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Poverty, unemployment, lack of educational opportunities, and limited access to essential amenities can all contribute to drug abuse. Peer pressure, trauma, and mental health concerns can all raise the likelihood of drug usage. Drug availability and accessibility, including illicit substances, can also contribute to their abuse. Drug supply and distribution can be facilitated by factors such as open borders, inadequate law enforcement, and insufficient drug control systems, especially for teens and youths in Tanzania.

Drugs and human rights are inextricably linked in Tanzania, and managing the drug problem while preserving human rights is challenging. Like many other countries, Tanzania faces human rights difficulties when dealing with and combating all elements of narcotics. Tanzania faces several unique issues including but not limited to;

* Criminalization and stigmatization: Drug use is criminalized in Tanzania, resulting in stigma and discrimination towards drug users. This can limit their access to healthcare, social services, and employment possibilities, infringing on their right to dignity and non-discrimination.
* Arbitrary arrests and Detention: Arrests and detentions have been related to the enforcement of drug prohibitions in Tanzania. Due process rights, such as the right to a fair trial and legal representation, are not always upheld, leading to human rights violations.
* Overpopulation and Inhumane Conditions in Prisons: Individuals incarcerated for drug-related offenses contribute to prison overpopulation and inhumane conditions. As a result, the right to sufficient living circumstances, healthcare, and protection from cruel, inhuman, or degrading treatment may be violated.
* Access to Health programs: It is critical to defend the right to health by ensuring access to evidence-based drug prevention, harm reduction, treatment, and rehabilitation programs. However, limited healthcare infrastructure and budget constraints make it difficult to provide effective treatments, particularly in remote places and poor neighborhoods.
* Drug-related concerns disproportionately affect specific vulnerable populations in Tanzania, including women, youth, and marginalized communities. While some of them if not all experienced prejudice, marginalization, and limited access to education, healthcare, and support services.
* Balancing Law Enforcement and Human Rights: Although it is difficult to strike a balance between law enforcement measures and defending human rights this is something that needs to be done if we are interested in protecting human rights and avoid jeopardizing them, especially if the reliance is exclusively on punishment rather than addressing the underlying social and economic conditions that contribute to drug misuse.

Addressing these human rights issues necessitates a multifaceted approach that includes harm reduction methods, access to justice, and the integration of health and social support systems. To ensure a human rights-centered approach to drugs in Tanzania, it is critical to support evidence-based policies, enhance legal frameworks, and engage in meaningful communication with impacted groups. Collaboration with international partners and organizations can also be beneficial in resolving these issues and possibly ending them for good. It might be a hopeful thinking but together we can be the change.