



CHAPTER - 14

PREVENTION OF DRUG ABUSE AND SEXUALLY TRANSMITTED DISEASES

Say NO to Drugs
Choose a Better
Tomorrow



14.1 ADOLESCENTS AND SUBSTANCE ABUSE : THEIR EFFECTS AND THERAPEUTIC MEASURES

★ INTRODUCTION

- Adolescence is the period between 8-18 years in girls and 7-19 years in boys.
- During this period, many physical, mental and emotional changes occur.
- Problems like acne, loneliness, stress, peer pressure, fatigue, phobia, etc. may lead some adolescents to substance abuse (drug abuse).
- **Substance abuse** = Use of harmful substances (drugs, alcohol, tobacco etc.) for mood altering purposes.
- **Drug** = Any natural, synthetic or chemical substance used to modify body processes or mind, treat illness, relieve symptoms or enhance performance.
- **Addiction** = A state of physical and psychological dependence on drugs. It is a habit that is very difficult to leave.
- Addiction leads to loss of control, repeated use, and harmful effects on the individual and society.

14.1.1 CHARACTERISTICS OF DRUG ADDICTION

1. Over powering desire or need to continue taking the drug.
2. Tendency to increase the dose.
3. Psychic (psychological) and generally physical dependence on the effects of the drug.
4. Detrimental effects on the individual and society.

14.1.2 WITHDRAWAL SYMPTOMS

Mild tremors, convulsions, severe agitation and fits. In some cases, life threatening. Medical supervision may be needed.



14.1.3 SIGNS & SYMPTOMS OF DRUG ADDICTION

- Loss of interest in sports and daily routine.
- Loss of appetite.
- Loss of body weight.
- Unsteady gait.
- Clumsy movements.
- Tremors.



14.1.4 REASON FOR DRUG ABUSE

1. Calming of exciting effects.
2. Escape from reality.
3. Search for awareness and mysticism.
4. Masking pain.
5. Blunting anxiety.

Repeated use increases the dose needed for the same effect → leads to dependence and severe withdrawal symptoms.

14.1.5 HUMAN BRAIN AND DRUG ADDICTION

- Addictive drugs are psychoactive (mood altering) drugs.
- They alter the activity of the nervous system by changing the level of chemical transmitters (neurotransmitters) in the brain.
- This leads to changes in mood, thinking, behaviour and body functions.



14.2 DIFFERENT TYPES OF DRUGS

1. ALCOHOL • Organic compound. • Rapidly absorbed from stomach and intestine. • Acts as a depressant (↓ activity of CNS). • Affects liver most.	2. TOBACCO • From dried leaves of <i>Nicotiana tabacum</i> and <i>Nicotiana rustica</i>. • Contains nicotine - highly poisonous alkaloid. • Tobacco smoke has CO, tar, nicotine etc. → causes many diseases.	3. OPIOIDS • Bind to opioid receptors in CNS and GIT. • Examples: Heroin (from poppy latex), Morphine, etc. • Affect reproductive capacity in males.	4. CANNABINOIDS • Interact with cannabinoid receptors. • From <i>Cannabis sativa</i>. • Examples: Marijuana, Hashish, Ganja, Charas.	5. COCA ALKALOID OR COCAINE • From coca plant (<i>Erythroxylum coca</i>). • Examples: Cocaine, Cocaine hydrochloride, Dhatura.
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GLOSSARY

Substance Abuse - Using harmful substances for mood altering purposes.

Addiction - A habit of taking drugs repeatedly and unable to stop.

Psychoactive Drugs - Drugs that affect the brain and change mood or behaviour.

Neurotransmitters - Chemical messengers that carry signals between nerve cells.

THERAPEUTIC MEASURES AGAINST ADDICTION

1. Detoxification treatment using drugs like benzodiazepines (e.g. diazepam).
2. Treatment using barbiturates, flumazenil, naloxone, methadone etc. for various types of drugs.



MODES OF TRANSMISSION OF HIV/AIDS

1. Through Intercourse.
2. Through blood transfusion.
3. Through infected mother to child.



PREVENTION

- Safe sex (use of condoms).
- Safe blood transfusion.
- Do not share needles or syringes.
- Regular medical checkups.
- Awareness and education.
- Lead a healthy and disciplined life.

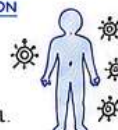
WHAT IS AIDS ?

AIDS (Acquired Immuno Deficiency Syndrome) is caused by HIV (Human Immuno Deficiency Virus). It attacks the immune system and weakens the body's ability to fight infections.



HOW AIDS AFFECTS THE PERSON

- Weakens immune system.
- Causes repeated infections.
- Leads to serious diseases.
- If not treated, it can be fatal.



HOW AIDS SPREADS

- Through unprotected sex.
- Through infected blood.
- From infected mother to baby.

AIDS IS A RECENT DISEASE.

HOW HIV INFECTION IS DIAGNOSED

By blood tests like ELISA, Western Blot, PCR etc.



HIV DOES NOT SPREAD THROUGH

Hugging, shaking hands, sharing food, using same toilet, mosquito bites, tears, sweat or casual touch.



IN SIMPLE WORDS

Choose Life, Not Drugs.
Be Aware, Stay Safe
and Spread Hope!

