation and ensure that all these are available to the public and free of charge.

31. The current legislative framework should be reformed, in order to provide for more strict penalties for the dealers.
32. The creation of a special unit of appropriately trained judges is deemed necessary.
33. The favorable treatment of people that use psychotropic substances should be guaranteed, so they are not held in prison, but in a sufficient network of "dry" therapeutic programs.
34. The opinions about the distinction between hard and soft drugs should be faced scientifically and by law, as well as those supporting the liberation of the use of substances.

F. PREVENTION CENTERS

35. Prevention Centers should be (institutionally, financially, etc.) supported and developed. It is imperative to establish as many such centers as needed.
36. The support of education and further training of people working in the centers for prevention should be ensured.
37. Structures for prevention should be enhanced with permanent staff that will be motivated by institutional, scientific and financial reasons.
38. Actions of the prevention centers and its interconnecting bodies working in rehabilitation (counseling stations, medical centers, mental health centers, etc.) should be developed.

G. THE CONTRIBUTION OF THE COMMUNITY

39. The prevention should mobilize large social groups and aim for the participation of social forces through the collaboration of the prevention bodies with social, cultural, sport and other organizations.
40. The support and the development of a wide social movement against all kinds of drugs and addictions should be ensured and its ideas should be promoted. Particular support should be offered to those actions that promote primary prevention.



Association of Greek
Olympic Medalists



National Council
against Drugs

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ASSOCIATION OF
GREEK OLYMPIC
MEDALISTS



CHARTER
OF PRIMARY PREVENTION
AGAINST SUBSTANCE DEPENDENCE

NATIONAL
COUNCIL
AGAINST DRUGS



INTRODUCTION

In today's global socioeconomic crisis, the problem of the production, trafficking and use of addictive substances is not yet acute but it is expected to become worse.

In Greece, the age that people start using addictive substances is one of the lowest among the European Union countries. For this reason, it is of particular importance to give priority to primary prevention.

The problem of the use of addictive substances is a social, multi-factorial phenomenon with, among others, political, cultural, economic, psychological and ideological considerations. Addiction can be characterized as an extreme form of alienation caused by the contemporary social and financial conditions.

To approach the issue exclusively from a medical point of view is problematic because it focuses only on the symptoms and not on the causes that lead to the use of and the dependence on substances. Therefore, there is a desperate need for a completely new approach. Over the last few years, the prerequisites to formulate a coherent proposal for primary prevention in Greece were set through a process that comprised exchanging fertile ideas, discussions, and useful debates on the subject.

The National Council against Drug Use (NCDU) and the Association of Greek Olympic Medalists (GOM) summarized the basic elements of primary prevention in a "Charter of Prevention". We have the ambition that this Charter will be a small contribution to the Greek society in an effort to form a policy that is going to help thousands of young people win the battle against all addictions.

CHARTER OF PRIMARY PREVENTION AGAINST SUBSTANCE DEPENDENCE

A. BASIC PRINCIPLES OF PRIMARY PREVENTION

1. Primary prevention has to be part of a wider central plan aimed at dealing with drugs, under a single philosophy and concept that will include prevention, therapy, social rehabilitation, research and evaluation. The provision of these services should be exclusively public and free of charge and therefore the establishment of a welfare state is necessary.
2. This effort is not a task only for the experts; it concerns everyone, the whole of the Greek people. A wider social action that confronts and tackles the causes that produce and reproduce the problem is the only alternative.
3. A policy of primary prevention should be the result of a wider social dialogue. It has to be centrally designed to ensure the coordination of all actions.
4. Central planning should ensure the rational distribution of prevention services, preventing segmentation and fragmentation and guaranteeing that the required

resources are provided and the appropriate staff are recruited.

5. To deal with addicting substances it is necessary to establish a Central Coordination Board that will cooperate with the relevant ministries and the Interparty Commission of the Parliament. The framework of this Board should be clear and have substantive functions.
6. This will have to be an independent and representative organization, which will coordinate, supervise and evaluate actions without getting directly involved; this will be a task for the individual competent institutional bodies. It should have a coordinating role among the equally competent Ministries.
7. It is imperative to create or activate Memoranda of Understanding with special population groups, such as students (Ministry of Education) and the military (Armed Forces).
8. Special programs should be planned and carried out for:
 - a. **Children and adults to:**
 1. Prevent dropouts
 2. Turn young people's leisure time into something advantageous
 3. Protect and take care of abused children
 4. Deal with in-school violence
 - b. **Family to:**
 1. Support the unemployed
 2. Deal with domestic violenceSpecial attention must be paid to actions that involve the aims of prevention, such as parent groups, family relations, communication etc.
9. Primary prevention should be addressed to the entire young population before the problem occurs, in order to reduce demand. To this end, primary prevention should not lie only on informing; the aim should be to form a healthy and balanced person with the necessary knowledge, attitudes and skills to enable them to deny the offer of addictive substances.
10. Primary prevention, however, should not only focus on young people but on the entire population. It should lay emphasis on both the individual and his/her environment (family, school, disabled people, etc.) and take into account the particularities of the different geographical areas of the country, the trafficking, the supply, the demand, and the use of substances.

B. PREVENTION AT ALL LEVELS OF EDUCATION

11. Through its content and function schools should create the conditions that make childhood and teenage life more interesting and enjoyable. It should guide the students to enjoy the pleasures of their age in a creative manner when in school as well as during their leisure time.
12. A necessary prerequisite for the operation of such a school is the existence of adequately trained teachers with both

scientific expertise and pedagogical competence. Pedagogical courses should lay emphasis on how to deal with learning difficulties and delinquent behavior and organize prevention methods.

13. Regular training programs for all teachers should be organized within the University Pedagogical Departments. The subject of drug addiction should be included in the curricula of higher education. It is also necessary to carry out – directly – training seminars for teachers on the issues of prevention, as well as intervention in cases of children who are particularly vulnerable or at the beginning of drug use. The role of the prevention centers must be distinct, clear and central with regard to the coordination of actions of all the bodies involved in the prevention in the school community.
14. It is mandatory that every school have a special interdisciplinary team, consisting of a school psychologist, a general medical practitioner, a sociologist, a nurse and a social worker. This team will work under the responsibility of the local teachers' association to support difficult children and provide the teachers with advice.
15. The set-up of special prevention programs for teenagers and young people in school requires central planning. Their set-up, function and evaluation (which should be conducted on a long-term basis), can be supported by connecting schools with special scientific teams (Prevention Centers and local authorities and groups), the approval of which will be solely granted by the Ministry of Health. The creation of a prevention center Network within the framework of Prevention-Therapy-Social Integration is deemed necessary. This Network will have its own organizational structure and it will be monitored and permanently funded by the Ministry of Health.
16. The prevention should sensitize special population teams that are in contact with young people (teachers, doctors, psychologists, chemists, judges, etc).

C. SPORTS

17. Physical education should be enhanced at all educational levels, while values such as collegiality and competitiveness, which are equivalent to fair play and physical activity, should be promoted. In this context, the subject of Olympic Education should be re-introduced in the primary education curricula. Measures are required so that sports do not become competitive or harmful under performance pressure, the use of anabolic steroids etc.
18. Amateur sport should be promoted through a specific legal framework and funded adequately by the national budget.
19. More public sport areas should be opened, especially for young people. Basic gymnastics, running, cycling etc, in parks, schoolyards, public fitness centers and public spaces should take place under the supervision of physical education teachers.
20. Citizens of all ages could be trained in their local areas and