

INFLUENCE OF DRUGS ON TEENAGERS



INTRODUCTION

Drug addiction is an uncontrollable desire to take alcohol, narcotics and abuse certain medicinal substances which are otherwise harmful for the body.

Addiction is a social problem and is a cause of concern for a country like India .



STATISTIC

Alcohol



58.5% of 12th graders tried alcohol



6% drove after drinking



16% rode in the car of someone who had been drinking

Marijuana



16% of 12th graders have used marijuana in the past month



10% of high schoolers earning A's currently use marijuana while 48% earn D's or F's

Prescription Drugs



up to ~10% of students misuse all types of amphetamine



~7% of high school seniors report misusing Adderall

GROWING INFLUENCE ON TEENAGERS

Adolescence is all about exploring oneself, experimenting and risk taking.

During this time period teens go through changes both physically and emotionally and are curious to explore everything that comes their way making them more vulnerable to substance abuse and addiction



WHY DO PEOPLE TAKE DRUGS?

PEER PRESSURE

MAKE FRIENDS

RELAX

BOREDOM

CURIOSITY

EXPERIMENTATION

TO GET THAT MIND ALTERING EXPERIENCE

TO ESCAPE

TO PARTY

FIT IN

REBEL

DEPRESSION

STRESS

TO COPE

ILLNESS

GRIEF

ADDICTION

STAGES OF ADDICTION

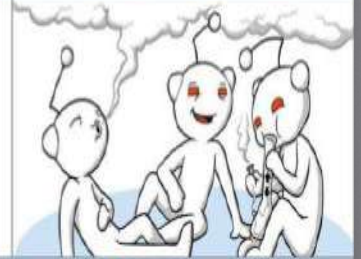
In the beginning a person start taking drugs just to experiment new stuff with a belief that they will be able to control their consumption level and will not become addict.

Prolonged intake to drugs make changes in brain and as a result a person's cravings become more strong and he becomes more dependent. It reaches to a stage where quitting because of sheer will is not possible anymore.

Stage 1: Experimentation



Stage 2: Regular Use



Stage 3: Risky Use/Abuse



Stage 4: Dependency



EFFECTS ON A TEENAGER'S LIFE



Missing school

Showing up late, leaving early or not attending at all



Grades dropping

Even previously academic teenagers' grades drop when they use drugs



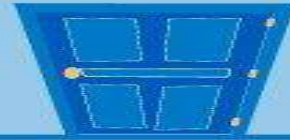
Becoming sullen

Teens become sullen and withdrawn



Avoiding eye contact

Teens on drugs often have bloodshot eyes that they want to conceal



Suddenly secretive

Forbidding you to go in their room and demanding locks for their doors



Getting into trouble

Arguments, sneaking out, breaking the law



Asking for money

Asking for a lot of cash, with flimsy excuses



Things missing

Missing money, valuables, prescriptions or medications



Messy, untidy

Loss of interest in physical grooming

Healthy Lungs

In healthy people who live in a clean environment, the lungs are light pink

A BREATH OF FRESH AIR
KEEP THEM HEALTHY!

Smoker's Lungs

In smokers, the lungs appear dark and mottled owing to accumulation of inhaled tar and impurities from cigarettes.

SMOKING DAMAGE
SMOKE AND THE LUNGS
CANCER FACTS
NEED HELP QUITTING SMOKING?

slide

Breath of Fresh Air

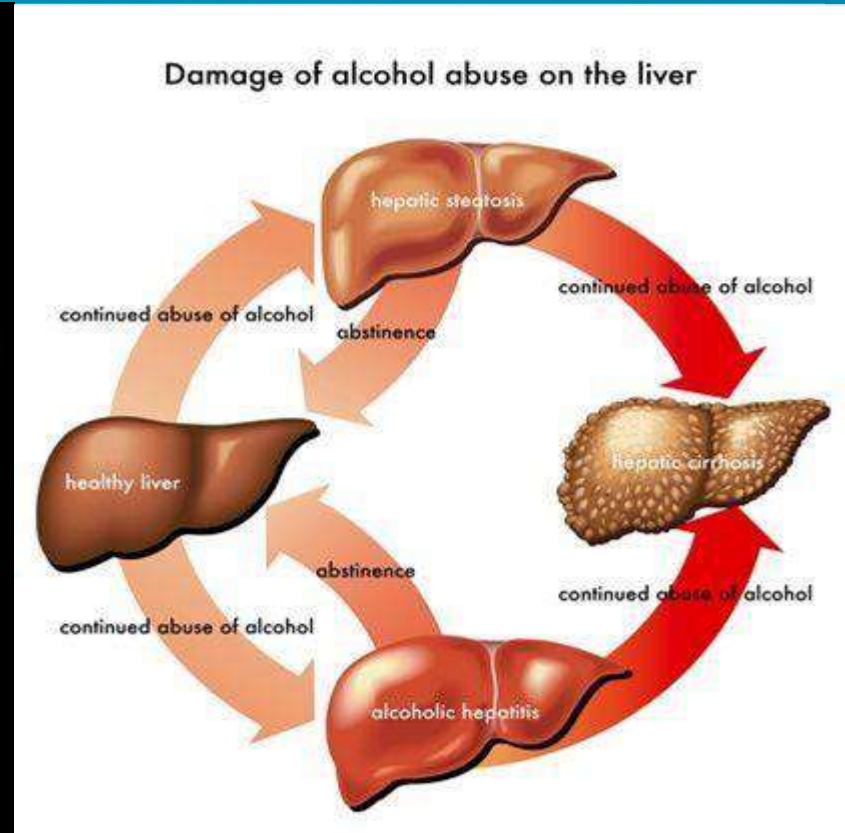
The average human inhales 388 cubic feet of air a day, enough to fill the total volume of 3 mid-sized sedans. About 19 cubic feet of that is pure oxygen, or enough to fill one sedan's trunk. A smoker's lungs have a reduced capacity to absorb oxygen, so the person may not get the oxygen they need.

▶ Slide the above tabs on either side to see a comparison.

388 cubic feet of air a day = Enough to fill 3 sedans a day

19 cubic feet of oxygen a day = Enough to fill the trunk of 1 sedan

Source: Physiology, standard medical student knowledge



MENTAL DISORDERS CAUSED BY SUBSTANCE ABUSE

Addiction effects a person's mind, mood, emotions and feelings.

- It makes a person violent and aggressive.
- A person is unable to control his thoughts and actions.
- Loss of sleep
- A person is unable to concentrate and it impairs his or her performance.
- Procrastination
- It can lead to a feeling of depression and suicidal tendencies.



PHYSICAL DISORDERS CAUSED BY SUBSTANCE ABUSE

Prolong intake of alcohol and abuse of substances leads to various physical ailments:

- Liver damage
- Lung cancer
- Dementia
- Infertility
- Loss of appetite
- Loss of coordination



CONCLUSION

It's 2021 and the entire world has come to realise the importance of phrase "prevention is better than cure" as we deal with the pandemic.

This phrase also holds truth for substance abuse and addiction. The later stage of addiction can be avoided by making right choices at right time.



Teens need to be made aware of the ill effects of the drugs so they can consciously make the right choices and they should learn to resist temptation and not succumb to peer pressure.

“**Drugs
Aren'T
Cool,
They
Make
You Look
Like
A Fool**”