

# PRIMARY PREVENTION

OF TOBACCO  
AND EARLY  
ONSETS OF  
ALCOHOL



PREVENTS NARCOTICS

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## The Contract Concept

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**Only smokers become drug addicts - in principle**

**Only smokers become alcoholics - in principle**

“Teens who smoke are nine times likelier to meet the medical criteria for past year alcohol abuse or dependence and 13 times likelier to meet the medical criteria for abuse and dependence on an illegal drug than teens who don't smoke” (Source: CASA, Columbia University)

**'SMART' works according to scientific research**

(NGO) SMART succeeds in preventing or delaying the onset of tobacco, alcohol and illicit drugs. The target group is youth from 10 to 16 years of age (or from 13 to 16).

SMART's drug prevention is maintained by positive reinforcement and individual contracts with youth in local communities. All pupils in a community are invited to become members in an attractive Smart Club. To join, they choose to sign a contract where they promise not to smoke and/or drink alcohol for a year (at a time).

The contract sheet is also signed by a parent, which leads to fruitful talks at home. The positive reinforcement mainly consists of activities, lotteries and discounts in local shops. SMART represents 31000 young members in Sweden. The method is spreading and has so far reached Finland, Norway, Russia, Lithuania, Latvia, Belarus, Denmark, Estonia.

**The Contract Concept**

This drug prevention method is called The Contract Concept. It is based on modern science. Contact us with your questions and for support regarding the concept. You may use this method for free. This is for the youngsters and their families! And society.

**Delegates to WFAD - SMART has joined World Federation Against Drugs.** We were one of the co-partners organising the first Forum in 2008. Please, send us your mail address and we will send you our abstract. All the best!