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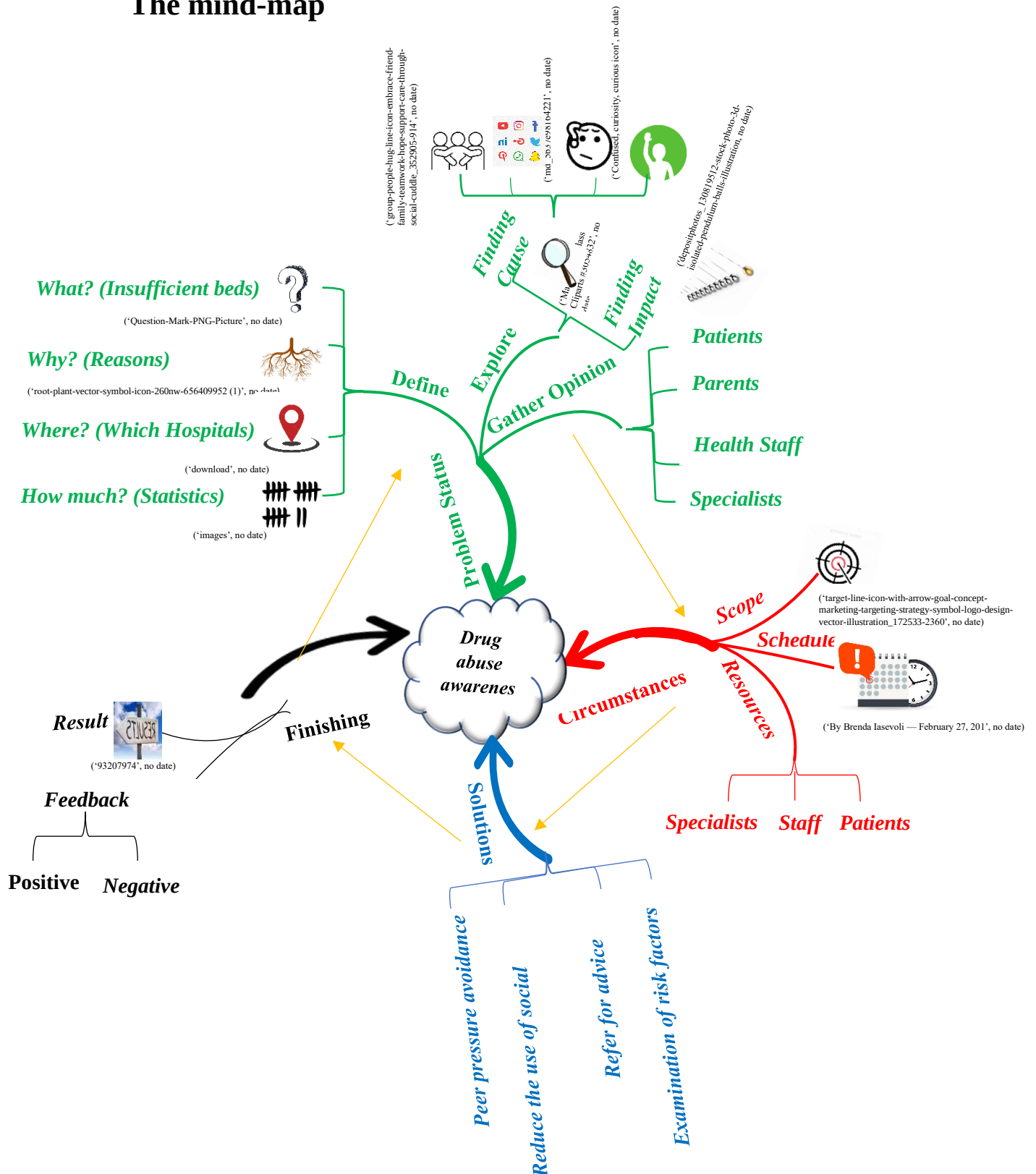
Module Code: BMHP5014

CREATIVITY AND VALUE CREATION – E- PORTFOLIO

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The mind-map



Explanation of the mind-map

This mind map is created to represent my series of awareness programs on "How to prevent substance abuse among students in Sri Lankan schools", visually. I am going to conduct this series of programs in at least five schools in each district. The project plan and other information will be discussed under the following topics.

Under this, I am going to discuss what is the problem or gap I have identified related to health and social care, what are the reasons behind it, where this problem can be seen and statistical information to prove the problem.

What?

There is a rapid increment in illegal substance abuse and smoking among students in Sri Lankan schools. Different types of illegal substances are used by Sri Lankan school children regularly. Strategies are needed to prevent further aggravation of such types of behaviors (Liyanage *et al.*, 2013).

Why?

Their parents' substance abuse habits, and seeing celebrities consuming alcohol and smoking on television makes children being in 16-17 age to use alcohol and smoke. On the other hand, attempting suicide have positively associated with this increment in alcohol consumption Senanayake *et al.*, (2018).

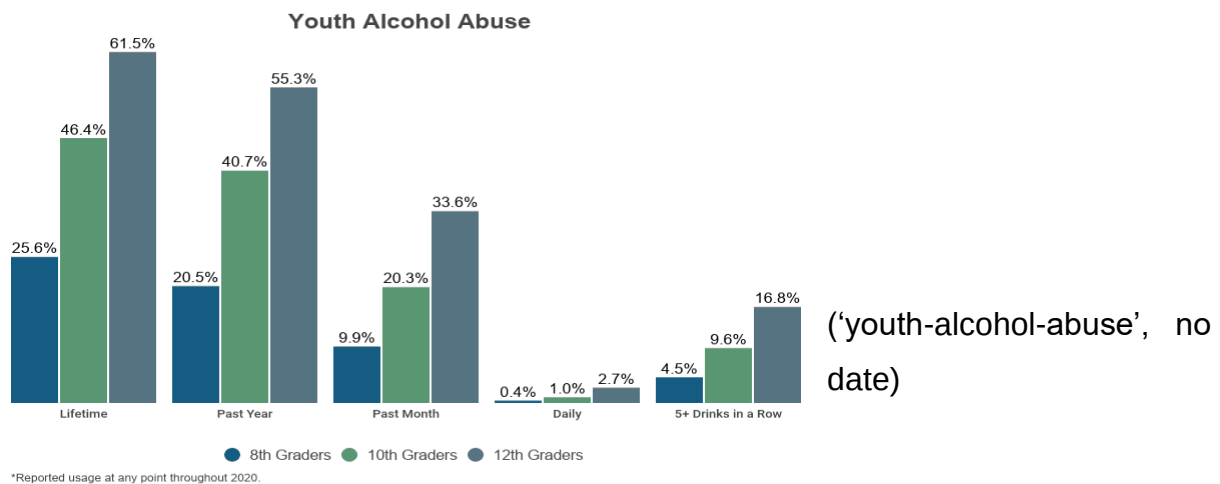
Where?

The reported values of use of heroin, cannabis, Ice drug, alcohol, and smoking is very less in Colombo than in other countries. But, within Sri Lanka, the highest value is represented by the Colombo district. Among them, the majority is represented by the children who live in hostels Liyanage *et al.*, (2013).

How much?

According to the (2021, p. Colombo Gazzete), nearly 100,000 Sri Lankan school children are addicted to substances present. According to the Deputy Inspector General, the discussion is held on arranging a long-term program to eliminate this problem.

If we focus on the universe, most school children are lifetime adductors to drugs.



I hope to explore the cause and effect of substance abuse under this part because it will be very important to have an idea about the root causes and effects of substance abuse to conduct my program.

Finding Causes

Pressure from peers

Friends could be the major source of information on the availability of drugs for the users. The preferences and interests of the friend groups have an important impact on a person's willingness to use the substance. Most of the researchers have done several studies and found that starting to abuse substances will lead to associating with substance-abusing friends which will lead to exposing an individual to other types of drugs Ongwae, (2016).

Social media

Social media addiction is an important cause of substance abuse. Social media addiction was higher in the patient group than in the control group Turhan Gürbüz *et al.*, (2021).

Curiosity

In most cases, some school students use drugs because they are curious about how using drugs will feel.

Patients know the real suffering of substance use. Parents are the ones who are

always with children. Health staff and medical specialists can explain the solutions to this problem scientifically. So, gathering their opinions before the conduction of the program is very important.

Circumstances

This is not only a traditional awareness program. This is a unique series of activities. It includes a role play, I bring some celebrities to address the students (because youngsters are more likely to follow them), some funny activities, etc.

- Who – School students.
- Where – Sri Lankan schools.
- How much – 5 schools from every district.
- Items – Awareness sessions, role play, activities

Having a plan with dates is very important to complete the desired outcomes of the program timely. So, the following is the template schedule for conducting this project.

No.	District	Name of the school	Areas to cover	Date and Time

There are several resource persons to use. Having staff and specialists are very important in applying medical theories and patients are important in explaining life-related experiences.

Solutions

The concept of "friend pressure", is the primary source of engagement with substance abuse Pilkington, (2007). (I was supposed to use role-play to convey this). So, I have to teach them

- Be confident in saying peer pressure for drugs
- Avoid or skip tempering situations.
- Being alone is better than having bad buddies.

I have to teach them how to reduce it and how to invest their valuable time in useful

things. Advice could be either medical or mental bits of advice. I hope to use several activities to identify students with a serious addictions. And this advice could be on either students or parents. Because Parent monitoring was negatively correlated with substance abuse. If parents are addicted to alcohol, children follow them Griffin *et al.*, (2000).

Conclusion

If we start to do something with a plan, finishing also should be done with a plan. So, I also include the finishing into this mind map. Results of substance awareness programs can be measured by using several ways including how they restore family connections, progress in their work, how much they improve their social skills, etc. Tobler, (1986).

Finally, I plan to collect feedback from students, teachers, and parents for my future use. Feedback can be either positive or negative.

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Internet source

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Introduction

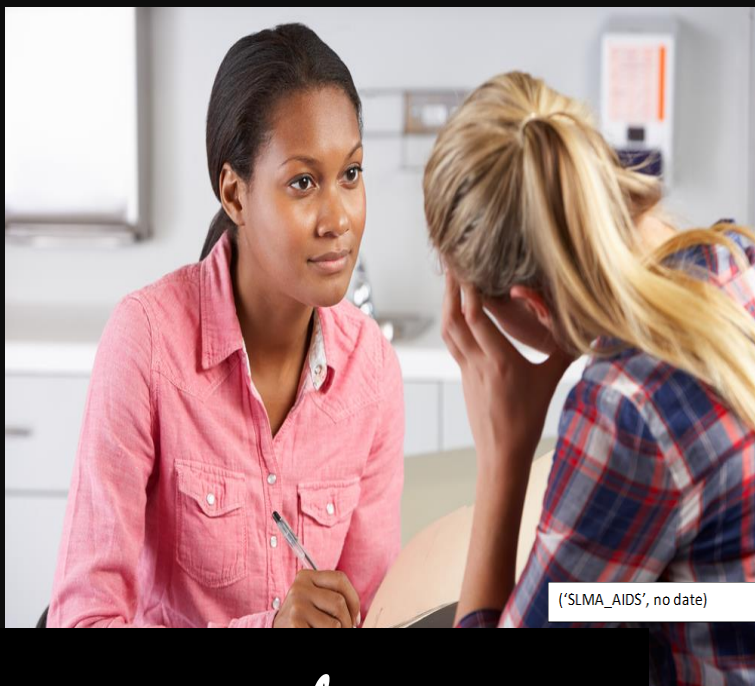
As per the task of the assignment I have chosen to design a poster, to promote a campaign on awareness conference about HIV aids. Here, all the data I have used in the poster is assumed.

HIV/AIDS has identified more than 20 years ago. But it has continued to run away from all expectations in the seriousness and scale of its impact. It has been identified that 36 million people in the world are currently infected and live with AIDS and more than 20 million people died due to HIV AIDS Piot *et al.*, (2001).

Based on these factors, I have decided to do task five with the help of the above campaign.

Do You Know?

*Everyone in seven
living with HIV
unaware of infection!!!*



HIV Awareness conference

You may have problems with,

- Am I infected with HIV?*
- How do I know about it?*
- If so, does society ignore me?*
- what should I do to prevent and what can I do if I am infected?*
- If so, does anyone there to help me?*
- From where I can check*

*ABC Health association is
going to conduct an awareness
conference on HIV aids. We
arrange a specific day to raise
awareness of the HIV aids
pandemic and for remembering
our beloved who died due to
aids*

*If you are suffering from the
above problems,*

*Don't worry, we are here for
you!*

Date: 22.03.2023

Time: 10.30 AM

Venue: City Auditorium



*Come, Let's discuss all
your problems!*

Explanation

My tactic to get the attention of my audience is using a photo that doesn't give a very clear idea about what is included in the poster. I have used a photograph of two girls. And the first press also leads to getting some attention. According to the press, each one in seven is infected with HIV without knowing that. It can make a question in the viewer's mind if he or she also can be an infected patient, but he/she doesn't know about it. Then, he/she will start to read the whole poster.

To get involved with the people at this conference I have used five questions. After reading of first unique press, they will have those five questions.

There are several social, personal, and cultural barriers to testing HIV including fear of death, discrimination from society, fear of isolation, fear of stigma, etc. Fakoya *et al.*, (2008).

Therefore, people hesitate to check for HIV. If I make sure to discuss all those problems at the conference, they will impress to participate in it.

Content of the conference

A brief introduction about HIV and statistical information about the current situation of HIV in the universe as well as Asia.

The Spread Of AIDS started late in Asia. HIV was first recognized in Asia in the 1984 – 1985 period. Even though AIDS is not a big matter in Asian countries, HIV infections are still there in Nepal, (2017).

They should be aware of a way to recognize HIV.

HIV can be identified through proper library tests. Patients with HIV may have a rash, fatigue, fever, etc. (JORDAN B. GLASER, 1999). People should be advised to check their blood if they have the above-mentioned symptoms.

They should make aware of the availability of labs to check HIV. Even though the prevention of HIV is very complex, we can personally take steps to protect ourselves from HIV. Although programs are conducted at a universal level, it is most important to make aware people of the prevention of HIV Piot *et al.*, (2008).

So, prevention methods will be mentioned and discussed at the conference.

What should an infected person do? (what can I do if I am infected?)

This is the most important problem of the whole conference. Most of the infected people do not aware of it. But some people do not take treatments even though they are infected. Because they are fear of society. There is a wrong myth about HIV in this universe. People think that HIV can be infected only through sex. I hope to drop that myth at the conference.

People hesitate to test for HIV due to the problems coming from society and fear of death Luginaah, Yiridoe, and Taabazuing, (2005).

Who can help? (If so, does anyone there to help me?)

They should make aware of doctors, specialists, institutes, counselors, and other related people available there to help HIV/AIDS-infected patients.

The conference is conducted not only for aware people but also for memorizing the people who have died due to AIDS. This is the way to build trust with them. This is the way to make them more confident. And this is the way to acknowledge, that HIV infected and even the people who have died due to HIV are very valuable to this universe. The major objective of doing that is to make them more confidential in testing HIV and taking treatments to control HIV.

Finally, I have made a statement to make them stronger. The major purpose of that is to acknowledge that they are not isolated here. We all are here to help them. One of the most effective ways to prevent HIV is preventing the isolation of people who are suffering from HIV AIDS. They should not isolate in society Skinner and Mfecane, (2004).

Conclusion

I have designed this poster to promote a campaign on HIV AIDS awareness conference. A poster is an effective way of acknowledging people and promoting something King *et al.*, (2005). I want to promote the idea of making confidence in HIV-infected people.

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