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**DRUG ADDICTION IN YOUTHS**

A drug is a natural or synthetic substance which when taken into the living body affects the normal functioning or structure and it is used in the diagnosis, mitigation, treatment or prevention of a diseases. Drug misuse is the excessive or adoptive use of a drug for non-medical purpose e.g. tobacco, LSD. Drug addiction has become a worldwide problem, especially in teenagers. Many young people become dependent on different types of substances and stimulating medicines that comes hand-in-hand with narcotic effect. The life of addicts becomes spoiled in all aspects, as they lose contact with their family and live in a different world. They spend lots of money on drugs, and then look for ways to earn money illegally. If we compare the health problems, there are many dangerous effects of drugs.

The most disturbing thing about drug addiction is that people in different countries of the world are becoming addicted to all kinds of drugs. There are different types of street drugs such as – cocaine, meth, marijuana, crack, heroin etc. Heroin is one of the dangerous drugs that suppress your heart’s work and is appropriate to achieve narcotic effect.

The alarming rate of drug consumption has always been a problem and has detrimental effects on the society. Personal and family problems also lead to drug abuse among youngsters who fail to deal with personal problems. The physiological effects of drug addiction can be difficult to endure and this is why the addict must be treated for their condition. The worst thing is that drugs are that they affect youth in every country of the world.

The term drug not only means medicine, but fatal narcotics with different specifications. These drugs have their evil effects on mind and body cells of the addicts. The addict becomes dependent on the drug to a great extent that he/she cannot stop using it. Despite of having full knowledge of its effects on health, addicts use it on a regular basis.

Drug addiction is basically a brain disease that changes the functioning of brain. There is an uncontrollable desire to consume drugs, as a result of which addicted people engage in compulsive behavior to take drugs. The addicts find it impossible to control the intake of drugs, as a result of which they fail to fulfill day-to-day responsibilities in efficient manner. Drug addiction is also referred as drug dependency, as the addict develops dependency for particular substance.

As said, prevention is always better than cure. It is always best option to deter people from drug abuse. Though it is practically impossible to prevent everyone from using drugs, there are things we can do to avoid drug addiction. Here are some effective tips to prevent drug addiction.

**Illegalizing the use of these harmful drugs**

The government of the state should illegalize the use of drugs, this is the first and foremost solution, but as we all know these drugs still find their way into the lives of the people, which is why this social safety measures below should be taken.

**Deal with Peer Pressure**

The biggest reason why people start using drugs is because of their friends or colleagues who utilize peer pressure. No one in this world likes to be left out, especially teens and youngsters. If you are in such situation, you should find a better group of friends who won’t pressure you into harmful things. You should plan ahead of time or prepare a good excuse to stay away from tempting situations.

**Treat Emotional Illness**

Individuals suffering with any mental condition such as – anxiety, depression, post-traumatic stress etc. should seek help from a physiatrist. There is a strong connection between mental illness and drug addiction. Those with weak emotional status may easily turn to drugs.

**Learn to Deal with Pressure**

People of today’s generation are overworked and often feel like taking a good break. However, they make the mistake of turning to drugs and end up making life more stressful. Many of us fail to recognize this. The best way is to find other ways to handle stress. Whether it is taking up exercising or reading a good book, you should try positive things that help in relieving stress.

**Understand the Risk Factors**

If you are not aware of the risk factors of drug addiction, you should first know about drug abuse. Individuals who are aware of the physical and emotional effects of drug addiction are likely to overcome them. People take up drugs when something in their life is not going well and they are unhappy about their life. One should always look at the big picture and focus on priorities, instead of worrying about short term goals.

**Develop Healthy Habits**

Eating a well-balanced diet and doing regular exercise is the best way to prevent drug addiction. A healthy body makes it easier for people to deal with stress and handle life effectively, which eventually reduces the temptation to use drugs.

The above tips are a just a few ideas that can help prevent drug addiction. However, if the person has already developed drug addiction, he/she should seek drug detox treatment at the earliest.

Drug addiction is a problem that individuals and families all over the world are facing. The use of drugs can not only have harmful effects on the user’s mental and physical health, but drug use can also have tremendously horrible effects on those living in communities with high drug use, such as increased crime and mortality rate, homelessness, and lower property values. Imagine a world without these drugs, better economies, low crime and mortality rate, brighter future for next generations, less pains to families and loved ones just imagine if at least out of the many problems of the world one can be solved, is it not a start for a better community. For those studying to become physicians, lawyers or law enforcement officers, isn’t a world without these harmful substances worth fighting for?