

## IOGT-NTO

Come with us!

In this leaflet you can read about how IOGT-NTO makes a difference. A difference for children and adults. A difference for families as well as society. You will also get to read about how we work and what we accomplish. It will take you a couple of minutes to read this leaflet and we hope that it will give you some answers as well as raise some questions. And off course we hope that you will be interested in joining us.

Welcome!

### Our Members

Our members come from many different types of backgrounds. There are children of addicts, former addicts, Muslims, Christians and Atheists. There are young and old people, famous and infamous. They have joined us to make a difference, and for the feeling of solidarity.

IOGT-NTO works socially, preventive and with alcohol policies. Every year we carry out a variety of projects, seminars, campaigns and educations. But we want to do more, be seen more and reach more people. Together, it is possible.

“My parents were alcoholics. Not the average drunk you would find on a park bench. But that didn’t make a difference. The park bench might as well have been standing in our living room. I joined IOGT-NTO because I wanted to do something about the future. Here I found the possibility to make a difference. And I found hope.”

Lars Wannberg

### About Us

We are the largest sobriety organization in Sweden. We are politically and religiously independent. If you want to live a sober life and if you share our vision of human equality you are welcome as a member.

### Our Three Working Areas

Alcohol  
and drug  
policies

Social  
work

Preventive  
work

## **Alcohol and Drug Policies**

In our work with alcohol and drug policies we appeal to politicians and other decision-makers at all levels of society. We want to enhance their knowledge and bring about political decisions that will reduce alcohol related problems and improve public health.

## **Social Work**

Through our social work we offer a feeling of solidarity and support for people who have, or have had problems with alcohol or other drugs in order for them to live a sober life.

For people with a background in addiction and their relatives there is a possibility for a drug-free association. We arrange activities, occupation and the possibility to make new contacts.

In many places we offer peer support. We also run the treatment center Dagöholm. Through family camps and the campaign White Christmas we support and pay attention to the approximately 385 000 children who grow up with parents with hazardous drinking.

## **Preventive Work**

Youth's that drink alcohol are an adult problem, and the adults that are close to the youths are the ones that can make a difference.

In our preventive work we create conditions to decrease alcohol related problems. We work to decrease the alcohol consumption of adults and to make adults take responsibility to make sure that children and youths under the age of 18 do not drink alcohol.

We have developed several methods for parents and adult leaders that get in contact with youths, to make them postpone their alcohol debut. Via these methods adults get a chance to meet, learn more and discuss different approaches.

"alcohol has never been an alternative for me, but I don't know how many times I have met people that tries to convert me and make me take my first drink. Should it really be so hard to get respect for that? With time it has become a little better, but that might as well be because people don't want to mess with an old lady"

Maj-Lis Lööv

## **The Tenets of the IOGT-NTO Movement**

IOGT-NTO is part of a global public education movement that is based on the principle of equality and rights of all people, without distinction. People that have committed themselves to sobriety have gathered within the IOGT-NTO movement and they share the desire to work together for improved living conditions for all people.

The three tenets that we are working from:

### **Democracy**

Everyone has equal value and equal rights to affect society. We work for a democratic society with equal basis for personal development, freedom and participation. All members of IOGT-NTO has the same possibility to make their voices heard and the activities are based on the members wishes.

## **Solidarity**

People are interdependent and have a charitable responsibility, now as well as in the future. A world where everyone gets to be a part of welfare and safety is a precondition for personal development and solidarity. Through our establishment we want to create solidarity on an equal basis – locally, nationally and globally.

## **Sobriety**

In our endeavor for a better world we choose a life free from alcohol and other drugs since they are a strain on both individuals and society, and they are an obstacle for human development. Through our commitment to sobriety and our establishment we challenge the standard way of thinking about alcohol.

## **Membership**

As a member you are welcome to be a part of our community. It is your own choice if you want to work actively in any of our working areas. You can also get involved in a local group. It is also your own choice to what extent you will attend events that we invite you to. We have a lot going on around the country and there are many possibilities to find what you are interested in, or passionate about.

The membership fee for IOGT-NTO is 50 SEK for the first year. Thereafter the fee is 150 SEK per year.

## **The Membership Pledge**

As a member of IOGT-NTO I promise to work towards a better society according to the IOGT-NTO movement's tenets. Thereby I promise to live in sobriety, and not use alcohol beverages that contain more than 2,25 vol%, narcotics or anything else with intoxicating effects.