

Drug Awareness

And

Prevention

What is DRUG?

- **A drug is any substance** (with the exception of food and water) which, **when taken into the body, alters the body's function either physically and/or psychologically.**
- Drugs may be **legal** (e.g. alcohol, caffeine and tobacco) or **illegal** (e.g. cannabis, ecstasy, cocaine and heroin).

Chemical Classifications of Drugs

Depressants

1. Depressants

Drugs that suppress or slow the activity of the brain and nerves, acting directly on the central nervous system to create a calming or sedating effect. This category includes barbiturates (phenobarbital, thiopental, butalbital), benzodiazepines (alprazolam, diazepam, clonazepam, lorazepam, midazolam), alcohol, and gamma hydroxybutyrate (GHB). Depressants are taken to relieve anxiety, promote sleep and manage seizure activity.

Examples of Depressants



heroin



alcohol



analgesics

Stimulants

2. Stimulants

Drugs that **accelerate the activity of the central nervous system.**

Stimulants can make you feel energetic, focused, and alert. This

class of drugs can also make you feel edgy, angry, or

paranoid. Stimulants include drugs such as cocaine, crack

cocaine, amphetamine, and methamphetamine. According to the

recent World Drug Report published by the United Nations Office on

Drugs and Crime, amphetamine-derived stimulants like ecstasy and

methamphetamine are the most commonly abused drugs around the

world after marijuana.

Opioids

3. Opioids

These are the drugs that **act through the opioid receptors**. Opioids attach to specific proteins called opioid receptors, which are found in the brain, spinal cord, gastrointestinal tract, and other organs. When opioid drugs attach to these receptors in certain brain regions, they can diminish the perception of pain. Opioids are one of the most commonly prescribed medicines worldwide and are commonly **used to treat pain and cough**. These include drugs such as heroin, codeine, morphine, fentanyl, hydrocodone, oxycodone, buprenorphine, and methadone.

Inhalants

4. Inhalants.

These are a **broad class of drugs with the shared trait of being primarily consumed through inhalation.** Most of the substances in this class can exist in vapor form at room temperature. As many of these substances can be found as household items, inhalants are frequently abused by children and adolescents. These include substances such as paint, glue, paint thinners, gasoline, marker or pen ink, and others. Though ultimately all of these substances cross through the lungs into the bloodstream, their precise method of abuse may vary but can include sniffing, spraying, huffing, bagging, and inhaling, among other delivery routes.

Cannabis

5. Cannabis

Cannabis is a plant-derived drug that is the most commonly used illicit drug worldwide. **It acts through the cannabinoid receptors in the brain. Mind-altering psychoactive drug.** Cannabis is abused in various forms including bhang, ganja, charas, and hashish oil.



Hallucinogens

6. Hallucinogens

Also known as psychedelics, these drugs act on the central nervous system to alter your perception of reality, time, and space. Hallucinogens may cause you to hear or see things that don't exist or imagine situations that aren't real. Hallucinogenic drugs include psilocybin (found in magic mushrooms), lysergic acid diethylamide (LSD), peyote, and dimethyltryptamine (DMT).

New psychoactive Substances (NPS)

7. New psychoactive substances (NPS)

These are drugs designed to evade the existing drug laws. Drugs such as synthetic cannabinoids, synthetic cathinones, ketamine, piperazines, and some plant-based drugs such as khat and kratom are examples of NPS

Physical Dependence

Physical dependence

to a drug suggests that **the body has become habituated to the presence of a drug**. Physical dependence is reflected in both the development of tolerance and the presence of a withdrawal syndrome. Tolerance refers to reduced effects compared to what was experienced with a previous amount of the substance. **Withdrawal develops when excessive or prolonged use of a drug is sharply reduced or stopped**. The onset of withdrawal often prompts the dependent individual to resume use of the drug (or one similar to it) to avoid withdrawal. For example, withdrawal symptoms such as shaking, sweating, nausea, vomiting, or seizures may occur once alcohol use is stopped after regular or excessive use.

Psychological Dependence

Psychological dependence

is manifested in the *form of craving for a drug*. A person with psychological dependence has an excessive, irresistible, uncontrollable desire to use the drug. *Psychological dependence may not cause physical symptoms*, but can lead to drug-seeking behavior.

How it is used ?



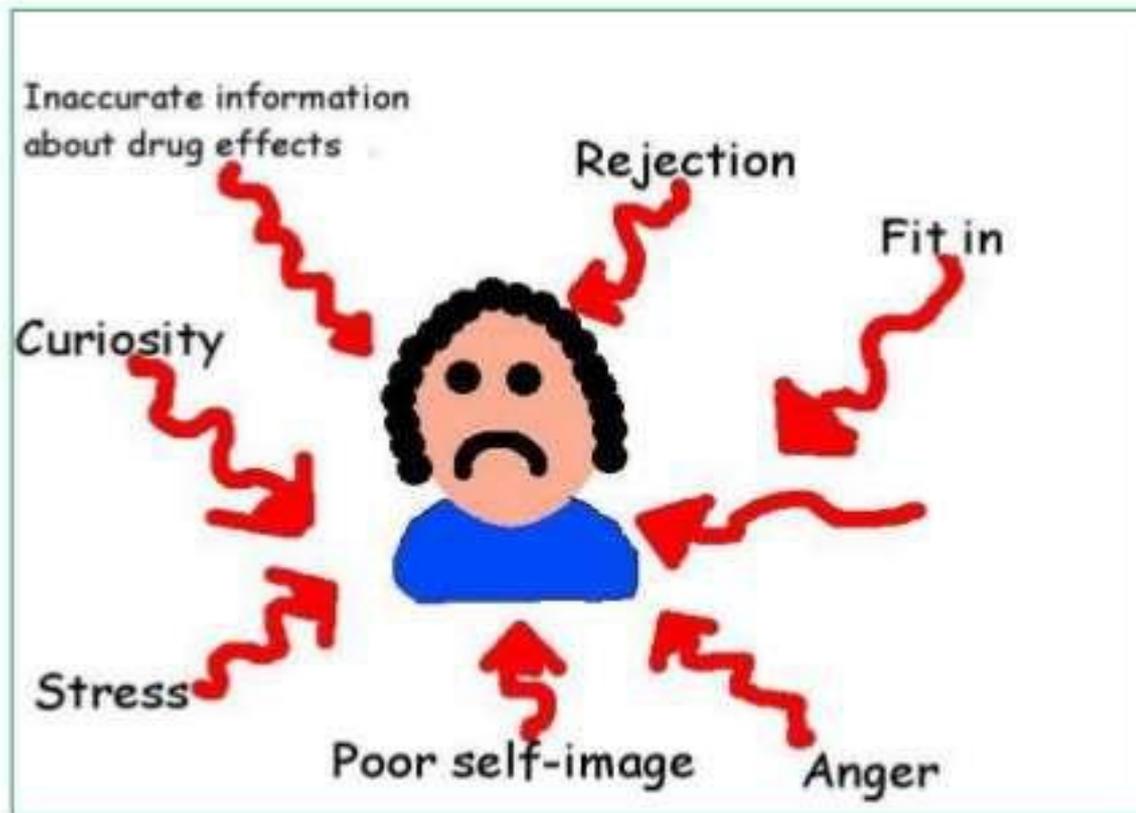
Why do people use drugs?

- People use drugs for a variety of reasons. Young people often use drugs for the same reasons that adults do.

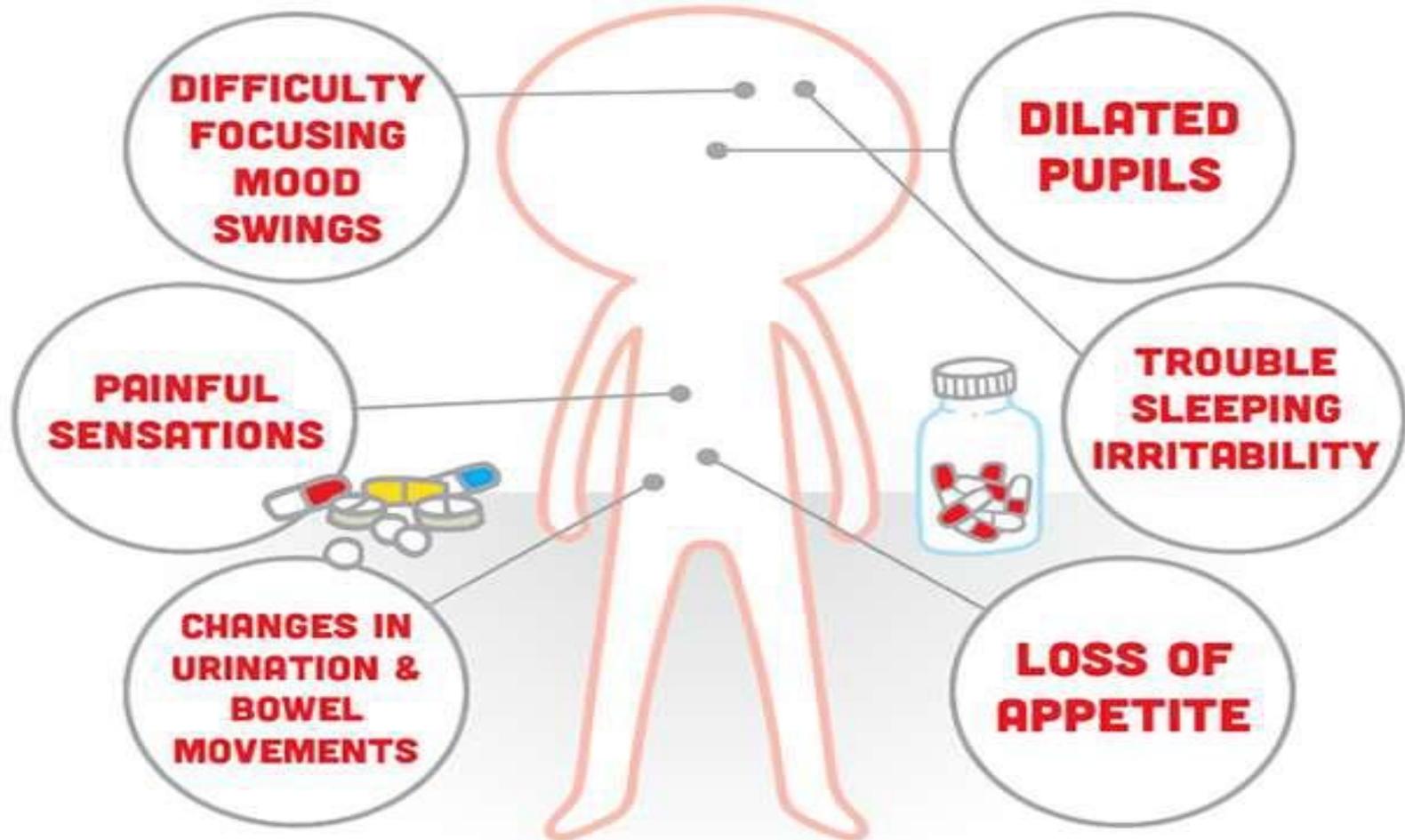
Some of these include

- forget problems
- to have fun
- to relax
- to gain confidence
- to socialize
- out of curiosity
- as a form of escapism
- to lessen inhibitions
- to remove personal responsibility for decisions
- to celebrate or commiserate
- to relieve boredom and stress
- self-medication to cope with problems

Why Do People Use Drugs?



SIGNS IF SOMEONE IS USING DRUGS



Symptoms of Drug Abuse

- Depending upon your drug of choice, the symptoms that suggest the presence of an addiction that requires treatment will vary. Different classes of drugs have different telltale signs that signify usage.
- In general, however, there are a number of signs that drug abuse or alcohol abuse is a serious problem. If you recognize some or all of the following things happening to someone you care about, or happening in your own life, drug abuse may be an issue that needs to be addressed in treatment

- **Isolating from family and friends who don't use drugs**
- **Spending time with new friends or friends who get high or drink**
- **Never having money or often asking to borrow money, even for small items**
- **Showing up late to work/school or not showing up at all**
- **Losing a job**
- **Doing little to find a job if out of work**
- **Paying less attention to basic hygiene**
- **Changes in sleeping habits**
- **Extremely private about possessions, including their bag, room, or car**
- **Lying about using or drinking**
- **Sneaking away to get high or drunk**