

## Topic: Family Health (III)

### Sub-topic:

- Meaning of Drug
  - Drug and Substance Abuse
  - Addiction and Misuse
  - Examples and Sources of Drugs
  - Uses and Side Effects of Drugs
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### Introduction

Drugs are important for **treating illnesses**, but when used wrongly, they can be very **dangerous**. Every member of the family, especially children and teenagers, must understand how to use drugs **properly** and avoid misuse and abuse.

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### 1. Meaning of Drug

A **drug** is any substance (natural or man-made) that can affect how the body works, either **positively or negatively**.

-  **Correct use** of drugs helps in the **treatment** of diseases.
  -  **Wrong use** of drugs can cause **harm**, including addiction or even death.
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### 2. Drug Misuse and Abuse

Term	Meaning
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<b>Drug Misuse</b>	Using the <b>right drug in the wrong way</b> , such as wrong dose or duration.
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<b>Drug Abuse</b>	Using a <b>drug not meant for treatment</b> , often for excitement or pleasure.
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<b>Addiction</b>	A condition where a person becomes <b>dependent</b> on a drug and can't stop.
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### Examples of Commonly Abused Substances

- Alcohol
  - Cigarettes (Tobacco/Nicotine)
  - Indian hemp (Marijuana)
  - Cocaine
  - Tramadol, Codeine
  - Glue, Paint (inhalants)
  - Cough syrup (when overused)
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### 3. Sources of Drugs

Source	Examples
Pharmacy	Paracetamol, Amoxicillin, Vitamin C
Hospitals	Injections, prescribed antibiotics
Chemists	First-aid drugs, pain relievers
Illegal Sellers	Street drugs, unlicensed hawkers

 Note: Only buy drugs from **approved** sources like **pharmacies and hospitals**.

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### 4. Uses of Drugs

- Cure or control **illnesses**
  - **Prevent** diseases (e.g. vaccines)
  - **Reduce pain** and fever
  - Help with **digestion**
  - **Improve health** (e.g. supplements)
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### 5. Side Effects of Drugs

### Correct Use (under prescription) Wrong Use / Abuse

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|-----------------------|-----------------------------------|
| - Relief from illness | - Addiction                       |
| - Improved health     | - Mental disorder or brain damage |
| - Disease prevention  | - Liver/kidney failure            |
|                       | - Poor school performance         |
|                       | - Risky behavior, crime, violence |
|                       | - Early death                     |
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### Role of the Family in Preventing Drug Abuse

- Teach children about the **dangers** of drug abuse.
- **Monitor** the use of drugs at home.
- Take only **doctor-prescribed medications**.
- Avoid keeping **strong drugs** where children can reach them.
- Be a **good example** by avoiding drug abuse.