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TOPIC: DRUG ABUSE.

 Today I want to write an essay on “Drug Abuse” and when I say drug abuse it also involves the causes of drug abuse, the effects of drug abuse and how we can prevent drug abuse. First of all what are drugs? Drugs are chemical substances that alter the way a person’s body or mind works. Drugs are not good for the health s they have many side effects and damage our brain, heart and other important organs. What is now “Drug Abuse” as it is our topic for today? Drug abuse is the illicit or illegal intake of drugs either by inhaling, sniffing, rubbing, injecting or even swallowing without a doctor’s prescription.

 As we go further on this topic, there are some points I want tom lay out which they are just three in number. I would list them out which we would take them one after the other with explanations and examples of each. Here are the points I want to lay out:

* The causes of drug abuse.
* The effects of drug abuse.
* How we can prevent drug abuse

 So I would take the first point which is the “The causes of drug abuse.” In the society right now, there are a lot of things that causes drug abuse which is not good to the human body and human health in general. So I would like to give some points which would point out what I’m trying to say. Here goes the points:

* PEER PRESSURE
* STRESS
* FEELING AMONG
* LACK OF FAMILY CHECK UP
* AVAILABILITY OF DRUGS
* RELATIONSHIP PROBLEMS
* SELF MEDICATING
* CHRONIC PAIN
* LAZINESS
* DROWSINESS
* SEIZURE
* ANXIETY
* STROKES
* DAMAGED IMMUNE SYSTEM
* STUNTED GROWTH
* PHYSICAL DEFECTS.e.t.c

The most common in the society is the peer pressure group whereby friends lure their mates into drugs which they end up been addicts.

 The second most important points as we listed above is “The effects of drug abuse.” The effects of drug abuse has caused crucial harm to the human system which has led to death or some sickness that they can’t recover from, it has become permanent which renders oneself useless. Here are some of the effects of drug abuse

* DEATH
* MENTAL INSTABILITY
* SCHOOL DROPOUT
* HELPLESSNESS
* THUGGERY
* ABDOMINAL PAIN
* LOSS OF FAMILY: Family members would avoid such person
* NAUSEA. e.t.c

 The last but not the least is “How we can prevent drug abuse. Drug abuse can be ended in some many ways but some majors have to be taken. Parents have to caution their children on where they go to or whom they deal with. When parents do this, there won’t be having problems with their children about drugs or them misbehaving anyhow. Here are some major ways of preventing drug abuse.

* GET THE KIDS IN EXTRACURRICULAR ACTIVITIES
* GET ALL UNUSED PHARMCEUTICALS OUT OF THE HOUSE
* VET THE FRIENDS AND SOCIAL CIRCLES OF THE KIDS
* TALK TO THE KIDS ABOUT DRUGS
* CUT THE ELECTRONICS DOWN A NOTCH
* GET THE KIDS INVOLVED IN FAMILY PROJECT
* INSIST ON REGULAR AND VARIED FAMILY TIME
* INSIST ON HEALTHY LIFESTYLES IN THE FORM OF HEALTHY MEALS. e.t.c.

 In conclusion, I want to say that drugs are not good for the body and anybody caught taking drugs without prescription should be punished and parents should always look out for their children.