

habit

TREATMENT

schools

methadone

rehab

smoking

MEDICAL

ALCOHOL

depression

injection

USERS

DRUG

heroin

PROBLEMS

HEALTH

mental

ADDICTION

effects

dangerous

medicine

DRUGS

SCHOOL

providers

substance

OVERDOSE

addiction

emergency room

Drug: a substance that changes the way you feel and has a physiological effect on the body

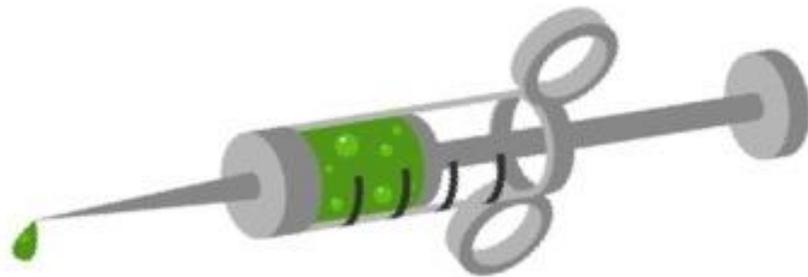
Prescription drug:

- Prescribed by a doctor for one person
- Clear instructions for dosage and frequency
- Made in a lab under controlled conditions regulated by the government for safety

Street drugs:

- Made by ordinary people in any location
- No safety regulations
- No government regulation
- Could be laced with other drugs



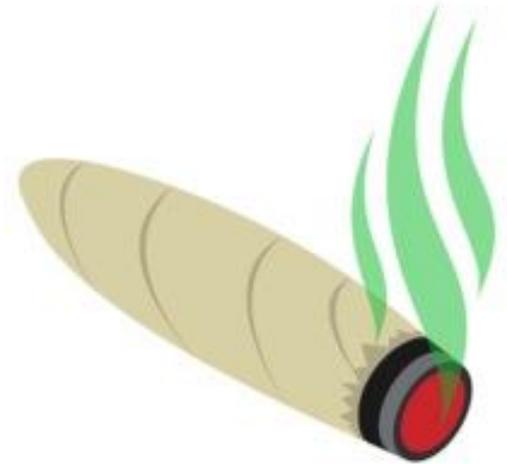


Addiction: When a person cannot stop taking a drug or must have a drug to feel normal

Withdrawal: Sick feelings and symptoms an addicted person gets when they don't have the drug in their body

WHY do PEOPLE do DRUGS?

- Peer Pressure
- to look older or fit in
- to escape pain, sadness, boredom
- to relax
- to speed up



After Addiction:

- to feel normal
- to keep from getting sick
- to stop shaking and/or throwing up

How do you know if you are “addicted” to drugs?

If you experience one or more of the following things . . .

- uncontrollably seeking drugs
- engaging in harmful levels of habit-forming behaviour
- neglecting or losing interest in other
- Relationship difficulties
- an inability to stop using a drug, though it may be causing health problems or personal problems
- hiding substances and secretive behaviour
- profound changes in appearance, including a noticeable abandonment of hygiene
- increased risk-taking, both to access the substance or activity and while using it or engaging in it

. then you have reason to be concerned!

SOME FACTS TO CONSIDER

For some people,
it only takes
one try to
become hooked
or addicted.

Drugs try to
imitate real
feelings in your
body. Natural
feelings start
to fade away.

Drugs destroy your body
on the inside and out.

Each time you take a drug, it takes
more the next time to feel the same
as the last time.

Legal
does
not
equal
SAFE

How can you help you ?

1. Keep track of your drug use (when and how much)
2. List the pros and cons of quitting
3. Consider all the other things that are important to you and be honest about the effect it has on them
4. Ask someone you trust about their feelings on your drug use
5. Ask yourself if there is anything preventing you from changing What would help you make the change?

What are your options for help . . . ?

- Addiction counselling from a professional
- In-patient treatment
- Support groups
- Self-help books and tips

