



Contents:

- Drug and substances classification
- Effects of drug and substance use
- Drug and substances preventions



“Drugs are a waste of time. They destroy your memory and your self-respect and everything that goes along with your self-esteem.”
– Kurt Cobain



For More
Information

THE CLASSIFICATIONS, EFFECTS, AND PREVENTION OF DRUGS/DRUG USE

HEALTH 9 ACTIVITY
2ND QUARTER

Drugs and it's Meanings

Drugs

Substances that alter a person's mental or physical state are known as drugs. They may have an impact on how your brain functions, your emotions, your behavior, your understanding, and your senses.

Drug dependence

Physiological, behavioral, and cognitive symptoms combine to form drug dependence. Varying intensity phenomena when using drugs results in a high priority, which intensifies the need to use the drug.

Drug tolerance

A condition that develops as the body becomes accustomed to a medication, necessitating the need for either additional medication or an alternative medication.

Drug abuse

The use of a substance in quantities or ways that are detrimental to the user or others. It is a type of disorder linked to substances. In the fields of public health, medicine, and criminal justice, various definitions of drug misuse are employed.

Drug abuser

The excessive, unhealthy, or compulsive use of drugs for non-medical reasons notwithstanding the potential social, psychological, and bodily side effects of such usage.

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Classification of Drugs and Substances



- **Gateway drugs**
It is a drug that a non drug user might use or try, which can lead to more dangerous situation

- **Depressants**

It is also called as "Downers" which slows down a person's central nervous system

- >Cigarettes
- >Alcohol

- **Stimulants**

Stimulants are also called as "speeders" or "uppers, it speeds up a person's nervous system.

- >Nicotine
- >Methamphetamine

- **Narcotics**

Also called as "painkillers", it relieves pain and induce sleepiness

- >Nicotine

- **Hallucinogens**

It distorts reality and facts. Affects all senses and makes a user see, hear, and feel things

- >LSD

- **Inhalants**

Inhalants are found in ordinary household chemical products which are huffed or sniffed

- >Rugby
- >Spray paint
- >Marker

Effects of Drug and Substance Use

Mental health

According to studies, drug usage raises your chances of developing mental health problems such as anxiety, depression, and psychosis. People who have mental health disorders have a higher rate of drug use problems.

Financial issues

Some drugs can be very expensive; the street price of illicit drugs is determined by supply and demand. If you become addicted to a drug, you may face financial difficulties.

Relationships

Because drugs alter your behavior, they can have an impact on your relationships with family and friends. There is a higher danger of harm and/or violence to both you and others.

Legal issues

Many drugs are illegal, and possessing them can result in a fine or imprisonment. If you are convicted of a drug offense, you may have a criminal record, which can make it difficult to get work, qualify for a loan, or travel abroad.

Drugs in sport

Sportspeople and professional athletes who use illegal drugs endanger not just their physical health, but also their reputation and the integrity of their sport.

Drugs and driving

Alcohol and other drugs might have a negative impact on your driving abilities. You are more likely to be in an accident and injure yourself or others. The collision might be fatal.

Drugs in Schools

Students or educators who use illegal drugs endanger not just their physical health, but also their academic performance, their reputation, and the likelihood of getting into another school.

Preventing the Use of Drugs and Substances



- **SAY NO TO PEER PRESSURE**

One of the leading causes of the increase in the consumption of drugs and alcohol among teens is peer pressure. Many might find themselves talked into "letting loose" or "doing something new" by their friends, which can lead to making decisions they wouldn't usually make on their own. The fear of being left out also plays a role in pushing someone, especially a teenager, to consider trying gateway drugs such as alcohol or cigarettes. It's important to know which choices are yours and what the consequences or results of them are, as well as recognizing negative or toxic behavior in friends.

- **EDUCATE YOURSELF**

Understanding why these drugs are so bad for us is crucial to helping us avoid them altogether. Knowing how something works and what the effects of using it are can steer our decision towards a more positive and beneficial outcome.

- **GOVERNMENT PROGRAMS AND SUPPORT**

Poverty is also a factor that can drive someone to turn to these vices. Support and general assistance from the government can help people in difficult financial situations improve their quality of living to the point they don't have to turn to things like drugs or alcohol.