

Unlock

WIZARD

COVID-19

CCI
SPECIAL

DRUG ADDICTION & ITS BEHAVIOURAL SYMPTOMS

It's time we take
mental health
seriously

**It is easier to build strong children
than to repair broken men**

Frederick Douglass



#41
ENGAGE
SERIES



Don Bosco National Forum for the Young at Risk

Boredom, depression, curiosity, stress, low self esteem, peer pressure are some of the reasons why teens experiment with drugs and alcohol. It is also related to "being cool" in the cultural step up by teens. These substances are easily available to them these days.

There is a misconception that teens who experiment with drugs and alcohol are "bad kids" and "rebellious". Very many times parents and guardians fail to understand what it is to be a teen?

Starting as a casual habit this later turns up to be an addiction, hence making the teens to be obsessed and addicted towards its consumption.

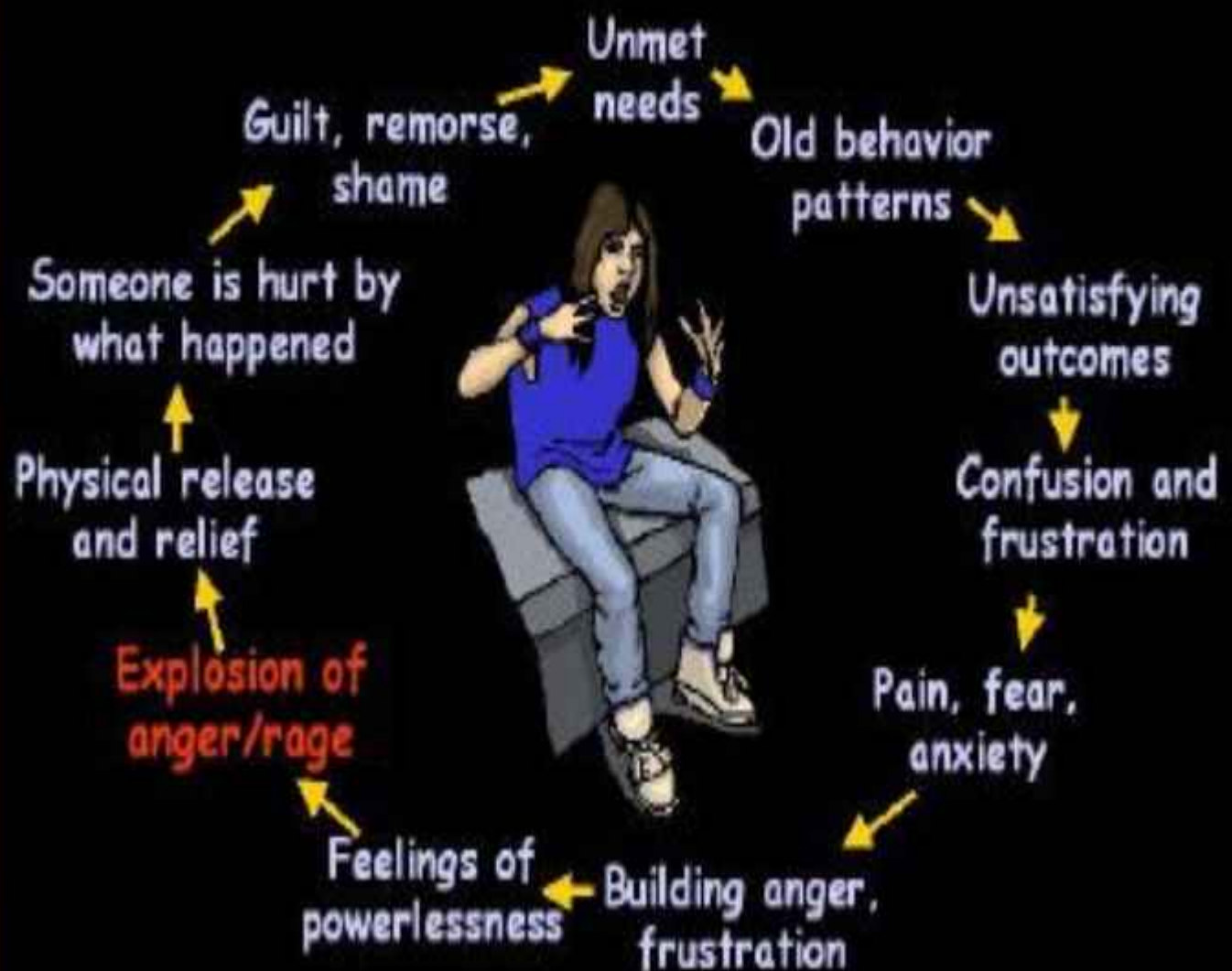
This flipbook focuses on drug addition, behavioral changes associated to it along with the steps to prevent it.

Its time we acknowledge the adverse effect of drug addiction and support our children to become best version of themselves.

In case of severity don't hesitate to contact a psychologist for help and diagnosis.

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THE CYCLE OF ADDICTION



DRUG ADDICTION IS PREVENTABLE

Drug education and prevention efforts aimed at children and adolescents can be effective in reducing drug misuse.
Learn more at apapsy.ch/addiction.



RISK FACTORS

Aggressive behavior
in childhood

Poor social skills

Availability of drugs
at school

Lack of parental
supervision

Drug
experimentation

Community poverty



PROTECTIVE FACTORS

Good self-control

Positive relationships

School anti-drug
policies

Parental monitoring
and support

Academic
competence

Neighborhood pride

RISK FACTORS OF ADDICTION

GENETICS

Genetics is a major risk for addiction. In families with a history of addiction children are 40 to 60 percent more likely to have addiction problems.



PEER PRESSURE

Peer pressure is a powerful influence on whether you drink, or if you use drugs. If your friends are using drugs and alcohol, you are likely to use them also.



GENDER

Men are more likely to have problems with drug addiction than women. However, the progression of addiction is known to be faster in females.



HOME AND FAMILY

Those growing up in homes disrupted by divorce, mental illness, and parents engaging in drugs and alcohol are at a higher risk for drug abuse.



MENTAL DISORDERS

If you have a mental disorder such as depression, OCD, attention deficit hyperactivity disorder (ADHD) you're more likely to become dependent on drugs.



SCHOOL PROBLEMS

Students who have failing grades, poor social skills, a learning disability, skip school, low motivation, poor bonding with teachers and classmates are more likely to become involved with drugs or alcohol.



TRAUMA AND ABUSE

Parental neglect, verbal abuse, physical altercations, sexual abuse, accidents, and natural disasters leave their mark on the mind and people exposed to these issues are more at risk to soothe their distress by using drugs.



EARLY DRUG USE

The younger the person is who uses drugs or alcohol, the more likely they are to become addicted. Drug and alcohol use disrupts brain function in areas like motivation, learning, memory, judgment, and control.



HOW DRUG IS TAKEN

Drugs that are smoked or injected enter the brain in seconds and are far more addictive than those you swallow. The "high" soon fades away leaving the person more likely to use often and in higher doses.



TYPE OF DRUG TAKEN

Some drugs are more addictive than others. Drugs like heroin, cocaine, amphetamines, and nicotine are more quickly addictive than alcohol and marijuana.

ADDICTION SCALE

- | | |
|---|-----------------|
| 1 | HEROIN |
| 2 | COCAINE (CRACK) |
| 3 | NICOTINE |
| 4 | METHAMPHETAMINE |
| 5 | ALCOHOL |
| 6 | MARIJUANA |

6

WAYS PARENTS CAN PREVENT DRUG ABUSE

Research shows the main reason kids don't use alcohol, tobacco or drugs is because of their parents' positive influence. Here are a few ways you can build a positive relationship with your kids and talk to them about drugs:

1

Communicate early, often

The better you know your children, the easier it will be to guide them toward positive activities and friendships. Talk to your kids every day. Ask questions that require more than "yes" or "no" and listen to concerns without judgment.



2

Get involved in their lives

Young people are less likely to get involved with drugs when adults are part of their lives. Spend time doing things they want to do, support their activities, attend their events and help with their problems.



3

Make and enforce rules

Research shows that when parents set harsh rules or don't set any rules, kids are more likely to try drugs. Discuss expectations and enforce the consequences. Give praise when they follow through.



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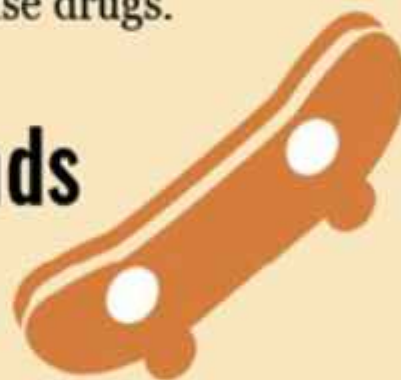
Be a role model

Children imitate adults. Demonstrate ways to solve problems, have fun and manage stress that don't involve alcohol or drugs. Point out examples of irresponsible behavior. You set the example, so use alcohol in moderation, don't smoke and never use drugs.

5

Know their friends

When children have friends who don't engage in risky behaviors, they are likely to resist them, too. Make sure your kids are comfortable in social situations, and involve them in group activities.



6

Have a drug talk

Keep the talks short and do your research. Explain the effects of drugs, the legal issues and the dangers of use. Make it clear you don't want them to try drugs.



COMMON SIGNS OF ADDICTION IN TEENS

The National Institute on Drug Abuse (NIDA) reports that 70 percent of teens have tried alcohol by their senior year in high school, 50 percent have abused an illegal drug, 40 percent have smoked a cigarette, and 20 percent have used a prescription drug recreationally.



MOOD SWINGS

While common in teens, addicts are prone to mood swings when being under the influence.



DEPRESSION

Many individuals can fall into a deep depression by their situation.



EUPHORIA

Most drugs induce a state of high Euphoria, making the user seem elated at socially unacceptable times.

CRIMINAL BEHAVIOUR

Addiction can be so strong that users will do anything to get more, often resulting in crime to fund.



SLEEPLESSNESS

Stimulants make sleep difficult, while dependencies on certain drugs can be relied upon to aid sleeping.

UNEXPLAINED ABSENCES

Addictions are often kept secret from loved ones or co-workers, with interaction avoided.



ANXIETY

Almost every addiction causes user anxiety to make it the hallmark symptom. It can range from anxiousness over the next "fix", financial pressures, keeping it secret, or by the drug itself.



ADDICTION CRAVINGS

Regardless of the subject of the addiction, cravings for the next "fix" can be unbearable causing personality changes.



CHANGE IN APPEARANCE

Some drugs can have a diplaying effect on the users body, either through weight gain or emaciaption.



NEW SOCIAL GROUP

Addicts tend to hang around with people with similar addictions, and close friends who do not approve shunned.



SOURCES: https://teens.drugabuse.gov/sites/default/files/podata_1_17_14_0.pdf

CREATED BY: WWW.ADDICTIONHELPER.COM



UK Addiction Treatment Centres



[CLICK TO WATCH](#)

How to say no when friends offer you drugs and alcohol?



[CLICK TO WATCH](#)

Teaching Video on Anti-Drug Abuse



[CLICK TO WATCH](#)

"Substance" by Jamaal Bradley



KEY WORDS TO SEARCH

1. Why is the difference between substance abuse and dependence?
2. How to cope with drug addiction?
3. Reasons for drug addiction?
4. How to deal with a child who is drug addict ?
5. How to cope with substance withdrawal symptoms?

*Children are not things to be moulded, but
are people to be unfolded*



I do not fear at all what men
can do to me for speaking the
truth. I only fear what God
would do if I were to lie.

- Don Bosco



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