

What is a Drug? Effects of Drugs

Any substance that alters the emotional, psychological, physical and social state of a person is defined as a Drug. The use of Drugs may lead to memory lapse, poor judgment, blackouts, distorted vision, and feeling of paranoia, anxiety, confusion, inability to solve problems & make decisions, moodiness and learning impairment. Drugs could be in the form of liquids, pills or powders. The simple fact is that all drugs, regardless of whether they are legal or illegal, are very addictive.

Why people start Drugs?

- Low Self Esteem, Lack of Confidence.
- Peer Pressure: To fit in / Acceptance by friends.
- Test, Trial, and Experiment.
- Fun, Get high, Look cool, Feel good.
- Escape from problems.
- Ignorance of effects.
- No hobbies or sports activities.
- Think Drugs relieve pain.
- Easy Access to Drugs or Money.
- Lack of parental involvement.

Signs & Symptoms

Mood Swings

- Irritable, Angry, Depressed, Anti- Social Behaviour,
- Overly Happy, Sad or Sensitive, Spending time
- alone.

Less Responsible

- Careless, Missing-School or Work, Drop in School
- marks, Waking-up late, Trouble with teachers, Don't
- care - Don't bother attitude. Not Helping at home.

Change in Life Style

- New Interest, New friends, Hanging out with wrong
- people-older or younger people. Spending more
- time away from home.

Change in Physical Appearance

- Weight gain or loss, Blood shot eyes, Smelly Breath,
- Injection marks on the arms, Overly tired or active,
- Dry mouth and throat, Hangover, Headache &
- Vomiting.

Owning Drug Paraphernalia

- Pipes, Needles, Syringes, Rolling papers, Smoke
- stained spoon, Empty bottles, Cigarettes.

High Risk Behaviour

- An Individual or his Friends have trouble with the
- Law, Involved in fights, Rash - Driving, Too many
- accidents, Staying out late.

Secretive Behaviour

- Lying, Stealing, Lots of cash, Buying expensive things, Short phone calls, Receiving calls from unknown people, Caller hangs up if answered by others.

How to avoid Drugs?

- If others are taking drugs remove yourself from that place.
- Never go to known drug hangouts.
- Firmly say No when someone offers you drugs.
- Insist that your friends respect your boundaries.
- Your integrity is more important than fitting into the crowd.
- Surround yourself with friends that don't use drugs. Encourage each other to remain drugfree.
- Work on your self-esteem and emotional health.
- Being able to handle stress without turning to risky behaviour is a solid step towards avoiding substance abuse.
- Avoid staying out late.
- Do not buy Alcohol or Cigarettes for anyone.
- Maintain open and honest communication among the family members.
- Educate yourself about the effects of drug use.
- Get involve in your local drug awareness and prevention activities.
- Have good role models and be a good role model.