Cannabis

Cannabis can cause problems both physical and mental. Tetrahydrocannibinal (THC) is the main active ingredient.

Cannabis is considered medicinal; it is used in the treatment of multiple sclerosis and glaucoma.

Cannabis worsens mental illnesses such as psychosis, it lowers your motivation and it causes persons to lose interest in things.

Caffeine

Caffeine is considered a stimulant; which means, it has the ability to increase your heart rate, respiratory drive and your central nervous system.

It makes your blood more sludgy by raising the level of fatty acid in the blood and raises blood pressure.

Alcohol

Alcohol is a central nervous system depressant. Alcohol goes directly from your digestive system into your blood stream and within minutes it spreads to the entire body.

The brain gets the highest concentration because it gets more blood than the rest the body.

LOWERS INHIBITIONS • SLURS SPEECH
ALTERS EMOTIONS • BREATHING DIFFICULTIES
UNCONSCIOUSNESS • COMA AND DEATH



PHYSICAL MANIFESTATION OF DRUG ABUSE

DRUG ABUSE CAN BE PREVENTED BY:

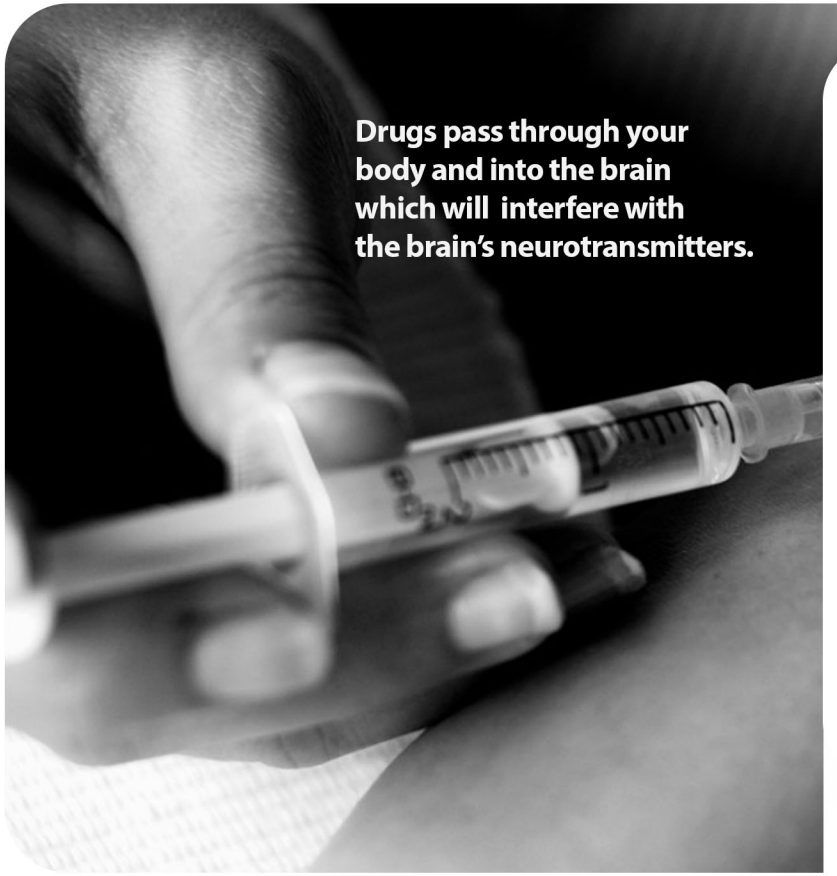
- Being informed of the risks associated with substance abuse
- Involvement in alternative activities
- Make positive future plans
- Be brave enough to say NO!
- Keep company with those who disapprove of drug use
- The best thing to do, is to tell an adult that you can trust; a parent, other relatives, teacher, coach or school counsellor.

DRUG ABUSE

WHAT YOU NEED TO KNOW

https://ncda.org.jm/





Drugs pass through your body and into the brain which will interfere with the brain's neurotransmitters.

DRUG ADDICTION:

This is characterized by an uncontrollable, compulsive need to seek and use substances despite the devastating physical, psychological and social consequences they cause.

DRUG DEPENDENCE:

An adaptive physiological state where an individual requires a substance to function , resulting in physical or mental distress if the drug is stopped. It happens because the brain and body adjust to the persistent presence of a drug over time.

DRUG TOLERANCE:

A physiological process where the body adapts to a medication or substance with repeated use, causing it to become less effective. As a result, a person requires progressively larger doses to achieve the same therapeutic effects or 'high' they initially felt.

What are drugs?

Drugs are chemical and substances that affects both your mind and your body.

The prolonged use of drugs may lead to physical and/or psychological dependence. An overdose of any drug may lead to death.

Risk Factors

- Social/peer pressure
- Antisocial behaviours (aggression anger management, isolation, etc.)
- Stressors (academic failures, social barriers, death of loved ones etc.)
- Desiring the use of drugs (recreational, for social acceptance, curiosity)
- Poor family dynamics (rejection, etc.)

Types of Drugs

Stimulants:

These speed up or stimulate the central nervous system and can make the users feel more awake, alert or energetic. Stimulants increase heart rate, body temperature and blood pressure.

These include: Caffeine, Nicotine in tobacco, Ephedrine, amphetamines and methamphetamines also known as 'speed', 'ice', and 'crystal meth'.

Depressants:

This slows down or depresses the functions of the central nervous system. In moderate doses, depressants can make you feel relaxed. In larger doses, depressants can cause unconsciousness by reducing breathing and heart rate. A person's speech will become slurred and their movements sluggish and uncoordinated.

These include: alcohol, opiates, heroin, codeine, methadone and buprenorphine, sedatives (sleeping pills), marijuana.

Hallucinogens:

These are drugs that distorts the user's perception of reality. The main physical effects are dilation of pupils, loss of appetite, increased activity, talking or laughing inappropriately, jaw clenching, sweating and sometimes stomach cramps or nausea.

These include: LSD also known as 'trips', 'acid' and 'microdots', magic mushrooms also known as 'mushies' or 'shrooms', ecstasy (MDMA) also known as 'E', 'XTC' produces a combination of hallucinogenic and stimulant effects and ketamine, also known as 'K' and 'special K'.