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Introduction:

Narcotics are addictive drugs that act as depressants upon the nervous system. The term (narcotic) refers to an agent that inhibits and suppresses the activity of one's intellect, due to chemical substances that cause drowsiness, sleeping or falling unconscious.

Addiction – substance or drug abuse – may lead to (dependence syndrome), which involves a cluster of physiological, behavioral, and cognitive phenomena in which the use of substances takes on a much higher priority for a given individual. This usually includes a strong desire or sense of compulsion to take the substance despite its harmful consequences, as well as a physiological withdrawal state.

Addiction Definition:

Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli, with further reinforcing attitude – to increase substance exposure, causing physical and psychological dependence, as well as adverse impacts on both the individual and community.

Types of Narcotics:

There are several types and forms of narcotics, which are all dangerous, whether they are natural derivatives (such as khat, opium, morphine, cannabis, cocaine, etc.), or synthetic (such as heroine, amphetamines, etc.), in addition to narcotic pills and volatile solvents.

Most Popular Drugs in Saudi Arabia are cannabis, Captagon pills and Methamphetamine, which are very dangerous substances that cause psychological, mental and physical illnesses.

Reasons for Substance Abuse:

Household	Environment	Others
Parental bad models.	Peer influence.	Poor religious commitment.
Parental addiction.	Leisure time.	Personal disorders.
Family disintegration.	Uncontrolled traveling.	Curiosity
Child neglect.		

Symptoms of Addiction:

- Drowsiness.
- Shivering.
- Bloodshot eyes and pupil dilation.
- Lack of attention to appearance and personal hygiene
- Appetite loss or increase.
- Dark circles under eyes.
- Sleeping disorders.

Complications of Addiction:

- Psychological complications (including: personality changes, poor career and academic performance).
- Cognitive complications (such as: apathy and impaired control).
- Immunity deficiencies (including: STDs and viral infections like hepatitis).
- Hormone disorders (such as infertility and fertilizations problems).
- Family disintegration and divorce problems.
- Criminal acts in order to secure supply.

How to Identify an Addict Member in the Family?

- New friendships.
- Aggressiveness.
- Isolation and social withdrawal.
- Poor academic performance.
- Laziness, class and work absence.
- Unjustified increased demand for money.
- Unstable and aggressive relationship with parents, brothers and sisters.

Prevention of Addiction:

- Enhance children's religious commitment.
- Appreciate their views and encourage them to express themselves.
- Have trust in them to divulge their challenges and to get closer to them.
- Focus on cultural principles and essentials.
- Develop their interests through positive activities, like sports, drawing, programming...etc.
- Teach them how to deal with psychological pressure and depression.
- Allocate time for Umrah, visit (of the Two Holy Mosques) or entertainment.



- Allocate time for each child and parental sharing of their school activities
 - Be cautious; most parents do not imagine their children using substance - may Allah forbid!
 - Boost the value family love; displeasure with a certain act does not undermine the value of love.
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- Drug addiction manual
 - Drug addiction and types awareness manual
 - Addiction Treatment and Rehabilitation Services Manual
 - Guide to Methamphetamine (ASHABW)

For More information, contact us on 937

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