Drugs, Alcohol & Addiction

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Drugs: what are they?

Drugs are natural or synthetic substances that could alter the mental activities of whom assume them and create dependency and addiction.
Be careful, because whether they are soft or hard, drugs cause thousands of deaths per year!

Among soft drugs it is also included nicotine, which, despite being a SOFT DRUG, causes 80/90,000 deaths per year in ITALY!
Scientists classify drugs into 3 groups: Depressants, Hallucinogens, and Stimulants.
In Italy the use of many drugs is decreasing, but among young people the consumption of cannabis has increased; in 2013 children between 15 and 19 have tried cannabis at least once.
Students who use drugs get lower grades and are less likely to graduate than their peers who do not use it.

Young people who drink alcohol or smoke marijuana are more depressed and anxious.

DON'T USE DRUGS!!
Alcohol: what is it?

It is alcohol or alcoholic drink any liquid containing ethanol
How the alcoholic substances are produced?

Alcoholic fermentation of the sugars contained in fruits or cereals

Cereals or other plants rich in carbohydrates or starches

Distillation of residuals from the production of fermented beverages

Fermented beverages
Under 16 years old, enzymes capable of metabolizing alcohol are completely absent; these enzymes do not reach maturity before 21 years of age. This means that before the age of 16, alcohol should not be taken even in moderate amounts, since the body is not able to metabolize it.
...the first contact with alcoholic beverages occurs at very early age, and according to the international HBSC survey, the Italian boys of 11, 13 and 15 have led the way for a weekly consumption of alcohol. The European ESPAD survey also tells us that the perception of the availability of alcoholic beverages among the Italian young students is the highest in Europe.

http://www.salute.gov.it/portale/home.html

www.terninrete.it
Since 2003, it is on the rise among young people, the phenomenon of "binge drinking". Among boys of 11-25 years it has gone from 13.7% in 2003 to 14.7% in 2010, and among girls of the same age from 5.5% to 6.3%.
Alcohol is a toxic substance. It can also cause addiction to a greater extent than many drugs and its consumption, if excessive, can cause serious damage to the body, especially to the liver and brain.

DON’T DRINK!!
ADDICTION

altered behavior that, from simple and common habit, becomes a search of exaggerated and pathological pleasure through means or substances or behaviors that result in a pathological condition
1 out of 4

who tries cigarettes becomes a habitual smoker

The alcohol makes regular consumer

1 out of 10
NEW ADDICTIONS

• SEX
• INTERNET
• GAMBLING
• FOOD
• SHOPPING
Why do you become addicted?

IT’S A MATTER OF BRAIN

The younger you are when you try, it’s surer you will abuse of drugs
Why Do You Get High?

To seek pleasure, pain relief, relaxation, fun, mystical revelations, ecstasy, escape from reality, altered states of consciousness etc ... It’s a spring which acts with such a force and effectiveness that can be considered a boost similar to hunger, thirst, sex.
HOW DO YOU BECOME ADDICTED?

1) Curiosity, a desire to experiment with new effects, strength of the group. The fact of doing these experiences as a group can help to overcome the concern...

2) Drug is taken because its effects are known and they are the ones you want.

3) Its use is out of control and becomes continuous. Despite of its constant, obvious and negative consequences on: health, social relations, study, work... you start to do dangerous things; you are aware everything goes wrong because of the drugs, but you cannot stop. You take time from your previous life to devote it to drugs...
At the beginning the action of the drug gets the desired effect BUT
WE CAN GET THE SAME EFFECT IN MANY OTHER WAYS

Like

Falling in love
Doing sports and exercise
Being with friends
Playing and Listening to Music
Dancing
Singing

LET’S FIND
HEALTHY BEHAVIORS
that stimulate the same brain areas and
give the same sensations of drugs.