

Peer pressure

Peer pressure is influence that a peer group, observers or individual exerts that encourages others to change their attitudes, values, or behaviors to conform the group norms. Social groups affected include *membership groups*, in which individuals are "formally" members (such as political parties and trade unions), or social cliques in which membership is not clearly defined. A person affected by peer pressure may or may not want to belong to these groups. They may also recognize *dissociative groups* with which they would *not* wish to associate, and thus they behave adversely concerning that group's behaviors.

ALCOHOLISM

- ☉ **Alcoholism** is a broad term for problems with alcohol and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages usually to the detriment of the drinker's health, personal relationships, and social standing.
- ☉ medically considered a disease, specifically an addictive illness
- ☉ Compulsive and uncontrolled consumption of alcohol

Ethical/Social values-Impact

The social problems arising from alcoholism are serious, caused by the pathological changes in the brain and the intoxicating effects of alcohol.¹ Alcohol abuse is associated with an increased risk of committing criminal offences, including child abuse, domestic violence, rape, burglary and assault. Alcoholism is associated with loss of employment, which can lead to financial problems. Drinking at inappropriate times, and behavior caused by reduced judgment, can lead to legal consequences, such as criminal charges for drunk driving or public disorder, or civil penalties for tortious behavior, and may lead to a criminal sentence.

An alcoholic's behavior and mental impairment, while drunk, can profoundly affect those surrounding them and lead to isolation from family and friends. This isolation can lead to marital conflict and divorce, or contribute to domestic violence. Alcoholism can also lead to child neglect, with subsequent lasting damage to the emotional development of the alcoholic's children. For this reason, children of alcoholic parents can develop a number of emotional problems. For example, they can become afraid of their parents, because of their unstable mood behaviors. In addition, they can develop considerable amount of shame over their inadequacy to liberate their parents from alcoholism. As a result of this failure, they develop wretched self-images, which can lead to depression

The various health problems associated with long-term alcohol consumption are generally perceived as detrimental to society, for example, money due to lost labor-hours, medical costs, and secondary treatment costs. Alcohol use is a major contributing factor for head injuries, motor

vehicle accidents, violence, and assaults. Beyond money, there are also significant social costs to both the alcoholic and their family and friends. For instance, alcohol consumption by a pregnant woman can lead to fetal alcohol syndrome, an incurable and damaging condition

Causes

A complex mixture of genetic and environmental factors influences the risk of the development of alcoholism. Individuals who have a genetic disposition to alcoholism are also more likely to begin drinking at an earlier age than average. Also, a younger age of onset of drinking is associated with an increased risk of the development of alcoholism and about 40 percent of alcoholics will drink excessively by their late adolescence. It is not entirely clear whether this association is causal, and some researchers have been known to disagree with this view

The other causes are

- ⊙ Social drinking/peer drinking
- ⊙ Alcoholic parents
- ⊙ Lack of family support
- ⊙ Low self esteem
- ⊙ Childhood sexual abuse
- ⊙ Easy access
- ⊙ Stress

Law

The legal drinking age in India and the laws which regulate the sale and consumption of alcohol vary significantly from state to state .

In India, consumption of alcohol is prohibited in the states of Gujarat, Manipur, Mizoram and Nagaland,^[2] as well as the union territory of Lakshadweep. legal drinking age is 25 years. States like Kerala and Tamil Nadu, prohibit private parties and the government itself taken the alcoholic business to control illicit alcohol.

Fined about 2000 (first time), fined about 3000/maximum of 2 years imprisonment for Drunk and driving

Prevention

Targeting adolescents and young adults is regarded as an important step to reduce the harm of alcohol abuse. Increasing the age at which licit drugs of abuse such as alcohol can be purchased, the banning or restricting advertising of alcohol has been recommended as additional ways of reducing the harm of alcohol dependence and abuse. Credible, evidence based educational campaigns in the mass media about the consequences of alcohol abuse have been recommended.

Guidelines for parents to prevent alcohol abuse amongst adolescents and for helping young people with mental health problems have also been suggested.

The other means of preventions are...

- ⊙ *medications for alcoholism: disulfiram two forms of naltrexone, and acamprosate*
- ⊙ *Coming out of alcohol*
- ⊙ *Recognition of problem*
- ⊙ *Commit yourself*
- ⊙ *Self help*

Other strategies

- ⊙ *Think positively*
- ⊙ *Distract yourself*
- ⊙ *Seek out positive people*

ILL EFFECT OF SMOKING

Smoking is a practice in which a substance, most commonly tobacco, is burned and the smoke is tasted or inhaled. This is primarily practised as a route of administration for recreational drug use, as combustion releases the active substances in drugs such as nicotine and makes them available for absorption through the lungs. It can also be done as a part of rituals, to induce trances and spiritual enlightenment.

The most common method of smoking today is through cigarettes, primarily industrially manufactured but also hand-rolled from loose tobacco and rolling paper. Other smoking implements include pipes, cigars, bidis, hookahs, vaporizers, and bongs. It has been suggested that smoking-related disease kills one half of all long term smokers but these diseases may also be contracted by non-smokers. A 2007 report states that, each year, about 4.9 million people worldwide die as a result of smoking

Some facts

- Passive smoking gives more effects than active smoking
- Frequent, small-dose stimulation makes smoking highly addictive
- Most cigarettes contain ≥ 10 mg of nicotine
- Average smoker absorbs 1-2 mg of nicotine per cigarette
- Cigarettes release carbon monoxide which adheres to red blood cells faster than oxygen.
- Reduce oxygen in the body causes increased heart rate
- Delivers nicotine to the lungs and brain within 7 seconds each time a smoker inhales

Active and Passive Smokers

The definition of an active smoker is the one who smokes or has intention to smoke; as for a passive smoker is defined as a person who breathe in the smoke of others.

Definitely, the changes for an active smoker to get cancer is higher than a passive smoker. However, this does not mean that a passive smoker will not get cancer. If a passive smoker is surrounding by active smokers everyday and all the time, the chances for him/her to get cancer is there. If s/he has family histories, the chances to get cancer is even higher.

Sometimes you may be surprised why an active smoker does not get cancer in his/her lifetime. This could be that s/he just smokes one or two cigarettes a day and the rest of time s/he is not exposed to smoke. However, if s/he has family histories and smokes a lot everyday, the chances for him or her to get cancer is higher and quicker.

Passive smoking is the inhalation of smoke, called second-hand smoke (SHS), or environmental tobacco smoke (ETS), by persons other than the intended "active" smoker. It occurs when tobacco smoke permeates any environment, causing its inhalation by people within that environment. Exposure to second-hand tobacco smoke causes disease, disability, and death. The health risks of second-hand smoke are a matter of scientific consensus. These risks have been a major motivation for smoke-free laws in workplaces and indoor public places, including restaurants, bars and night clubs, as well as some open public spaces.

Ill-effects

Tobacco is the **leading killer** in our country and around the world. Nearly every part of the body can be affected by tobacco.

Second-hand smoke causes many of the same diseases as direct smoking, including cardiovascular diseases, lung cancer, and respiratory diseases. These diseases include:

Cancer

Lung cancer: Breast cancer, etc

Brain tumor

Circulatory system: risk of heart disease, reduced heart rate variability, higher heart rate.

Lung problems

- Risk of asthma

During pregnancy

- Low birth weight
- Premature birth
- Damage to children's carotid arteries at birth and at age 5
- Worsening of asthma, allergies, and other conditions
- Overall increased risk of death in both adults

Risk to children

- Sudden infant death syndrome
- Learning difficulties, developmental delays, and neurobehavioral effects
- Lung infections
- Allergies
- Crohn's disease

Recent studies comparing women exposed to Environmental Tobacco Smoke and non-exposed women, demonstrate that women exposed while pregnant have higher risks of delivering a child with congenital abnormalities, longer lengths, smaller head circumferences, and low birth weight.

How Does Tobacco Affect Classroom Performance?

- ⊙ Decreased concentration in the class room
- ⊙ Decreased athletic performance due to the physical effects of nicotine and tobacco smoke.

SUICIDE

The concept

Suicide is often committed out of despair, the cause of which is frequently attributed to a mental disorder such as depression, bipolar disorder, schizophrenia, borderline personality disorder,^[1] alcoholism, or drug abuse.^[2] Stress factors such as financial difficulties or troubles with interpersonal relationships often play a role. Efforts to prevent suicide include limiting access to firearms, treating mental illness and drug misuse, and improving economic development

- Suicide: intentional self-inflicted death
- Suicidal ideation: thoughts of killing oneself (i.e., serving as the agent of one's death)
- Suicidal act: intentional self-injury (can have varying degrees of lethal intent)

The act or an instance of intentionally killing oneself.

WHO estimates that approximately 1 million people die each year from suicide

Suicide Causes

Over 90 percent of people who die by suicide have a mental illness at the time of their death. And the most common mental illness is depression.

Some of the negative life experiences that may cause depression, and some other causes for depression, include:

- The death of a loved one.
- A divorce, separation, or breakup of a relationship.
- Losing custody of children, or feeling that a child custody decision is not fair.
- A serious loss, such as a loss of a job, house, or money.
- A serious illness.
- A terminal illness.
- A serious accident.
- Chronic physical pain.
- Intense emotional pain.
- Loss of hope.
- Being victimized (domestic violence, rape, assault, etc).
- A loved one being victimized (child murder, child molestation, kidnapping, murder, rape, assault, etc.).
- Physical abuse.
- Verbal abuse.
- Sexual abuse.
- Unresolved abuse (of any kind) from the past.
- Feeling "trapped" in a situation perceived as negative.
- Feeling that things will never "get better."
- Feeling helpless.
- Serious legal problems, such as criminal prosecution or incarceration.
- Feeling "taken advantage of."
- Inability to deal with a perceived "humiliating" situation.
- Inability to deal with a perceived "failure."
- Alcohol abuse.
- Drug abuse.
- A feeling of not being accepted by family, friends, or society.
- A horrible disappointment.
- Feeling like one has not lived up to his or her high expectations or those of another.
- Bullying. (Adults, as well as children, can be bullied.)
- Low self-esteem.

Prevention

- ⊙ Should take care of the one who have made previous attempts..
- ⊙ Long term out patient – should be given mental health services
- ⊙ Psychiatric –treatment
- ⊙ Talk therapy-(presenting thoughts/behaviours)
- ⊙ Effective medication-antidepressants

SEXUAL HEALTH

Sexual health implies...

(WHO) definition of health as a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity, reproductive health, or sexual health/hygiene, addresses the reproductive processes, functions and system at all stages of life

- ⊙ Sexual health, therefore, implies that people are able to have a responsible, satisfying and safer sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.
- ⊙ It requires positive and respectful approach to sexuality and sexual relationships...

Premarital Pregnancy

Pregnancy before marriage or holy union.

Causes

The cause of premarital pregnancy is having sex, just like marital pregnancy

Impact Premarital Pregnancy

- ⊙ Lack of prenatal care
- ⊙ High Blood pressure
- ⊙ Premature birth
- ⊙ Low birth weight baby
- ⊙ PMS may harm the mental development of the adults..
- ⊙ Spread of disease

Premarital sex can easily lead to STD's

- ⊙ Unwanted pregnancy

SEXUALLY TRANSMITTED DISEASES (STD)

Sexually transmitted diseases (STD), also referred to as **sexually transmitted infections (STI)** and **venereal diseases (VD)**, are illnesses that have a significant probability of transmission between humans by means of sexual behavior, including vaginal intercourse, anal sex and oral sex. Some STIs can also be contracted by using IV drug needles after their use by an infected person, as well as through any incident involving the contact of a wound with contaminated blood or through childbirth or breastfeeding.

Sexually transmitted infections have been well known for hundreds of years, and venereology is the branch of medicine that studies these diseases. While in the past, these illnesses have mostly been referred to as STDs or VD, in recent years the term *sexually transmitted infections (STIs)*

has been preferred, as it has a broader range of meaning; a person may be *infected*, and may potentially infect others, without having a *disease*.

Classification

Sexually transmitted infection is a broader term than *sexually transmitted disease*.^[4] An infection is a colonization by a parasitic species, which may not cause any adverse effects. In a disease, the infection leads to impaired or abnormal function. In either case, the condition may not exhibit signs or symptoms. Increased understanding of infections like HPV, which infects a significant portion of sexually active individuals but cause disease in only a few has led to increased use of the term *STI*.

STD may refer only to infections that are causing diseases, or it may be used more loosely as a synonym for *STI*. Most of the time, people do not know that they are infected with an STI until they are tested or start showing symptoms of disease. Moreover, the term *sexually transmissible disease* is sometimes used since it is less restrictive in consideration of other factors or means of transmission. For instance, meningitis is transmissible by means of sexual contact but is not labeled an STI because sexual contact is not the primary vector for the pathogens that cause meningitis. This discrepancy is addressed by the probability of infection by means *other than sexual contact*. In general, an STI is an infection that has a negligible probability of transmission by means other than sexual contact, but has a realistic means of transmission by sexual contact (more sophisticated means—blood transfusion, sharing of hypodermic needles—are not taken into account). Thus, one may presume that, if a person is infected with an STI, e.g., chlamydia, gonorrhea, genital herpes, it was transmitted to him/her by means of sexual contact.

The diseases on this list are most commonly transmitted solely by sexual activity. Many infectious diseases, including the common cold, influenza, pneumonia, and most others that are transmitted person-to-person can also be transmitted during sexual contact, if one person is infected, due to the close contact involved. However, even though these diseases may be transmitted during sex, they are not considered STIs.

STDs are diseases and infections which are capable of being spread from person to person through:

- sexual intercourse
- oral-genital contact or in non-sexual ways.
- drugs

The symptoms

- Sores (either painful or painless)
- Blood in urine
- Burning sensation when urinating
- Rashes
- Itching
- bump
- wart
- Unusual discharge

Sexually transmitted infections include:

Chlamydia is a sexually transmitted infection caused by the bacterium *Chlamydia trachomatis*. In women, symptoms may include abnormal vaginal discharge, burning during urination, and bleeding in between periods, although most women do not experience any symptoms. Symptoms in men include pain when urinating, and abnormal discharge from their penis. If left untreated in both men and women, Chlamydia can infect the urinary tract and potentially lead to pelvic inflammatory disease (PID). PID can cause serious problems during pregnancy and even has the potential to cause infertility. It can cause a woman to have a potentially deadly ectopic pregnancy, in which the child is born outside of the uterus. However, Chlamydia can be cured with antibiotics.

The two most common forms of herpes are caused by infection with herpes simplex virus (HSV). HSV-1 is acquired orally and causes cold sores. HSV-2 is acquired during sexual contact and affects the genitals.

Gonorrhea is caused by bacterium that lives on moist mucous membranes in the urethra, vagina, rectum, mouth, throat, and eyes. The infection can spread through contact with the penis, vagina, mouth or anus. Symptoms of Gonorrhea usually appear 2 to 5 days after contact with an infected partner however, some men might not notice symptoms for up to a month. Symptoms in men include burning and pain while urinating, increased urinary frequency, discharge from the penis (white, green, or yellow in color), red or swollen urethra, swollen or tender testicles, or sore throat. Symptoms in women may include vaginal discharge, burning or itching while urinating, painful sexual intercourse, severe pain in lower abdomen (if infection spreads to fallopian tubes), or fever (if infection spreads to fallopian tubes), however many women do not show any symptoms. There are some antibiotic resistant strains for Gonorrhea but most cases can be cured with antibiotics.

Syphilis is an STI caused by a bacterium. If acquired, syphilis needs to be treated adequately, otherwise it can cause long-term complications and death. Clinical manifestations of syphilis include the ulceration of the uro-genital tract, mouth or rectum; if left untreated the symptoms worsen.

Trichomoniasis is a common STI that is caused by infection with a protozoan parasite called *Trichomonas vaginalis*.^[31] Trichomoniasis affects both women and men, but symptoms are more common in women.^[32] Most patients are treated with an antibiotic called metronidazole, which is very effective.

HIV (human immunodeficiency virus) damages the body's immune system which interferes with fighting off disease-causing agents. The virus kills CD4 cells, which are white blood cells that help fight off various infections. HIV is carried in body fluids, and is spread by sexual activity. It can also be spread by contact with infected blood, breast feeding, childbirth, and from mother to child during pregnancy. When HIV is at its most advanced stage, an individual is said to have AIDS (acquired immunodeficiency syndrome). There are different stages of the progression of and HIV infection. The stages include primary infection, asymptomatic infection, symptomatic infection, and AIDS. In the primary infection stage, an individual will have flu like symptoms (headache, fatigue, fever, muscle aches) for about 2 weeks. In the asymptomatic stage, symptoms usually disappear, and the patient can remain asymptomatic for years.

When HIV progresses to the symptomatic stage, the immune system is weakened, and has a low cell count of CD4+ T Cells. When the HIV infection becomes life-threatening, it is called AIDS. People with AIDS fall prey to opportunistic infections and die as a result

There is no known cure for HIV or AIDS but the drugs help suppress the virus. By suppressing the amount of virus in the body, people can lead longer and healthier lives. Even though their virus levels may be low they can still spread the virus to others.

AIDS stigma exists around the world in a variety of ways, including ostracism, rejection, discrimination and avoidance of HIV infected people; compulsory HIV testing without prior consent or protection of confidentiality; violence against HIV infected individuals or people who are perceived to be infected with HIV; and the quarantine of HIV infected individuals. Stigma-related violence or the fear of violence prevents many people from seeking HIV testing, returning for their results, or securing treatment, possibly turning what could be a manageable chronic illness into a death sentence and perpetuating the spread of HIV.

Discrimination against people living with HIV/AIDS ('PLHIV') is the experience of prejudice against PLHIV which falls within the purview of the law. Discrimination is one manifestation of stigma. Stigmatizing, attitudes, and behaviors may fall under the rubric of discrimination depending on the legislation of a particular country.

AIDS stigma has been further divided into the following three categories:

- *Instrumental AIDS stigma*—a reflection of the fear and apprehension that are likely to be associated with any deadly and transmissible illness
- *Symbolic AIDS stigma*—the use of HIV/AIDS to express attitudes toward the social groups or lifestyles perceived to be associated with the disease.
- *Courtesy AIDS stigma*—stigmatization of people connected to the issue of HIV/AIDS or HIV-positive people

Many tend to reject people living with HIV/AIDS (PLHIV) because of their misconceptions about how it is transmitted. They don't want to be around PLHIV because they believe that they are at risk of being infected.

- Being in the same room, sharing a seat or shaking hands with a person living with HIV/AIDS will not lead to you contracting the Virus. . Most people are also unaware that it can take up to 10 years before HIV develops into AIDS. Early detection and treatment is therefore vital in delaying the onset of AIDS and strengthening the immune system.
- With a better understanding of transmission modes and treatment options, it is possible to increase accepting attitudes towards PLHIV.

Sexuality is broader than sexual activity. It encompasses all the things that make us who we are. Shaped by culture, history, values, education and experience, our sexuality influences our views of individuality, family, parenthood, and community.

From a young age, children are exposed to sexual imagery and language in their environment, and their bodies are experiencing and developing sexual responsiveness. Their curiosity is inevitable, and the answers they get should clarify—not confuse—the issues for them.

Adolescence is a particularly stressful and confusing time as both physical and cognitive aspects of sexual expression begin to align, and the opportunities for personal decision making expand. Sexuality begins to be a significant part of relationship experiences. We want those relationships to be healthy and safe, as they are the training ground for life as an adult.