

## PROBLEMS OF FORMING A HEALTHY LIFESTYLE AMONG YOUTH (IN THE EXAMPLE OF THE FIGHT AGAINST DRUG DRUGS)

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### Abstract:

: In this article, the fight against drug-related crimes is carried out not only with the application of criminal legal norms, but also with the use of mass media and administrative legal norms, in this regard, especially "Family and Society" It is justified that the development of educational programs among minors is one of the main tasks of the team of the institute.

**Keywords:** Drug addiction, terrorism, Crime, delinquency and youth, "Family and society", drugs. "Council of Spirituality and Enlightenment".

### Introduction

As part of the large-scale reforms implemented in Uzbekistan, special attention is paid to promoting a healthy lifestyle among the population, building immunity against narcotic drugs and psychotropic substances, as well as ensuring human health.

At the same time, the emergence of new types of synthetic narcotic drugs and powerful substances in recent years, which are easily distributed among the population, especially young people, without the human factor, using the social networks of the Internet, hinders the activities of the responsible state structures in this regard "All demands the need to bring it to a new level in terms of quality based on the priority idea of "efforts for human dignity".

"... If we take into account that today there is a fierce struggle to capture the minds and hearts of the population, especially young people, and that threats such as religious extremism, terrorism, drug addiction, and "mass culture" are increasing, the upbringing of our children, spiritual it is necessary not to slow down our work in the field of education, but to raise it to a new level", says the President of Uzbekistan Sh. Mirziyoyev.

Drug-related crimes were fought not only with the application of criminal legal norms, but also with the use of mass media and administrative legal norms. In this regard, the team of the "Family and Society" institute conducted educational programs among minors. In the trainings, young people will develop knowledge and skills on how to deal with people around them, how to establish relationships based on trust and partnership, how to form a team. In particular, since 2000, the employees of the institute have been working in cooperation with UNICEF on a special program for the treatment of youth addicted to drugs. In 2000, a survey was conducted on drug use and its negative consequences in schools of the Tashkent region.

The team of the institute regularly held seminars on the treatment of drug addicts. Until the summer months, he worked in schools, lyceums and colleges, and in the summer months in health centers. During 2001, the team of the institute held 105 seminars on this topic. Psychologists, lawyers, and doctors who returned from special training in cities such as Moscow, Kiev, and Bishkek conducted promotional training sessions.



The UN has been providing practical assistance to world countries in this regard. In particular, the films presented by the UN had an impact on the meaningful course of training sessions. In August 2001, the Institute of "Family and Society" held 4 trainings on the topic "Methods of treatment of drug addicts". In these trainings, the heads of the school's scientific department, psychologists and trainers improved their qualifications.

Social research shows that when a survey was conducted among young people who use drugs, 71.4% of them said that they used drugs because they were interested in trying them, and 10% said that they used them in discotheques. It was found that 74 percent of them consumed alcohol or drugs because of a conflict with their parents.

One of the anti-drug campaign events, the Youth Festival "Anti-Drug Extremism" was held in Tashkent on September 27, 2005. The youth festival was held in the Mirzo Ulugbek Park of Culture and Recreation in Tashkent. The intended goals and tasks of the Cabinet of Ministers of the Republic of Uzbekistan in paragraph 6 of the State program "Year of Health" of January 25, 2005, against drug use, smoking, interest of young people in extreme sports, organization of informative advertising companies that strictly reject drug use, public concert shows, competitions, etc. The first stage of the festival is the Ministry of Higher and Secondary Special Education, the Vocational Education Center of the Republic. It began with the development of the Regulation in cooperation with the "Youth against drug addiction" competition in the nominations of the intercollegiate "Best Essay and Poster". 18,380 students took part in the competition, 16,620 of them were college students, and 1,760 were high school students.

The main organizers of the festival are the Tashkent city administration, the Ministry of Culture and Sports Affairs, the Ministry of Higher and Secondary Special Education, the Vocational Education Center, "Kamolot" YOIH, "For a Healthy Generation" international charity fund. "Edelweiss" is a youth club, stage decorations, drug-exposing pictures made by students themselves, and exhibitions were prepared by them in a unique way.

Plan of activities to ensure the implementation of the decision of the President of the Republic of Uzbekistan dated August 25, 2006 No. was compiled. According to it, in all industrial enterprises of the regions, in the district centers, on farms, more than 44 scenes containing scenes condemning vices such as drug addiction, terrorism, and religious fanaticism were shown.

In February 2008, the month "Fight against drug addiction among young people" was held in Uzbekistan, during which "Drug addiction is the plague of the century", "Og Meetings and discussions were organized on the topics "toward a world without him". Different quizzes were organized for pupils and students, stage performances were organized about the consequences of drug addiction. The film "Ayanch va kulfat vabosi" and interviews of internal affairs officers had a particularly strong impact on the education of young people. It was explained to the population that it is also a crime to grow, cultivate, store and sell plants containing narcotic substances.

On June 10, 2009, special commissions were established in each city and district within the framework of the "Month against drug addiction", and the members of these commissions held a meeting together with local educational institutions, and assigned tasks based on the results. Comprehensive measures to strengthen the health of minors and prevent them from entering the path of drug addiction were regularly carried out in cooperation with official organizations.

Therefore, in the fight against drug addiction in educational institutions, it is necessary to explain in depth its tragic consequences among young people, to clarify the nature of drugs in general,



and the relevant clauses in the legislation.

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