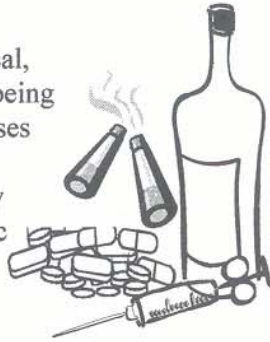


Drug abuse is the taking of drugs which harm the physical, mental or social well-being of an individual, in doses above or for periods beyond those normally regarded as therapeutic or general usage.



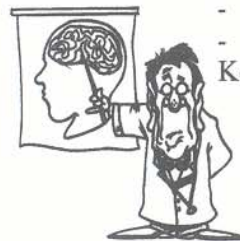
Why Drug Abuse?

- ⇒ Curiosity
- ⇒ Boredom / kills time
- ⇒ Pleasure – seeking
- ⇒ Peer influence
- ⇒ Over – confidence
- ⇒ Escape from reality
- ⇒ Misbelieve that drugs can improve sexual performance
- ⇒ Weak personality / cannot stand crisis in life
- ⇒ Lack of parental care / broken families
- ⇒ Wrongly think that the drugs would not cause addiction



Common Drugs of Abuse

- *Narcotics*
e.g. Dipipanone (Wellconal)
Heroin
Methadone
Physeptone
Morphine Ampoules
Opium
- *Hallucinogens*
e.g. Cannabis
Cannabis resin
- *Depressants*
e.g. Barbiturates
Methaqualone (Mandrax)
Gamma Hydroxybutyric Acid (GHB)
- *Stimulants*
e.g. Amphetamines
- Ice
- Phentemine
Cocaine
MDMA (Ecstasy)
- *Tranquillizers*
e.g. Benzodiazepines
- *Others*
e.g. Cough Medicine
- Codeine
- Dextromethorphan
Organic Solvents
- Gasoline
- Paint / liquid paper thinner
- Lighter fuel gas
Ketamine



Harmful Effects of Drug Abuse



Contract diseases
e.g. AIDS, hepatitis B
and tetanus by sharing
infected needles



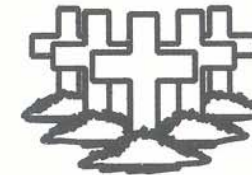
Distorts perception of and
response to the environment
causing harm to oneself and
to others



Alters behaviour



Adversely affects health
and body functions e.g. brain,
liver, lungs, kidneys, heart



Acute intoxication and death



Leads to poor appetite,
malnutrition and
weight loss



Become addicted



School and work
performance may deteriorate



Since a lot of money is needed
to buy drugs, one may commit crimes,
become imprisoned and destroy one's
future. Problems appear in
interpersonal relationships and one can
lose friends and even family

Saying "NO" is the only way to protect yourself

Remember: Other people can't make you abuse drug if you don't want to

Ten Ways to Say "NO"

1. Just simply say "NO"
2. Refuse strongly
"Don't push me.....I said No!"
3. Talk about the consequences of drug abuse
"This thing will make me sick."
4. Find an excuse to leave.
"Sorry, I have to go for my tennis lesson now."
5. Talk about something else.
"Oh! I am going on a trip next week."
6. Suggest other options.
"Here. Have some chocolates."
7. Refuse subtly.
"I am allergic to many drugs, so I can't take any without doctor's prescription."
8. Make friends carefully. Stay away from bad people.
"You don't need to tempt me. None of my friends take them. It's more fun to play basketball."
9. Mention your parents.
"My dad won't let me take them."
10. Mention professional advice.
"Drugs? Let me ask my doctor first."



Ways to Refrain From Drug Abuse



Cultivate a happy family



Develop good hobbies e.g. drawing, singing



Participate in recreational activities



Express and ventilate your feelings



Share your problems with your family members, teachers or social workers



Keep away from all abused drugs



Remember to say "NO" to these drugs when being offered

Understanding Drug Abuse

