

SAVE HIGH SCHOOL STUDENTS FROM DRUG ADDICTION

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Drug addiction chooses no age, gender or status in society, even the innocent students in school are engaging to the said addiction. Drug addiction is one of the most leading problems in school. Teenagers who are reaching their puberty stage entwined with surging hormones tend to get influenced easily by their peers, the environment where they live and other people around them who are inclined to this problem. Teenagers are vulnerable, their bodies are still developing. The brain is too young to handle such problem, drug abuse can cause harmful effects on its cognitive and behavioural aspects. High school students don't have the courage and the will power to stop taking or using outlawed drugs by themselves. Recurrent usage of drugs fluctuate the functions of the brain, evidently, studies and researches claimed that there are changes in some areas of the brain of the person who are addicted to prohibited drugs. It can be shown on brain imaging.

In order to prevent these teenagers from abusing illegal drugs, parents and teachers must be aware of different signs. The sudden changes in the activities and habits of the students are not just an effect of puberty but something that is more serious. These signs include the following:

1. New set of friends who differ from the friends he had before.
2. Neglecting proper hygiene and grooming
3. Poor academic performance as shown by declining of grades
4. Frequent absences from the school or worse they escape from classes

5. Getting poor grades from favourite subject
6. Engaging or causing trouble in school
7. Developing new sleeping and eating habits
8. Worsening attitudes and relationship with the family and friends.

Addiction Center proposed some information about drug abuse that could be a great help to teachers and parents to save students who became drug dependent. These are:

One of the many stages of drug dependent is that it may lead to poor handling of one's life. They have the tendency to be miserable and be branded as enemies of society.

Teenagers who became drug dependent are more inclined to involve in different problems compared to those who started the addiction as adult. Immaturity would bring disastrous events because the brain's control impulses won't function anymore.

Drug abuse may be a result of different factors such as family members who are also inclined with it, genetically inherited and social influences.

Drug dependency will be treated depending on the stage of drug addiction, the treatment ranges from managing the threat factors and education to rigorous domestic treatment and continuous outpatient care and provision.

Professional help will also a good step in helping the students. Parents may bring their children who are suspected drug users to a doctor for formal screening for the signs of drug dependency and other related issues. Drug delinquency can be avoided by parent's close monitoring to the activities and habits of their children. Above all, love, time and appropriate guidance will shield their children from being juvenile delinquent.

References: www.addictioncenter.com