

# *The Role of Family to protect Youth from drugs*

دَوْرُ الْأُسْرَةِ فِي حِمَايَةِ الْأَبْنَاءِ مِنَ الْمُخَدَّرَاتِ

نئی نسل کو منشیات سے محفوظ رکھنے میں فیملی کا کردار

**Khutbah Selection: Hafiz Sajjad**

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*Dear Parents:* Our children are a weighty trust placed upon our shoulders and we will be accountable for how we have rendered this trust in front of our Lord. The Prophet (PBUH) said:

كُلُّكُمْ رَاعٍ وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ، الْإِمَامُ رَاعٍ وَمَسْئُولٌ عَنْ رَعِيَّتِهِ، وَالرَّجُلُ رَاعٍ فِي أَهْلِهِ وَهُوَ مَسْئُولٌ عَنْ رَعِيَّتِهِ. ---

(البخاري ومسلم)

*Every one of you is like a shepherd (guardian) and is responsible for his flock (responsibility). The Imam is guardian for his community. A man is guardian of his family/home and he will be questioned about his family....*

[Bukhari and Muslim]

What does it mean to be a *shepherd*? It means to be someone who is protective and trustworthy. Someone who is responsible and adheres to the protection of what they have been given as a trust. This trust is one embodied by all mothers and fathers, to protect their children that have been gifted and entrusted to them. All parents have been made caretakers, for all children are deserving of care. It is their right upon parents that they give them the best of care and upbringing. *This entails that parents should be aware of their children, their likes and dislikes, their ideas and the company they keep.*

The family home should be a place of refuge for the children, their fortress by which they are protected, and their first school, where they are born, nourished, cared for and where they learn from. It is for this reason that Allah states that the family unit should be based on a foundation of love and affection, to enjoy the fruits of mercy and cohesion, tranquility and peace. Hence, He says:

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ  
بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً

*And of His signs is that He created for you from yourselves mates that you may find tranquility in*

*them; and He placed between you affection and mercy. [Qur'an:30:21]*

In order that children growing in the shade of such a cohesive family are sheltered and nourished, it is essential that they should be protected from all kind of ***social evils***.

The majority of those children who have fallen into the substance abuse of addictive drugs were said to have come from ***dysfunctional families***. Their parents and wider relatives paid no attention to the wellbeing of their children and the result was the children sought comfort elsewhere. In contrast to this, many families through intimate sense of protective care and cohesiveness were able to raise children who became distinguished in their morals and deeds. Children who excelled not only in their academic studies, but more importantly their character, going on to become assets to their wider communities and ultimately sources of pride to their nations.

Indeed, the development of a sense of having faith (***Iman***) and a deep-felt spirituality (***sense of practice of Deen***) in the hearts of our children is one of the primary means by which we can protect them from drugs, so parents should pay special attention to this.

This was the way and wisdom of Luqman al-Hakim who the Quran notes as giving his son advice, wherein he reminded him about strengthening his son's faith on Allah swt. He said:

يَا بُنَيَّ إِنَّهَا إِنْ تَكُ مِثْقَالَ حَبَّةٍ مِنْ خَرْدَلٍ فَتَكُنْ فِي صَخْرَةٍ أَوْ فِي السَّمَوَاتِ أَوْ فِي الْأَرْضِ يَأْتِ بِهَا اللَّهُ إِنَّ اللَّهَ لَطِيفٌ خَبِيرٌ

*[And Luqman said], "O my son, indeed if wrong should be the weight of a mustard seed and should be within a rock or [anywhere] in the heavens or in the earth, Allah will bring it forth. Indeed, Allah is Subtle and Acquainted. [Qur'an:31:16]*

This example entails that we should strengthen the relationship of our children with their Lord, instilling in them the sense of self-governance or mindfulness of their Creator at all times.

We should provide for them a safe educational environment, whereby they can have a degree of spiritual, psychological and physical protection, steering them away from all forms of negative behavior, shunning all distrust and suspicion, all in accordance with the words of the Messenger of Allah (peace and blessings be upon him) who said:

دَعْ مَا يَرِيبُكَ إِلَى مَا لَا يَرِيبُكَ

*Leave that which makes you in doubt for that which does not make you in doubt.*

*[Tirmidhi]*

Parents should sit with their children in a *family atmosphere of love and mutual affection*.

Indeed, the Messenger of Allah (PBUH) used to sit with his family and he used both converse and listen to what they had to say. In this regard Ibn Abbas (R.A.) narrates that:

*“I [Ibn Abbas] once stayed overnight in the house of my aunt Maimuna. The Messenger of Allah (PBUH) talked [i.e. both conversed and listened] with his wife for a [significant] duration of time and then went to bed”.*

Parents should likewise give their children their time, not just time but *quality time*, expressing their love and interest in their affairs, devoting a certain amount of their attention and precious moments to them. This requires true communication, which entails empathy, the ability to act as their friends, *to counsel them in their situations*, listening to their opinions and concerns as well, collaborating with them, and sharing their hopes before proposing resolutions to their problems. Note that the Prophet (pbuh) said:

إِذَا أَرَادَ اللَّهُ عَزَّ وَجَلَّ بِأَهْلِ بَيْتٍ خَيْرًا؛ أَدْخَلَ عَلَيْهِمُ الرِّفْقَ

*When Allah swt wants something good for a family, He enters in them [i.e. their hearts] gentleness.*

[Ahmad]

Indeed, it is affection that brings about connection, instilling *mutual understanding* and closeness between parents and their children. This is especially important, because if children do not find in their homes an example that speaks to their minds, and a love that draws in their hearts; they tend to turn to their companions and friends, and the Prophet (pbuh) said:

الرَّجُلُ عَلَى دِينِ خَلِيلِهِ؛ فَلْيَنْظُرْ أَحَدُكُمْ مَنْ يُخَالِلُ

*A person follows the path (habits, views) of his friend, so each one of you should consider whom you make friend. [Tirmidhi]*

In this is a call and warning to parents to get to know the friends of their children, to guide them in ensuring that they have the best companionship, who will take them towards that which is good and keep them safe from the doors of evil.

Studies have indicated that up to 90% of those addicted to drugs availed them for the first time through an introduction by 'friends'.

These drugs not only destroy a person's health but also can put an end to a person's life, and Allah has forbidden a person to kill or destroy himself. For Allah says:

وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا

*And do not kill (or harm) yourselves [or one another]. Indeed, Allah is Merciful with you.*

[Qur'an: 4:29]

And what type of murder is worse than what drugs do? As a destructive vice it results in a slow, torturous death, resulting in the psychological tension and affliction of addiction, psychological and behavioral disorders. It tears apart families and destroys societies. Addicts not only lose their money, they lose their sanity, quality of life, they destroy their relationships and their lives. This is why the Messenger of Allah (pbuh) prohibited it and warned us against it when he said:

كُلُّ مُسْكِرٍ حَرَامٌ، وَمَا أَسْكَرَ كَثِيرُهُ فَقَلِيلُهُ حَرَامٌ

*“Every [addictive] intoxicant is haram and whatever causes intoxication in large amounts, a small amount of it is (also) not allowed.”*

[Ibn Majah]

The Messenger of Allah (pbuh) is reported to have said about drugs and intoxicants:

إِنَّهَا مِفْتَاحُ كُلِّ شَرٍّ

***It is the key [door] to every evil.***

[Ibn Majah]

This is because it destroys the intellect which is a gift that Allah has bestowed upon human beings. So, the more a person engages in such an addictive vice the more he opens the door of evil to his mind and heart, eventually destroying both.

It is our responsibility to keep our children safe, to preserve their stability and contentment by keeping the vice of drugs far away from them.

Additionally, from the most important things parents can instill in their children is to fashion their characters as people of high aspiration. This is so they are able to invest their energies, utilize their time, and develop their skills and talents to the best of their potential.

Indeed, parents should develop their children with knowledge, their engagement with the society, encourage them to take part in community activities and engage in *voluntary work*.

Sayyidina Ali ibn Abi Talib (R.A.) narrates:

عَلِّمُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ الْخَيْرَ

*Teach yourselves and your children the good.*

[Mustadrak]

Parents should thus encourage their children from a young age to take responsibility upon themselves, *attaching their hearts with the masjid*, encourage them to attend the gatherings of knowledge and instilling in them a discipline, respect and engagement which gives them a sense of seeking excellence. An attitude like this will ensure that they do not fall prey to the clutches of drugs and its promoters.



Finally, if you as parents find any of your children displaying any **signs** of substance abuse; do not delay, **seek specialist health advice** immediately in order to preserve the life and future of your child.

Additionally, as a community and as a wider society, it is important for us collectively to facilitate to those who are recovering from drugs addiction. We should **welcome back** to those who may have fallen but are trying to get up. We should embrace them into our hands in a **spirit of mercy and compassion (not judging them)**, as this not only encourages them in their recovery but serves as a cause of hope and motivation for others to follow the same course.

May Allah safeguard our children, giving us Baraka in our families. and may He assist us all in the way of piety and obedience and give us the ability to be dutiful towards our responsibilities in accordance with the verse of Quran:

*O you who have believed, obey Allah and obey the Messenger and those who are responsible/ have authority among you.*

[Qur'an: 4:59]

هَذَا وَصَلُّوا وَسَلِّمُوا عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ، اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى  
سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ

And with this, let us send our prayers and blessings upon our Prophet, Muhammad. O Allah send Your peace and blessings upon him, and upon his family and his companions.

I say this, and I seek forgiveness for me and for you, so seek His forgiveness, for He is the All-Forgiving and the All-Merciful.

أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ، فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ  
الرَّحِيمُ