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Topic : "Say No To Drugs"  
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Medical academy named after  
S.I. Georgievsky of  
Vernadsky CFU



# Drug Awareness & Prevention

- SAY NO TO DRUGS:

- 1. INTRODUCTION

- 2. SIDE EFFECTS

- 3. HOW TO AVOID ADDICTION



# What are Drugs?

- A drug is something that affects your body. Drugs must be able to pass through the body and into the brain; interferes with brain's neurotransmitters.
- Drug is any chemical you take that effects the way your body works.
- Not all the drugs are illegal.
- Drugs like cannabis, ecstasy, cocaine are illegal. Other which are against the law include, heroin, weed, magic mushrooms, alcohol etc.



# Types of Drugs:

There are 3 main types of drugs:

## 1. Depressants:

In moderate doses, these can make you feel relaxed. In larger doses, they can cause unconsciousness by reducing breathing and heart rate. A person's speech may become slurred and their movements sluggish and uncoordinated.

These can include:

- Alcohol
- Heroin
- Cannabis or Marijuana
- Minor tranquillizers
- Inhalants (petrol, glue etc)





## 2. Stimulants:

They speed up or stimulate the central nervous system and can make the users feel more awake, alert or confident. Stimulants increase heart rate, body temperature and blood pressure. Other physical effects include reduced appetite, dilated pupils, talkativeness, agitation and sleep disturbance.

These includes:

- Caffeine
- Nicotine in tobacco
- Ephedrine (used in medicines)
- Speed Ice or Crystal Meth
- Cocaine (Coke)



### 3. Hallucinogenic:

These drugs distort the user's perceptions of reality. The main physical effects are dilation of pupils, loss of appetite, increased activity, talking or laughing, jaw cleaning, sweating and sometime stomach cramps or nausea. Drug effects can include sense of emotional and psychological euphoria and well being visual hallucinations may occur, causing users to see or hear things that do not actually exist.

These drugs Include:

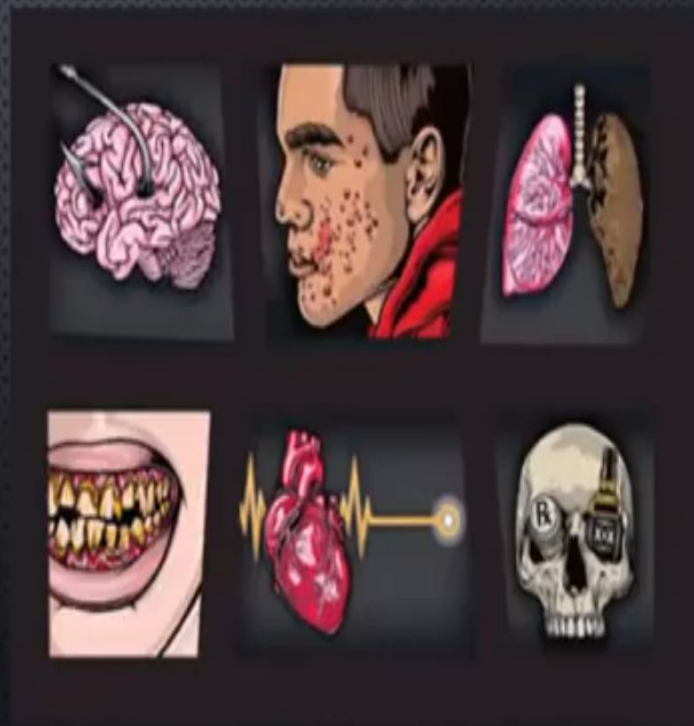
- LSD (Microdots, Trips)
- Magic Mushrooms (Mushies)
- Ecstasy (XTC, ECCIES)
- Ketamine (K, Special K)





# Effects of Drugs Usage:

- Violent Outbursts
- Irrational Fears
- Psychosis
- Heart Damage
- Blurred Vision
- Stroke
- Liver Damage
- Sweating
- Nausea
- Auditory & Visual Hallucinations
- Headaches
- Vomiting
- Exhaustion
- Sluggishness
- Amnesia
- Confusion
- Clumsiness
- Laziness





# WHAT COULD HAPPEN

## TO ME...

Different drugs can effect you in different ways

### SEDATIVE DRUGS

Drugs such as:

- \* Slow down the way that the brain and body works
- \* They can have a numbing effect and then drowsiness can happen
- \* And taking sedative drugs can also lead to **DEATH**

### STIMULANT DRUGS

Drugs such as:

- \* Gives people a rush of energy
- \* Makes them more alert
- \* And they stop sleeping well
- \* And it leads to... **DEATH**

### PSYCHOACTIVE

Drugs such as:

- \* They produce very disturbing experiences
- \* May lead to dangerous behavior by the user especially if the user is already unstable
- \* They also alter the way the user feels, sees, hears, tastes or smells
- \* And **DEATH**

## TO MY FAMILY...

There are two ways drugs could effect your family

#1

Your family will completely throw you out and will tell you to fend for yourself, because they know that you will never be their child again, as well as the fact that you will become so desperate that you will become a criminal and they do not want a criminal.

#2

The other way your family can choose to go about this is to maintain and help you get supplies by providing you with the money, but once someone finds out they could lose their job and their job = no money and some rely on another at all, you will die because you won't have enough money for medicine or your whole family might end up in jail because you left them relying on money. And all of this happens and what? **DEATH**

## SEDATIVE DRUGS

Ex. alcohol, heroin, etc.

- \* Slow down the way that the brain and body works
- \* They can have a numbing effect and then drowsiness can happen
- \* And taking sedative drugs can also lead to **DEATH!**

Ex. cocaine

- \* Give
- \* Make
- \* And
- \* And



## STIMULANT DRUGS

Ex. cocaine, crack, amphetamine, etc.

- \* Gives people a rush of energy
- \* Makes them more alert
- \* And they stop sleeping well
- \* And it leads to... **DEATH**

## HELLUCINOGENIC

Ex. magic mushrooms, etc.

- \* They produce very disturbing experiences
- \* May lead to dangerous behavior by the user especially if the user is already unstable
- \* They also alter the way the user feels, sees, hears, tastes or smells
- \* And **DEATH**



## MENTALY

Drugs don't just effect you physically they effect you mentally too because by taking drugs you can lose your loved ones too

# Why do people use Drugs?

- To fit in with a group of friends.
- They Might be curious.
- Boredom
- Often to help person escape from reality for a while.
- If a person is sad or upset, drug can temporarily make the person feel better or forget about problems. But this escape lasts only until the drug wears off.
- Enhance social experiences.





# ■ THEN WHY DO PEOPLE TAKE DRUGS?

- PEER PRESSURE (Friends group)
- To 'escape' from problems/tension
- Curiosity
- Just want to feel good.

# Drug Addiction

- Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use despite harmful consequences to the individual who is addicted and to those around them,
- Drug Addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain.
- No single factor can predict whether or not a person will become addicted to drugs. Risk for addiction is influenced by a person's biology, social environment, and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction.





# How does Someone got Addicted?

- Because of the extra dopamine, the brain chemistry changes.
- The brain stops making enough of its own dopamine.
- Without enough dopamine, the user feels flat, depressed and lifeless.
- The user needs more and more drugs to feel good.
- The brain's changes make the user need the drug just to feel normal.



**Why Do People Get Addicted  
to Drugs and Alcohol ?**

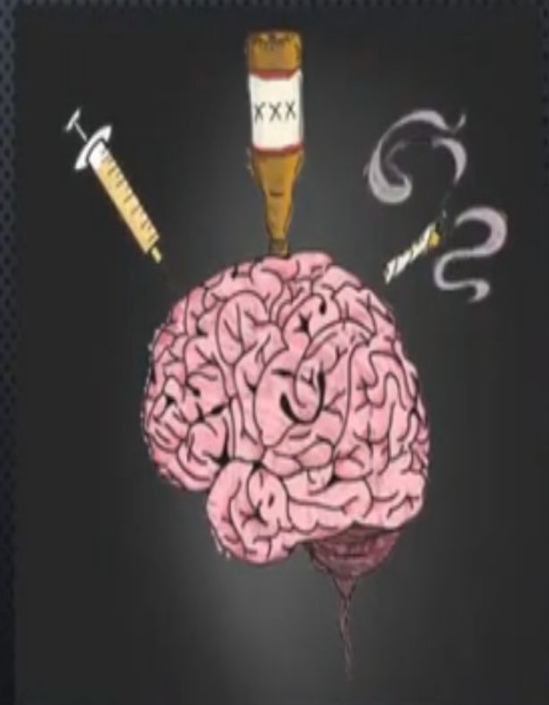
**13%** school  
students  
on **DRUGS**



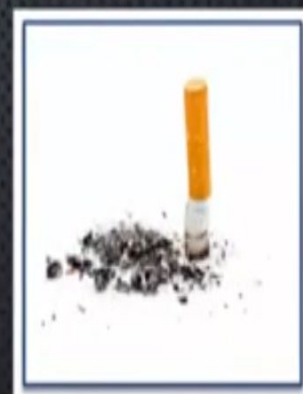
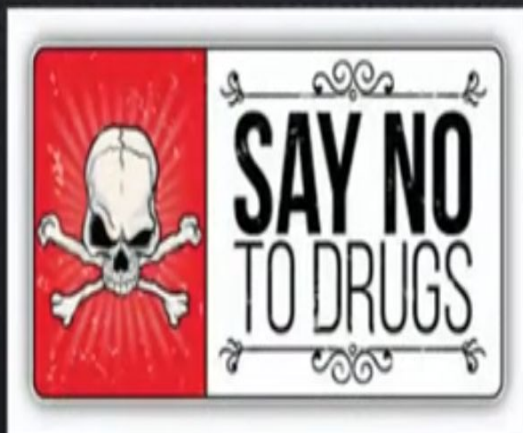


# Signs & Symptoms of Drugs:

- Lose interest in Studies.
- Change Friends
- Become moody, negative, cranky or worried all the time
- Ask to be left alone a lot
- Have trouble concentrating
- Sleep A lot
- Get in Fights
- Cough a lot



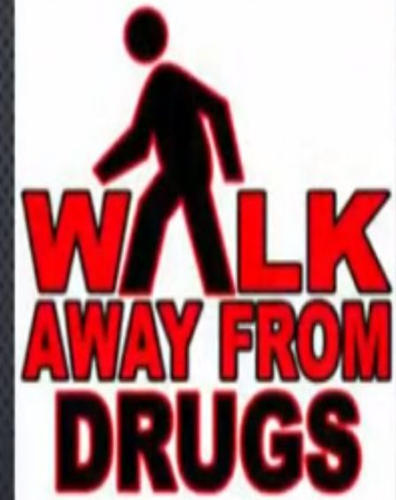
# Prevention is itself Cure To Drugs





# Prevention of Drugs:

- Making a legislation control over narcotic & drugs.
- Controlling the Production and dispensing these drugs.
- Controlling the availability of these drugs.
- Dispensing only according to a registered physicians prescription.
- By spreading knowledge about the disastrous effect of abused drugs.
- By teaching basic information on prevention of drugs.
- Motivate People to stop using Drugs.





# Quotes

“GET  
HIGH  
ON GRADES  
-NOT  
ON DRUGS”

- The Fresh Quotes -

Life  
Can  
Take  
You  
Higher  
Than  
Drugs

- The Fresh Quotes -

“**Drugs  
Aren'T  
Cool,  
They  
Make  
You Look  
Like  
A Fool**”

The Fresh Quotes

THANKYOU  
FOR YOUR  
ATTENTION

