ALCOHOL AND DRUGS

1. What is a psychoactive substance?

* It is any mood altering substance
* Psychoactive substance affects your perception, judgement, insight and other parameters of your mental wellbeing.

1. Examples of psychoactive substances commonly used by teenagers:

* Alcohol
* Bhang
* Khant (Miraa)
* Tobacco
* Kuber

1. What is addiction?

* It is when the body gets hooked to the euphoria caused by psychoactive substances
* During addiction the individual finds it difficult to function without the substance
* One tries to stop but it becomes difficult.

1. Negative effects of psychoactive substances

* Physical illnesses e.g. gastritis, pancreatitis, bronchitis, liver cirrhosis, Chronic Obstructive Pulmonary Diseases (COPD)
* Mental illnesses e.g. psychosis, depression, Bipolar mood disorder, generalized anxiety disorder, suicide etc.
* Low self-esteem
* Interpersonal problems
* Poor academic performance
* Defects of character e.g. stealing, fighting, cheating, conning others etc.
* Spiritual bankruptcy