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 <p>DEUTSCHE INTERNATIONALE SCHULE JOHANNESBURG</p>	<h1>SUBSTANCE ABUSE POLICY</h1>	<p>Document No.: P-006  Revision: 02_2023  Owner: Drug Counsellor  Approver: Principal  Effective Date: 2016-06-15  Page: 2 of 5</p>
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## 1. Preamble

The Deutsche Internationale Schule Johannesburg (DSJ) is duty bound to strive for high academic excellence and to care for the well-being of its learners. In support of this, the “Substance Abuse Policy” **aims to ensure that the school is a drug-free zone and a safe and secure environment for our learners.**

The school, in partnership with the parents, undertakes to come to terms with the changing circumstances and demands of modern society. The school and parents both realise that in this regard both legal and illegal substances and drugs are available in our society, that our learners are being confronted with such substances and drugs in various ways, and that these drugs and substances are available to them.

Substance abuse, and even the distribution or sale of illegal substances, is symptomatic of a deeper problem. There are many facets of a learner’s life that can affect their overall wellbeing and potentially lead to the abuse of substances. Some of the dimensions of a learner’s life from where these problems can arise include:

- Academic (A poor study schedule leads to the desire to use study aids such as Ritalin/Concerta)
- Community (Pressure from the community to conform to cultural/social norms and standards increases a sense of anxiety and lowers self-esteem)
- Emotional (A poor sense of emotional wellbeing)
- Family (Problems within the family)
- Social (Loneliness and social isolation)
- Physical (Dissatisfaction with your own body)

THE DEUTSCHE INTERNATIONALE SCHULE JOHANNESBURG ACCEPTS THIS CHALLENGE, AND AS A MATTER OF PRINCIPLE, DECLARES THAT DRUG AND SUBSTANCE ABUSE IS NOT AN ACCEPTABLE PRACTICE.

While recognising that learners make their own choices, learners who have a drug or substance abuse related problem should neither be condemned nor ostracised. Learners should be assisted by the school, which should - at that learners' and his/her parents' expense - either provide the assistance required, or arrange for the appropriate course of action without jeopardizing the learner's schooling career.

## 2. Agreement to prevent drug and substance abuse

The school will guide the learners in the best way possible and in partnership with the parents or guardians towards living healthy, drug and substance abuse free lives.

In order to prevent drug and substance abuse amongst learners, the school undertakes to:

- Arrange, on a regular basis, drug and substance abuse prevention and information programmes for the learners; parents and teachers
- Cooperate with outside organisations, in order to best deliver the appropriate information, training and treatment with regards to substance and drug abuse.

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### 3. Prohibition

The use of all substances that may lead to abuse or addiction, and the sale, trafficking or distribution of such are strictly forbidden for learners of the DSJ. This includes the use, distribution and sale of any consumable such as but not limited to:

- substances containing alcohol or traces of alcohol
- illegal and / or prescription medication (unless specifically prescribed for the learner by a medical doctor)
- substances that alter one's perception or natural thought processes in any way
- all vape and tobacco products

All of the above are strictly forbidden on school grounds and during any school-related events, regardless of whether they take place on the school premises or at an external venue.

### 4. Measures taken by the school

For the sake of working towards a drug-free school, valid suspicions that a learner has contravened the rules under point 3 will be followed up immediately. If necessary, such drug tests, searches and investigations as are permissible in such situations in terms of South African law, may be carried out.

### 5. Suspicion

Suspicion can be the result of a witness report or raised by a variety of visible changes related to the learner; physical, behavioural or emotional. These may include:

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Changes in physical appearance

- Erratic weight change
- Red eyes
- Reduced or increased activity
- Nasal irritation
- Slurred speech
- Change in skin tone
- Altered eating habits
- Disturbed sleeping patterns
- Dishevelled appearance

Changes in behaviour

- Relationship issues (arguments, lies, violent reactions)
- Financial issues
- Regular absenteeism
- Increasingly isolated
- Shirking responsibilities

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- Withdrawal and passiveness
- Decrease in academic performance
- Erratic and unpredictable behaviour

#### Emotional changes

- Loss of interest
- Blaming one's problems on others
- Staunch defensiveness
- Denial of problematic usage
- Rudeness, aggression, lack of empathy

## 6. Procedure

- If such suspicion is raised, School Management and the class teacher will be Informed and School Management will make the decision on whether or not to test the learner.
- Parents or guardians will be informed about the testing of their child as soon as possible but not necessarily before the test.
- In order to be considered valid, a drug test must be conducted in a way that the authenticity of the urinesample can be verified. The urine sample is therefore given in the presence of an educator of the same sex as the learner being tested. The presence of a second staff member may also be requested to oversee the procedure.
- The findings of the test will be communicated to the parents or guardians in writing.
- Investigations are usually conducted internally according. However, where necessary, and at the discretion of the school, outside experts may be brought in for consultation to aid in said investigations.
- Each case will be treated confidentially as far as is reasonably possible.
- The following steps may be taken if it has been found that a learner has a drug or substance abuse problem:
  - The appropriate steps as per the school's "Educational and disciplinary measures" will be taken.
  - The learner may be referred to an appropriate organisation for counselling or therapy.

## 7. Devices used for testing

Devices used for testing (as stipulated in Government Notice 1140 of 2008 issued in terms of the SA Schools Act) may be any of the following but not limited to:

- |  |                                      |
|--|--------------------------------------|
| • Drug Detective Wipe Detection for Surfaces | • Toxcup Drug Screen Cup Test        |
| • One-Step Home Cocaine Test Strip           | • Multi Panel Drug Testing Device    |
| • Multi-Drug Test                            | • Smart Check Drug Screen Test       |
| • Quicktox Drug Screen Dipcard Test          | • Drug Smart Cup                     |
| • Monitect Drug Screen Cassette Test         | • Avitar Oral Screen 4 or Drugometer |

The results of privately arranged drug tests as done through a pathology lab are not accepted by the

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school as there is no verification of the sample provided.

### 8. Further treatment and testing

- Parents / guardians are responsible for all costs with regards to drug testing, treatment, counselling or therapy that may be required.
- The necessary treatment will be agreed to in writing by all parties concerned (school, parents / guardians, therapy organisation / therapists.)

The aforementioned agreement will include:

- The type of therapy;
- The right of the school to arrange for and scrutinise drug tests;
- The right of the school to inquire into the success of the therapy programme;
- The right of the school to immediately expel the student if the therapy program is terminated without the consent of the school or

### 9. Agreement

By signing below, you accept the above rules and regulations with regards to this. Please return the slip below to your child's class teacher.

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**Substance Abuse Policy**

Name of learner: \_\_\_\_\_

Signature of learner: \_\_\_\_\_

Signature of Parent(s) / Guardian(s): \_\_\_\_\_

Place and Date: \_\_\_\_\_