RADIOLIT

Radio Literacy against drugs addiction

DESCRIPTION

RadioLit is a project that gives the opportunity to young people from a migrant background to be media literate and digitally skilled as they campaign against drugs abuse

RADIOLIT

Introduction to the Radio Literacy against drugs addiction project

Radio Literacy (***RadioLit***) against drug and substance abuse is a project on media literacy and empowerment for refugees and young people from a migrant background, aged between 16 to 30. It is focused on radio literacy, on providing the tools and capacities to understand and question information, the technical skills to create and record an online radio program, and the communication skills to present and debate topics. All the activities, exercises and contents of RadioLit have been tailored to allow the youth to discover and learn about addiction and drug abuse, all by themselves, while at the same time giving them the opportunity to use their creativity to produce their own radio program on the topic.

The training is designed to make citizen journalism an attractive advocacy form where any one can download an audio application and record a quality radio programme tackling an issue that can have an impact in the society. Drug addiction is a major problem among the migrant communities, a consequence of many factors that can be internal and external. According to studies conducted on the matter, the reasons why people use drugs range from individual to individual. Their vulnerability, family background and status, lack of awareness of the dangers and educational status.

Growing up in abject poverty or living with people who always use drugs, people with addiction, crimes or any other negative factor might create risk situations to those exposed in such conditions. Money at times makes people trapped and out of control due to stress. Lack of financial stability and the means to cater or provide for one's basic needs or comforts can cause emotional and psychological stress hence triggers people to abuse drugs. For example, a person balancing work and meeting the family obligations can be very demanding, especially raising kids as well as meeting financial needs for the family, especially persons who come from underprivileged families, often the "head of family" taking the burden. Young mothers who face feelings of isolation, loneliness, and anxiety can fall to drugs as an easy way for them to cope with family demands.

Social and peer pressure or cultural habits are a massive reason for drug consumption among youth who use drugs because of the influence of their peers. They want to belong to that group or category. Drugs like Khat are cultural and are not criminalised in certain countries in the world, whereas they are in Europe. It becomes difficult for migrants coming from such regions to comply with the laws of the host country and they can engage in drug trafficking in order to get their "dose".

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Drugs Consumption in Malta

In December 2021, the consumption of Cannabis for personal use in Malta was legalised, with the official reason that it will reduce the harm caused by ignorance of its danger and break the illegal market. Possession of up to seven grams of the drug are now legal for those aged 18 and above, and it is permissible to grow up to four cannabis plants at home.

Before its legalisation, Cannabis was the most frequently seized drug by the police, with the substance being the only illicit drug known to be produced in the country. According to the country drug report produced in 2020, Cannabis is the most commonly used drug among the Maltese adult population aged 18-65 years. Around 4.3 % of those aged 18-65 years reported having used cannabis during their lifetime. The level of lifetime use of illicit drugs other than cannabis was 1.4 %. (MDMA/ecstasy, amphetamines, cocaine, heroin, mephedrone, any of the new Psychoactive substances (NPS), or LSD). Drug use was more prevalent in younger adults, with the prevalence of lifetime use of cannabis at 5.1 % among 18- to 24-years old. Most cases in the Criminal Court that were decided in 2016 revolved around drug possession, with the highest number of possession cases attributed to cannabis (125), followed by cocaine (81), and heroin (48).

No data seems to be available for the specific migrant young community in Malta, incorporated in the national report from survey done in schools and other public services. Nonetheless, various studies have demonstrated the correlation between asylum and drugs consumption. Yee and Thu (1987) identified in refugees an increase in alcohol and other drugs use because of psychological distress. They surveyed Indochinese refugees in the US and stated that they may be turning to substances when the strains of living in a foreign land become overwhelming. Adjustment and mental health problems, combined with a lack of institutional support, may be among the reasons for the use of psychoactive substances.

In Malta, a Prevention programme exists. It is a National Drugs Policy implemented by the National Coordinating Unit for Drugs and Alcohol. It monitors the situation on drugs consumption and prevention, working hand in hand with the Foundation for Social Welfare Services, the Foundation for Medical Services, Caritas, the OASI Foundation, the Anti-Substance Abuse Unit, Agenzja Sedqa, Centre LEAP, APPOGG and various NGOs.

An example of prevention is the Community based prevention programmes that target families and young people in local councils, youth organizations, religious settings, and social and political

clubs. At specific times of the year, Church activities, drug- awareness talks, exhibitions, concerts, and drug-free activities are organised. They are open to all.

Module 1
Critical thinking and Media literacy

1.   Critical thinking

Activity - Voice to participants
Ask if someone can give the definition of critical thinking. Ask questions about what they read, watch and hear.

Critical thinking is according to the Oxford dictionary the objective analysis and evaluation of an issue in order to form a judgement. The key words here are: ***form a judgement.***
Expand on that - Explain that it is important to question everything even if it comes from what we usually call a "reputable source" (what is a reliable source? Give examples: CNN, BBC, Times of Malta, Governments, Authorities. Religious authorities). Example of news shared by reputable news: the woman who gave birth to 10 babies.
Critical thinking does not mean that you deny everything that you hear. It means that you can hear and listen to many different opinions and then you have enough elements to build your own opinion on a given issue.

Example - Religions*:* all believers are convinced that their religion is the best one, but with critical thinking, you accept that everyone is free to embrace the religions they want.
Critical thinking is an important skill that one must possess. You can develop your critical thinking skills using brain teasers.
Activity - *Test their critical thinking with one brain teaser.*

⇒ *A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?*
Answer:???

2.   Media Literacy

Activity - Voice to participants

Ask if someone can give the definition of media literacy.

Media Literacy is the ability to identify different types of media and understand the messages they're sending (Common-sense media).

Explain what being literate means: someone who can read and write.

Explain that literacy entails access to a wealth of knowledge that can be confusing and even misleading if one does not inform itself accurately.

Now explain what the media is and why it is important to be media literate.

The media is print, video, radio, the internet.

Media Literacy builds an understanding of the role of media in society. It gives you essential skills of inquiry and the ability to self-expression which is necessary for citizens of a democracy. (Centre for Media Literacy). The internet, newspapers, radio and television provide with a lot of information, so it is necessary to:

⇒ Be able to understand and analyse information.
⇒ Be able to transmit it.
⇒ Use the Internet effectively and the information found.
⇒ Becoming not a passive but an active information consumer developing a critical mind.

Activity: *Create a casting of a fictional movie whose characters are a prostitute, a banker, a drug dealer, a terrorist, a teacher, a journalist, a taxi driver, a nurse, a doctor.*
There are 20 candidate actors: 5 Africans, 5 Europeans, 5 Americans, 5 Asians, 5 Arabs.
Assign roles.

3. Accuracy and accountability in media literacy

Activity - Voice to participants
Ask learners what they understand/know about fake news.

Explain what fake news is.
Consider the source: who is sharing the news, where was it published?
Example: Sharing from a friend's profile, just because he is a friend… a friend can be misled. Always go to the source yourself. Read beyond (do not stick just to the headline, what is the full story).
Example: Judging an article only from the headline can be misleading. Some people comment on articles without having read them. Read all or avoid commenting on it.

Check the author (who wrote this? Is it a real person? What else do they write?)

Example: Personal blogs. They can be good. But they are most of the time personal opinions and the author has his own agenda. Use your critical thinking skills.

Supporting sources (Is there anyone supporting this information? Who are they? How many news outlets have reported it? Does it support the story?)

Example: Who else is talking about that story in the newspaper? Has it been relayed to a reputable news outlet?

Check the date (is it still relevant? How old is this information?)

Example: Some outrageous news gets shared over again to create conflicts. If you get very angry while reading a story, double check it, maybe it is done on purpose just to create shares and sell advertisements.

Is it a joke? (Is this a satire website? Who shared this and why?)

Example: for satire news channels https://www.theonion.com/ http://nationalreport.net/

Check your own bias: Does my belief interfere with my judgement?

Ask the experts: Double check the information with reference to scientific reviews of statements by experts.

> Activity: *watch the 4min video by Damon Brown TedEd: how to choose your news.*
> *Then discuss.*
> Activity: *reverse-image-search. Retrieve the source of an image.*

Module 2
Citizen Journalism

Ask if someone can give the definition of journalism and citizen journalism.

1. Journalism

It is the act of gathering and presenting news and information. It is a form of communication, a one-way message, or story, from the journalist to the audience. In democratic societies, the media are usually referred to as "Fourth Estate".
Explain 4th estate.

A journalist is a person who delivers accurate information to a given audience. He acts as a *conduit,* narrating an objective story about something that happened or is happening, based on his or her observations and discoveries. It is an important profession that protects a democratic state by allowing journalists to act as *watchdogs* for citizens and *hold government officials accountable*. *Public interest* is what drives journalists, they are the *servants of the people*, they are the *interpreters of events*, watchdogs for the ordinary man or woman.

Citizen journalism, according to Wikipedia is:
⇒ Based upon public citizens playing an active role in the process of collecting, reporting, analysing, and disseminating news and information.

⇒ An alternative and activist form of news gathering and reporting that functions outside mainstream media institutions, often as a response to shortcomings in the professional journalistic field, that uses similar journalistic practices but is driven by different objectives and ideals and relies on alternative sources of legitimacy than traditional or mainstream journalism"(Radsch).

⇒ When the people formerly known as the audience employ the press tools, they have in their possession to inform one another (Rosen).

With our mobile phones, we can all be citizen journalists.
Some do it in a structured way, example of bloggers.
Some do it randomly, example of the girl who filmed the murder of George Floyd.

2. Opinions and facts

Journalism is about facts.
A journalist must be able to make a difference between "opinions and facts".
In a news report, the journalist does not have the right to give his own opinion. However, he can include the opinion of persons included in the story. A fact is objective and verifiable information.

Inversely, an opinion is subjective and proper to an individual. Contrary to the facts, it is therefore questionable according to the criteria and thoughts of each person.
But although a fact is verifiable, it can be wrong. We call fact checking, the act of checking if a fact is true or not.

An example of a wrong fact: A woman gave birth to a decuplet in South Africa. After checking, it was wrong. No one has ever seen the babies.
Opinion or fact: if I say, "In Malta, there are approximately 490.000 of people", it is a fact. Because it is verifiable. However, if I say "Malta is a little island" is an opinion. Indeed, it is not verifiable, it is just my opinion according to my criteria of size.

Activity – Voice to participants.
Quoting sentences to participants. Some are opinions and others are facts it is. Ask them to say the difference.

Examples:

1a) I keep my hair natural.	(1b) relaxed hair is more beautiful than natural hair.
(2a) The earth revolves around the sun.	(2b) The earth was created by an omnipotent God.
(3a) Thousands were killed in Rwanda.	(3b) Genocide is wrong.
(4a) The current US president is a man.	(4b) A woman will win the presidency in 2024.

3. Content creation
a. How to write a journalistic article
Participants will create a 250-word article about a given drug or illicit substance.
Ask if any of them have ever written and published a piece of article.

Explain the technical aspect of a good article:
⇒ The headline
⇒ The lead
⇒ The body (Inverted pyramid).

Identifying the audience
- ⇒ Who are you talking to /writing for?
- ⇒ What do they know about the topic?
- ⇒ Talk to them as if you were talking to friends, in a way that they can easily understand.
- ⇒ Keep your language simple, avoid technical words or jargon.
- ⇒ Do not expect everyone to be an expert on the topic or know technical words, explain what you mean.

Are you going to share an opinion or a fact?

For opinions: State that what you are about to say is your opinion or experience. Remember not everyone has the same opinions or experiences that you, so do not expect people to agree. Be open to listen to other people's opinions and experiences. Be respectful.

For facts: State your source, where did you get this information from. Is the source trustworthy? Is the information relevant to the topic?

Other tips: Speak/write clearly. Keep yourself informed. Not all opinions are relevant. Know your intention, your agenda.

Activity: *Introduction to Illicit substances.*

Distribute handouts, they are a list of illicit substances, their characteristics and their effects.
With the skills acquired, each participant will create a 250-word article tackling one type of drug.

Handouts: *In annex IV*, Drug abuse documents as a handout. Every participant picks a drug and writes about it.

Module 3
Creating audio products - Building a radio program

Activity – voice to participants
Ask everyone if they have ever been on a radio program, if they listen to the radio or if they have a specific radio program that they like. Ask them to speak about it.

1. **How to choose a topic**

Choosing a topic is a creative process. It is advised to choose a topic that interests you, an issue for which you are passionate. Is there something affecting your community? Is it relevant? What is your intent? Do you want to entertain, inform or share a story? There is not a limit on topics you can talk about. Be creative.

Some questions to help generate topic ideas:
⇒ Do you have a strong opinion on a current social or political controversy?
⇒ Did you read or see a news story recently that has piqued your interest or made you angry or anxious?
⇒ Do you have a personal issue, problem or interest that you would like to know more about?
⇒ Do you want to promote something, a business, any skill that you have?
Brainstorm for ideas. Define your topic. Research. Gather information.

2. **Research tips**

You want to use your personal experience. You might already have a good knowledge of the topic you want to discuss from your studies, life experience or from your family or friends. Top it up with online research.
The internet is your friend while researching because no one knows enough about any topic. While searching reliable sources for your topic, you will have:
⇒ More info on the topic that you have chosen
⇒ See what others have already done on the same topic (We always learn from others)

Internet platforms for research among others are:
- YouTube
- Tutorials
- Google Scholar

- Journals
- Newspaper articles

Activity: *Pick a topic and collect five reliable information about it online. (Ex, Cannabis).*

3. Creating a radio program.

Get organised:	**Create a folder** on your device, Mobile or computer and name it after your program.
	Google Drive, Dropbox, OneDrive are all free online storage where you can safely store your programs and organise them.
	Create sub folders into the main folder named after your program.
	Call them "Episode 1, Episode 2, Episode 3, etc...
	• **Subfolder 1**: Episode 1 (input here all the info, ideas collected to create your first episode.)
	• **Subfolder 2**: Episode 2 (same process as above), etc...
	It is important to create the folders, they make your work easier and give you a sense of accomplishment.

a. How to create a folder on a cloud storage

There are many free cloud storages very useful to keep content above your device capacity.

Activity: *Watch the tutorial on AMAM YouTube channel on "How to use Google Drive from a mobile phone.*
Follow this step-by-step tutorial to create a Google drive account on your smart phone.
All participants will create an online folder named after their program.

b. What you need to know about Web radio and audio platforms

Online Community radio and podcast revolution.
Community radios are an important communication tool.
According to 2016 data produced by the United Nations, there are 44.000 radios worldwide that

broadcast to 5 billion people and cover 70% of the world population. But with the Internet covering more and more areas, the mobile phone is the means the most used by youth and so reaching that important audience has triggered the creativity of entrepreneurs and it is now possible to listen to the radio on mobile phone and even more interesting.

Podcast interest is growing among the population since radio programs can now be turned into short clips that anyone can download and listen to later. With the internet, technology is affordable to all and so are the platforms hosting online radios.
Many of these platforms are open sources, meaning that they are free and usually, one needs little technological knowledge to use them.

⇒ *AMAM Web Radio*
It is hosted on Zeno Media, a platform that offers 24h live streaming, a podcast platform, an auto DJ and a lot of tutorials useful to navigate through its functionalities.
Activity*: speak about the web radio in the studio and its functionalities.*

Going through the Zeno Media tool; we can also suggest other free Web radio hosting platforms.
https://www.zenomedia.com/
http://www.listen2myradio.com/

Explain:
Auto DJ: for a web radio, an auto DJ is the possibility to play non-stop music 24/h. The Music stops only when the host goes live.
Live streaming software is a piece of software that allows you to broadcast live on the internet from a computer. On a web radio, there are numerous live streaming software. Ex. MIXXX, BUTT.
A Mixer is a device that connects multiple outputs, such as microphone, headphones, guitars, for them to be monitored and played at a specific time to feed a radio or any other sound output.
Activity*: recording radio shows about drugs addiction.*

4. Podcast creation

Activity: Voice to participants.
Ask if someone can define a podcast

a.   What is a podcast?
A *dictionary* defines a podcast as a **digital audio file** made available on the internet for downloading to a computer or mobile device, typically available as a series.

Wikipedia defines it as an episodic series of spoken word, digital audio files that a user can download to a personal device for easy listening. Streaming applications and podcasting services provide a convenient and integrated way to manage a personal consumption queue across many podcast sources and playback devices.

"Podcast" is a portmanteau (or blend of words), a combination of "iPod" and "broadcast", fist mentioned by a Ben Hammersley, a British Journalist writing for the Guardian Newspaper in 2001. The aim of the podcast is to use audio to create *a series of talks* that will be diffused regularly in the form of episodes to a given audience.
Use the example of TV series to explain better.

b. Characteristics of a podcast.
Depending on the author, it can be short or long. Short is always better than long because of the reduced time that consumers give to the news today.
- ⇒ It is made of episodes. The number of episodes is up to the author: they can be only two or they can be 100.
- ⇒ It is stored on a podcast platform and can be downloaded to be listened to later or can be listened to at any time.

c. Podcast platforms and podcast apps- Anchor- iTunes
Activity: *Explore the apps Anchor, and podcast platforms Soundcloud and iTunes.*

Tutorials: How to use the App Anchor on the mobile phone and on the laptop?
- ⇒ Creating a profile on the podcast app Anchor.
- ⇒ Creating a profile on *iTunes.*

iTunes is a popular podcast platform where it is important to be. To upload a podcast on iTunes, one needs an Apple podcast account.
Go to: www.podcastconnect.apple.com and create an account if you do not have one yet.
- ⇒ Learners will record their first podcast on Anchor and publish it on iTunes.
- ⇒ Learners will turn their radio programmes into podcasts using the app Anchor,
and link to iTunes.

More podcast platforms
Soundcloud is a popular podcast platform that allows you to upload your podcast, but with a limitation of time (up to 3h of uploads), then you must take a paid subscription.
- ⇒ Register a free account and start uploading your podcasts.
- ⇒ To share your audio tracks on iTunes, follow the steps below:

Homepage - Tracks - pick the tracks- click on "More" below the track - permissions- Include in RSS feed (that allows to play on podcast platforms other than Soundcloud) - save changes.

- To get your RSS, Go to Settings- content- copy RSS
- Add all tracks in RSS: All your new podcasts will be automatically shared on iTunes. https://drive.google.com/file/d/1NjNbcIe1nMNmh0GY6WMKuJ6at_kwEr_v/view?usp=sharing

Audacity is a free and open-source digital audio editor and recording application software, available for all operating systems.
It can be used to create a podcast by adding background music, reducing noise and improving the audio sound.
Activity: *A tutorial about the software audacity and its functions*.

4. Editing

Editing is the process of modifying your audio recording by removing or adding other sound elements for enhancement. On live radio, there is no editing. Preparing ahead is the key to success.

Using Anchor app:
⇒ Record a first draft of your program on Anchor app and edit it by adding intro, outro and a background music. Follow the easy steps within the app. (see tutorial on the precedent module). When done, publish your podcast.
⇒ Download your audio from the recording function of the radio and edit it using Audacity.

Using Audacity to edit
⇒ After uploading an audio voice on the platform, add a layer of the background music.
Use the tab "Effect" to enhance your podcast with equalizer, noise reduction and other functions.
When done, export the result as an MP3 audio file. Ready to be uploaded on SoundCloud, Anchor, and iTunes.
Activity: *Uploading a podcast on SoundCloud and on iTunes.*

Module 4
Technical skills for audio production

Activity- Voice to participants.
Ask participants what their digital and technical level is

1. Useful tools

Good functioning devices are a must to have the best outputs. Nowadays, mobile phones and laptops practically perform the same actions, and so you can create your radio programme using both devices. A web radio is a radio that you carry on your laptop, in the case of podcast creation, you can perform very well using only your mobile phone:
You will need of course a steady internet connection,
A functioning mobile phone or a laptop.
You can use your mobile phone as a microphone.
A device to record.
A microphone.
A podcast app to record and publish.

2. Inside the radio studio

When preparing for a radio programme, it is important to be prepared not only with the topic, but also with basic knowledge needed by a radio broadcaster.

⇒ Microphones: (*See Annex 1*)
There are different types of microphones:
The Directionality of microphones refer to whether the microphone picks up the sound from the front only or from all sides.
- *Uni directional:* Uni in Latin is "One" and refers to the fact that the sound is captured only from one source. It is perfect for interviews.
- *Omnidirectional:* Omni means in Latin "all". With this microphone, the sound is captured from all directions around the main source. It is not recommended to use if the purpose of recording is to capture the words of one person. But it is very good to capture the ambience of an event, recording a moving person.
- *Lapel microphone*: Good for interview, they are attached on the shirt at the level of the chest and are omni directional, this picks all clause sound, perfect for interviews.

a. Speaking into a microphone: prepare your voice.

Activity: *Tips how to speak into a microphone, ask participants to speak into a microphone with their natural voice.*

Mic techniques describe all the attitudes to have when using a microphone.
They are mic level, proximity, voice level, and mic angle. (*See Annex 2*).
On a radio, the "input level" (also called "gain") must be set in order to regulate the level of voice entry. So, it is recommended not to go above the red line on the monitor while speaking.
Record in a quiet room if possible.

⇒ Vocal Exercises to perform before recording your podcast.
Speaking for a wide audience is very different from speaking to a group of friends or family members. Radio is very particular because one is not seen, even though with the new media, there are live recording on social media. But the function of the radio is to be listened to. For that reason, curating one's voice is of the highest importance.

Some characteristics of a speaker`s voice:
⇒ The voice must be clear and loud.
⇒ All words need to be articulated.
⇒ Avoid abbreviations in the text, they must all be spelled out to avoid confusion, (not everyone knows what GQ means, it has to be spelled General Quarter, if that is what it meant in the context).

b. Tongue twisters

A tongue twister is a phrase that is difficult to articulate properly. Tongue twisters can be used as exercises to improve pronunciation and fluency. It is recommended to use vocal exercises at least for five minutes every day to improve the reading abilities.
Activity: *Participants can repeat some tongue twisters.*

Some examples to repeat several times:
"Betty Botter bought a bit of butter"
"The ragged rascal ran around the ragged rocks"
More examples.

c. Breathing exercise

It is possible to be out of breath while speaking for a long time if ones doesn't know how to manage the flow of words. You can use vocal sounds to improve your voice and consistency while speaking. A breathing exercise can help you achieve that goal. It is an exercise intended to promote effective and healthy breathing and breath control. It is a regular practice by talented public speakers and renowned radio speakers.

Tip: while speaking, the position of the body must be up like an "I" to allow the air to circulate well from your sternum through your mouth and vice versa.

Activity- *with participants, do some breathing exercises available on the internet.*

Example of breathing exercises
⇒ *Abdominal Breathing Technique:*
While sitting, with one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. • Exhale slowly through pursed lips. Initially repeat 3 times. You can work up to 6-10 deep, slow breaths per minute for 2-3 minutes.

⇒ *Laugh*
 Laughter is the best medicine. It can stimulate circulation and soothe tension. Laughter also increases endorphins released by the brain and produces a relaxed feeling.
• Surround yourself with a few items that make you laugh – a funny cartoon, funny photos, or a fun toy.
• Share stories with friends. Laugh at yourself, sometimes it serves as a good reminder not to take life so seriously, which can do wonders for your stress level.

Read more about breathing exercises.

3. Writing a script – Going live

a. Tips from professionals

● Write down the script on a single paper, not recto verso to avoid touching it too much. (Touching it will produce a scratch sound that will be captured by the microphone, causing a noise in your audio).
● Use a police size of 14 or above that, make sure you can easily read your text and separate each sentence by 2mm.
● Do not manipulate your paper script while reading to avoid the noise of the paper interfering with your voice.

- If reading from your phone or a computer, make sure that you set the hibernation period of the device on your reading time frame and that you have your text well distributed in order not to do abrupt interruptions. It will ruin your audio and on a live radio, it is very bad.
- Do not use acronyms that only a few people know. Everyone knows what the USA is, but very few know what DW is. So, spell the acronyms to make sure that everyone will understand what you are talking about.
- You can pick a free Music to add as background on your program /podcast at a low level.
    Activity: **_Rehearse what you're going to say._**

b. Going live – Recording your show

- Warm up your voice (breathing exercise seen above).
- Stand (or sit) up straight.
- Place the microphone a couple of inches away from your mouth *(See handout).*
- *Listen:* Listen to the voice inside your head—it can tell you when you are talking too quickly or too slowly or in a disorder way.
- *Talk*: Talk and read out loud. Read a newspaper out loud as if you were broadcasting news on the radio. Talk into a digital recorder *(your phone recorder is perfect)* and then listen to what you've recorded. What does it sound like? Repeat until you are happy with the result,
- Keep your volume steady, avoid pics of voice, highs and lows.
- Record as many times as you wish until you are satisfied.
- On radio, speak with confidence.

Module 5
Publishing and publicity

Ask participants to define what is publicity and what is marketing.

1. **New media**

For marketing and publicity, it is extremely important to maximise the use of social networks to diffuse content.

a. The social media target

It consists of the people who are most likely to be interested in what we are doing. It is the group of people that we want to attract. This audience can be based on demographics such as education, location, behaviour, age or job title. Finding the target audience will help focus on them, produce appropriate content, and so make them more likely to interact with what we are doing.

b. What social media for what content?

It has been shown that each type of social media has its own type of follower, which changes according to the age of the follower and the use they make of it.

⇒ **Facebook** is attracting an older generation of people. With only 51% (Kinsta, 2020) of teenagers using the social network, making it the least used by young people.
⇒ **Instagram** is a popular photo-sharing app for smartphones. Compared with other social networks, Instagram is focused mainly on sharing photos and videos with your friends.

2. **Targeting your audience**

AMAM is a media NGO who explores themes such as immigration, education, documentation, political rights and many other social issues. Our code of conduct is based on a humanitarian value that can be divided into several components: empathy, benevolence towards the other, political commitment, solidarity, fraternity, etc… Each of them is oriented towards a positive global vision and all its mechanisms. So, we can identify three main groups of followers:

● Active members of the international cooperation.
● Migrant communities affected by the issues addressed by AMAM.

- In a less significant part, all people who are aware of or wish to know more about the issues addressed by AMAM.
  To date, on Facebook, 68.83% of our audience is aged between 25 to 34 years old.
  17.4 % are women and 51.43% are men.
  These metrics show a young audience, so the content created needs to speak to them in tone and in visual. Drug abuse among migrant youth is an issue that destroy families

3. Curating a social media profile

⇒ **Curating a citizen journalism' profile.**
Activity – voice to participants.
Ask participants how their profile looks like on social media.
Ask if they are careful about their image online, misinformation sharing, tone of their speech, links shared, etc... If agreed, everyone will comment on their Facebook profile and update if needed.

⇒ **Dissemination on social media**

a. What day to publish?

Depending on the day of the week or the time of day, users are either very active or not active on social networks. They are more likely to use them in the morning at breakfast than in the afternoon when most people are at school or work. So, the timing of the post is very important. A good way to manage this is to, at the beginning of each week, plan each post for the week ahead, leaving room for the more spontaneous ones, posted when an event or other occurs during the week. *Facebook, Twitter and YouTube provide a feature to schedule posts in advance.*

- For Instagram, you will have to use an external application such as Hootsuite, which gives the possibility to manage 3 social profiles at the same time for free. It is now possible to link your Facebook account with Instagram and Twitter and post contemporaneously.

b. What time to publish?

Facebook sees a huge number of posts published every day, so it is difficult to define a best time to post, although several studies have sought to address this issue:

- Thursdays and Fridays from 1 p.m. to 3 p.m. are the best times to post on Facebook (Hubspot and Buffer)
- Thursday at 8 p.m. (TrackMaven)
- 1–4 p.m. late into the week and on weekends (CoSchedule)
- Off-peak (Buzzsumo)

Twitter reports the best time to post to be during weekdays from 3pm to 6pm (Central Europe Time).

For **Instagram**, the best time to post would be at 2 p.m., from Tuesday to Friday.

c. How to publish?

A well-known adage says, ***"A picture is worth a thousand words".*** So, creating content that attracts the viewer's eye is the first step to get noticed. The user will be more likely to stop by. Content with a relevant image rack up 94 % more views than content without images. Compared to other types of content, visual content is more than 40 times more likely to get shared on social media.

Instagram photos showing faces get 38% more likes than photos without faces. However, videos are the type of content that people interact with the most. It is better to upload the video directly to the application of the network you are using than to share a YouTube link, for example.
The video will automatically play when people see it while browsing their newsfeed, which will attract their attention. Many views can lead to increased reach and engagement.

Tips: On **Facebook**, it can be interesting to change up your cover photo at least once per month and remember to write a caption.

Hashtags are a good way to bring visibility to your posts and attract people. There are two ways to use hashtags to increase your social media followers:
- Use popular hashtags strategically. It is safe to use only one per tweet. There are thousands of hashtags out there—check out **Hashtags.org** and **Hashtagify.me** to find ones that are relevant to your audience and your content.
- Participate in trending topics and current events.

Tips: It is also interesting to check **Twitter** feeds regularly to see what is trending for the day. If it is something that could interest your followers, share a tweet with that hashtag.
For example, on Monday you could use the trending hashtag #MondayMotivation to share a quote or an inspiring story with your followers. People searching that hashtag may come across your post will hopefully check you out and even follow you.

⇒ **Publishing the articles online.**
Give to learners an overview of a blog creation on WIX or WordPress.

Add them as writer contributors on the blog and allow each of them to create an account and publish their articles.

Participants will share their articles on the project social media *(Instagram and Facebook),* and AMAM social media platforms.

4. A social media campaign

A campaign is a form of communication that spreads over a specific amount of time, using a specific message and displayed on specific channels of communication.

Besides using radio programs and podcasts, RadioLit runs a 3-month campaign on social media, in the form of posts and short video clips.

⇒ **Suggested campaign title:**

Say NO to DRUGS among migrant YOUTH

Activity: brainstorming ideas for the campaign. Participants will decide what to post during the campaign period, based on their knowledge of drugs addiction.

Campaign calendar:

RADIOLIT say NO to DRUGS among migrant YOUTH	M1	M2	M3
Facebook RadioLit	5posts	5posts	5posts
Instagram AMAM	5 posts	5posts	5 posts
Twitter AMAM	5posts	5posts	5 posts
TOTAL	**15 posts**		

a. Creating content for the campaign

A successful campaign is easily conducted with a quality content that meet the standards of a good graphic design, using the colour scheme of the project. **Canva.com** is a free platform that allows users to create all kinds of content to share on social media. It is possible to create logos, posters, social media timeline covers, social media posts and videos.

Activity: *participants create a Canva account and follow the step-by-step tutorials available as a PDF created by AMAM.*
Link to Tutorial.

b. Campaign monitoring

Monitor your campaign by boosting your posts, interacting with your audience and by replying to comments and generating more interest. In that way, you can spread the news about the message that your campaign wants to diffuse.
Activity: *Participants record a radio jingle for the campaign.*

Administering the social media pages

The RadioLit Facebook and Instagram accounts
Activity: *All participants accept the role of administrator of the project pages and share their scheduled posts.*

Annexes

1.

TYPES OF MICROPHONES

Large Diaphragm Microphones (LDMs) are generally the choice for studio vocals, and any instrument recording where a more "deep" sound is desired.

Small Diaphragm Microphones (SDMs) are generally the best choice where you want a solid, wide frequency response and the best transient response, which as we mentioned before, is the ability for your microphone to reproduce fast sounds, such as stringed instruments. SDMs are also the preferred choice for concert.

Shotgun Microphone are great for pinpointing the exact audio you want without the problem of audio interference from surrounding ambient noise. The mic can be manually held using a boom pole or attached to a boom stand.

Handheld microphones are typically what you see local TV reporters using. They are useful for "run and gun" type of situations.
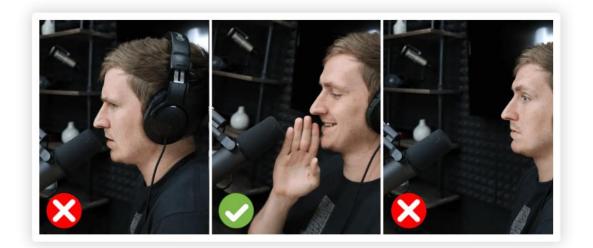
Lapel Microphones are tiny little mics, also referred to as lavalier microphones that clip to someone's shirt or tie and are usually used in a sit-down interview situation. These are great for capturing consistent audio levels as the microphone does not move around like a handheld mic. (Helpful Hint: always tuck away wires and cables for a more professional look.)

3.

Proximity

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An overview of some drugs and their effects in the brain and in the society

Document prepared by African Media Association Malta.
RadioLit Against Drugs Addiction among migrant youth project.

Drug and substance abuse

What is a drug?

Drugs are defined as any substance that can affect the way our body and mind function; the changes affected can be how we feel, think and behave. Human beings take drugs for different reasons, for instance to relieve pain, stress, or for personal reasons, and in different ways. drugs can be categorized either as legal or illegal.

Drugs make people behave and react in a certain way, and thus they at times make them to be dangerous. In this work we will be discussing different types of drugs, and their effects.

What is a drug substance?

Drug substances means an active ingredient that is intended to furnish <u>pharmacological</u> (is - the science of drugs including their **origin**, composition and usage) activity or other direct effect in the diagnosis, cure, treatment or prevention of a disease or human body, but does not include intermediates used in the synthesis of such an ingredient. It is the most important ingredient in any drug that is available in the market.

Drug abuse or substance abuse involves the use of certain chemicals for the purpose of creating pleasurable effects on the brain. This occurs when you use too much of the painkillers, alcohol, cigarette, or any prescribed medicine in the wrong way.

There is a difference between drug abuse and addiction, in the sense that drug abuse can be avoided or stopped at any time when people decide to avoid this unhealthy behaviour, while addiction is a disease you can't stop even when it causes huge harm to your body system. There is an estimate that over 190 million people are drug users around the world and the problem has been increasing at alarming rates, especially among adults under 30. Drug abuse affects different age groups and individuals from all walks of life. It's believed that men are more likely to abuse drugs than women.

How are drugs made?

Drugs are made from different sources. They include **plants** such as miraa/khat, cannabis, mushrooms, or tobacco. **Processed plant product**s such as alcohol, or heroin, synthetic chemicals. **Example**, ecstasy or amphetamines is a drug which <u>increases</u> people's energy, makes them excited, and reduces their desire for food. (Collins dictionary).

Drugs have two main types of ingredients:

Active and **inactive ingredients**, Active ingredients usually are the ones that biologically affect your body whereas inactive ingredients do not have any biological effects in our bodies. Examples are the preservatives.

Reasons why people use drugs

The reasons why people use drugs are broad and range from individual to individual, it is not only because of vulnerability of an individual, family background and status, lack of awareness on the dangers and educational status, even the high-qualified, and highly paid individuals also do use drugs. Depending on the category, and individuals, apart from psychological, emotional and physical reasons, there are so many other reasons why people use drugs.

Reasons why people use drugs.

1. <u>Influence /Environmental Factors.</u>

Oftentimes, the environment in which we find ourselves in our lives might trigger us to use drugs. Growing up in abject poverty, or in a family where everyone is using drugs, living with people who at all times use drugs, people with addiction, crimes or any other negative factor might create risk situations to those exposed in such conditions and as such, psychological they might perceive it as a normal way of life that makes them relaxed.

1. <u>Financial stress.</u>

Money at times makes people trapped, intolerable and out of control due to stress. Lack of financial stability and the means to cater or provide for one's basic needs or comforts can cause emotional and psychological stress hence triggers people to abuse drugs. They make them feel relieved and forget about the burden, although this feeling is always short lived.

1. <u>Relationships</u>

Being in a healthy relationship is of paramount importance, however, falling in an abusive relationship or an end to this relationship is always the most emotionally destructive event in a person's life. When a relationship comes to an end through a breakup, mistrust or divorce, it always leads to a negative impact on self-confidence. This affects our life cycle including career, friendships, families, and even ruining our dreams. People tend to use drugs to compensate and to

forget the end of their relationships, especially if they don't get emotional and psycho-social support.

1. Family Obligations

Typical, balancing work and meeting the family obligations can be so demanding, especially raising kids as well as meeting financial needs for the family, especially persons who come from underprivileged families, often the elders siblings taking the burden, however, when those demands fails to be met and overwhelms, they always sort to use drugs. Especially young mothers who face feelings of isolation, loneliness, and anxiety. Drug use can become an easy way for them to cope with family demands.

1. Social and Peer Pressure

This is widely accepted as one of the main well-known ways especially teenagers and young adults using drugs. Commonly known as peer pressure, people may begin using drugs because of the influence of their peers. They want to feel belonging to that group or category, and it always comes with conditions to belong or feel part, they have to share almost the same behavioural traits, and though they know the consequences of drugs, they still feel the pressure to continue using it. Additionally, younger people may experience social pressure to use drugs from all the media they consume such as television, social media, and other celebrity influences. Being attached or having a certain celebrity as one's favourite or role model has a huge impact, and whatever they consume will trigger the young lad to do just as they do, simply because of the glory they see this celebrity receiving.

Other reasons can be listed as below:

1. Enjoyment and feeling be high
2. Trauma and abuse
3. Career pressure
4. School pressure
5. Relaxation
6. Grieving
7. Mental illness
8. Boredom
9. Wanting to fit

How are drugs administered?

There are several different routes of administration for drugs of abuse including orally in the form of a pill intravenously in the form of an injection, by inhaling the substances in the form of smoke or via snorting the substance so it is absorbed into the blood vessels.

Common methods.

-Swallowing tablets or drinking liquids, by using this method, the body absorbs the drug through the stomach lining.

-Breathing them into the lungs, the body absorbs the drug through the lining of the lungs.

-Sorting into the nose, the drug is absorbed into the body through the thin nasal lining.

-Injecting, the injected drug is absorbed directly into the bloodstream.

-Through the skin, it's used in form of a cream or a patch and the body slowly absorbs the drug.

-Rectally or vaginally as a suppository, the drug is absorbed into the body through the bowel or vaginal lining.

It's important to note that, irrespective of the way or method in which the drug has been taken, it will eventually end up in the bloodstream hence affecting the body system.

Effects of drugs

Physical effects can vary. The way a drug affects your body depends on various factors:
- **The drug itself**
  -The type of drug it is, -The quantity/amount you took,
  -The strength and purity of the drug,
  -The frequency of the consumption.

- **The body**
  -Sexuality/ gender
  -Physique, mood
  -Personality, expectations
  -Type of food consumed and frequency
  -Body health

The effects of the drug on the body can depend on how the drug is delivered. For example, the injection of drugs into the bloodstream has an immediate impact.

Abusing a drug or misusing a prescription medication can produce short time effects such as:

- Loss of coordination,

-Temporary sense of euphoria,

- Slurred speech

- Increased heart rate

- Change of appetite and insomnia.

Drug abuse can affect aspects of a person's life beyond their physical health. People with substance disorder for example may experience relationship problems, difficulty in maintenance of personal hygiene and an inability to cease using a drug.

- Drug abuse can result in long-time psychological effects such as

- Depression

- Anxiety

- Panic disorder

- Increased aggression

-Paranoia and hallucinations.

Chronic drugs can cause health conditions such as cardiovascular diseases, respiratory problems, kidney damage, liver disease and overdose.

Main groups of drugs

Divided according to their major effects. Main categories are;

-Stimulants[cocaine]

-Depressants [alcohol]

-Related pain killers. [heroin]

-Hallucinogens. [LSD]

Stimulants

Stimulants are a class of drugs that speed up the messages between the brain and the body. They can make a person feel more awake, alert, confident or energetic. Stimulants include caffeine, cocaine and amphetamines.

Stimulants affect everyone differently, based on weight, the amount taken, strength of the drug among many others. Effects of stimulants include anxiety, nausea, tremor, seizures, increased body temperature, increased heartbeat and blood pressure, reduced appetite, coma and death.

Depressants

A depressant is a drug that depresses or stimulates various parts of the brain. It lowers neurotransmission levels (the process in which nerve cells pass messages from one cell to another via tiny chemicals called neurotransmitters/ basically how the body cells, nerves, neurons, tendons etc communicate from point A to point B).

Short-term effects include fatigue, confusion, poor concentration, fever, slow brain function, lowered blood pressure, depression, addiction, dizziness, slurred speech, inability to urinate and addiction. Long-term use of depressants can produce depression, chronic fatigue, breathing difficulties, sexual problems, sleep problems, high body temperatures, delirium and hallucination.

Hallucinogens

They are drugs that alter a user's thinking processes and perception in a manner that leads to significant distortion of reality. These drugs affect one's perception.

Types of drugs and their effects

In this section, we will be identifying various types of drugs commonly abused, some of them could be the over-the-counter medicines or the normal alcohol which is consumed irresponsibly by most of the youths. Having said that, due to the individual situational factors especially among the migrants, who find themselves in some awful situations, tend to be the target and the main consumers of these drugs.

Alcohol

Misuse of alcohol involves drinking alcohol in a manner, frequency or situation in which there are high chances to cause harm to the body. It is illegal to sell alcohol to underaged people.

Effects:

-It causes liver disease such as liver cirrhosis, also heart disease, depression, stroke and stomach bleeding as well as cancer of the oral cavity, oesophagus, larynx, liver or colon.

-There are high chances of drowning and causing injuries to the body from violence, falls and motor vehicle crashes, which sometimes is deadly.

- It also increases female breast cancer.

-It interferes with the functioning of the brain's communication pathways, in terms of functionality and its appearance. This usually results in the change of mood, behaviour as well as lowering the thinking capacity.

-Too much alcohol can damage the heart if it's taken too much for a lengthy amount of time.

-It can weaken the immune system making the body vulnerable to diseases.

Cocaine

A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. It's a fine white powder, or it can also be in the form of solid rock crystal.

common names: Blow, Bump, C, Coke, Crack, Dust, Flake, Nose Candy, Rock, Snow, Sneeze, Sniff, Toot, White Rock.

This drug contains some high level of chemicals which sends a message to the part of the brain that controls pleasure, which causes some intense feelings of alertness and more energy called "high".

Effects:

Paranoia, anger, irritability, loss of appetite, sensitivity to touch, hearing and sounds, sexual troubles, headache, nose bleeding, runny nose, loss of smell, heart diseases and heart attacks. **Other health issues** can be premature delivery for pregnant women, low birth weight, deficits in self-regulation and attention in school-aged children prenatally exposed. Risk of HIV, hepatitis and other infectious diseases from shared needles.

Treatment

Counselling and therapy are the only most common treatment. People often stay in the rehabilitation centres (Rehab). Having some frequent sessions with a therapist will help to overcome thoughts and change of the behaviour. There is no medicine for cocaine addicts.

Heroin

According to the National Institute on Drug Addiction (NIDA), Heroin is a very addictive drug made from morphine, a psychoactive (mind-altering) substance taken from the resin of the seed pod of the opium poppy plant. This type of plant is found in the southern parts of the USA. This drug has dominated the US markets. Heroin is mixed with water and injected into the bloodstream.

Effects:

It can lead to a rush of good feelings, it's addictive, and hence can lead to depression. It can lead to loss of sleep, the tissues inside the nose are damaged, especially people who sniff or snort. It leads to heart infections; Stomach cramping and constipation are common. Lung's problems, kidney and liver disease. Women may experience menstrual cycles changing while men may have sexual problems.

Marijuana

These are the dried leaves and flowers of the cannabis sativa, also known as cannabis plant.

Different ways people use marijuana
Hand-rolled joints, cigars or cigarettes are smoked, they often slice open cigars and replace with marijuana or do mix them.
Smoke of the marijuana can be inhaled using either the water pipes(bong)or with the glass pipes.
Vapour can be inhaled with the help of devices which pull the active ingredients from the marijuana.
Some people prefer to cook it together with food such as candys, cookies or drink in the form of tea brewed with marijuana.

Effects: It affects the eyesight, especially on brighter colours. Other effects are change in mood, reaction rate is slow, body balancing, and coordination is affected, too much appetite, memory is slowed, delusions-believing in unrealistic things, hallucination- seeing unrealistic things, false thoughts are common(psychosis). Lung's problems when too much is smoked, respiratory systems are affected as the lungs are irritated, hence causing more coughing. Increased heart rate and at

times, it doubles especially if consumed with other drugs, hence high chances of heart attack. High risk of health problems in pregnant women and the unborn baby.

Inhalants

These are gases, aerosols and solvents found in household products. For instance, spray paints, glues, cleaning detergent markers etc. Other forms are paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze, sprays, glue, hair or deodorant sprays, fabric protectors. They are inhaled or taken through the mouth.

Effects:
There are numerous possible effects related to the consumption of this type of drug. They include poor coordination and body balance, feeling dizzy all the time, poor speech, confusion, hallucination, delusion, having random headache, drowsiness; disinhibition, light-headedness, heart failure leading to sudden death, choking, suffocation, convulsions or seizures, increases sexual pleasure and heart rates. Other long-term effects are the damage to internal organs such as kidney, liver, bone marrow, and limb spasms due to nerve damage. It also damages the brain due to lack of proper oxygen circulation, leading to poor judgement, vision and motion.
Khat

This is a type of a shrub (Catha edulis) found in East Africa and southern Arabia; contains the psychoactive chemicals cathinone and cathine. Africans and Arabian people have used this type of plan for centuries for their traditional cultural activities. This type of plant is chewed, its leaves and bark of the plant. It can also be brewed as tea.

Effects:

Euphoria, increased alertness and arousal, increased blood pressure and heart rate, depression, paranoia, headaches, loss of appetite, insomnia, fine tremors, loss of short-term memory. Gastrointestinal disorders such as constipation, ulcers, and stomach inflammation, and increased risk of heart attack.
Tobacco and nicotine

Tobacco is a plant grown for its leaves, which are dried and fermented before use. Tobacco contains nicotine, an addictive chemical.
It is usually used in forms of cigarettes, vaping devices, e-cigarettes, cigars, bidis, hookahs, kreteks, smokeless tobacco: snuff, spit.

Health Effects
Short-term increased blood pressure, breathing and heart rate. Exposes lungs to a variety of chemicals. Vaping also exposes lungs to metallic vapours created by heating the coils in the device. Long-term effects are a greatly increased risk of cancer, especially lung cancer when smoked, and oral cancers when chewed, chronic bronchitis, emphysema, heart disease, leukaemia, cataracts, pneumonia.

Other Health-related Issues coming from the Nicotine affect teens; it can affect the development of brain circuits that control attention and learning. Tobacco products: Use while pregnant can lead to miscarriage, low birth weight, stillbirth, learning and behaviour problems.

Steroids (anabolic)

They are man-made substances used to treat conditions caused by low levels of steroid hormones in the body, and misused to enhance athletic and sexual performance, physical appearance.
They can be found in forms of tablet, capsule, liquid drops, gel, cream, patch, injectable solution. commonly, they are injected, swallowed, applied to skin.

Ketamine

A dissociative drug used as an anaesthetic in veterinary practice. Dissociative drugs are hallucinogens that cause the user to feel detached from reality.
They are in the form of liquid, white powder. commonly, it is Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed. They can be bought in pharmacies. Prescription formulas are injections or nasal sprays.

The short-term health effects are problems with attention, learning and memory; dreamlike states, hallucinations; sedation; confusion; loss of memory; raised blood pressure; unconsciousness; dangerously slowed breathing.
Long-term effects are ulcers and pain in the bladder, kidney problems, stomach pain, depression, poor memory. Other health-related issues are the fact it can be used as a date rape drug. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

Prescription opioids

They are pain relievers with an origin similar to that of heroin. Opioids can cause euphoria and are often used nonmedically, leading to overdose deaths. They are in the form of tablets, capsules, and liquids. They are commonly Injected, swallowed (often mixed with soda and flavourings)

The short-term effects are pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.

The long-term effect is a high risk of overdose or addiction, if misused. Other Health-related Issues are miscarriage, low birth weight, neonatal abstinence syndrome. For older adults, there is a higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many

older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

Central nervous system depressants

They are medications that slow brain activity, which makes them useful for treating anxiety and sleep problems.

They are taken in the form of pills, capsules, and liquid. They are usually swallowed, injected.

Short-term possible health effects are drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing. Other health-related issues come from the fact that sleep medications are sometimes used as date rape drugs. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

Over-the-counter medicines--loperamide

An anti-diarrheal that can cause euphoria when taken in higher-than-recommended doses.

They are in the form of tablets, capsules, or liquid and are swallowed.

In the short-term, they can control diarrhoea symptoms. High doses can produce euphoria. May lessen cravings and withdrawal symptoms of other drugs. Other health-related issues are fainting, stomach pain, constipation, loss of consciousness, cardiovascular toxicity, pupil dilation, drowsiness, dizziness, and kidney failure from urinary retention.

Prescription stimulants

Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate.

They are in the form of tablets, capsules and can be swallowed, snorted, smoked, injected.

The short-term health effects are increased alertness, attention, energy, increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. In high doses, they lead to dangerously high body temperature and irregular heartbeat; heart disease; seizures.

In the long-term, they create heart problems, psychosis, anger, paranoia. Other health-related issues are risk of HIV, hepatitis, and other infectious diseases from shared needles.

Source: Commonly Used Drugs Charts, by National Institute on Drug Abuse

Radio Literacy against drugs addiction

#RadiolLit

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