Subject: Health and Family Life

Topic: Drugs- NOTES





Drugs cover substances such as medicine, cocaine, marijuana, heroin, ecstasy, tobacco and alcohol. Medicines are drugs that cause helpful changes in the body when used correctly. Illegal drugs contain various chemicals. Most give some sort of pleasure. The use of illegal drugs has serious effects on a person's life. These drugs can be habit forming or lead to addiction. Even legal drug such as alcohol and tobacco tend to be habit forming. Addiction is a constant need for something that leads to habitual use. Users of illegal drugs often become drug addicts.

Reasons to refuse drugs:

- ✓ Drugs are unhealthful and can harm your body - Use of drugs is against the law
- ✓ Drugs destroy relationships with friends and family
- ✓ Drugs keep you from doing well in school and achieving your goals

LIVEWORKSHEETS



Refusing drugs is one of the most healthful decisions you can make. It helps you build self-respect. Saying no to drugs helps you keep your mind clear.

How to avoid drug use and abuse:

- ✓ Say no, and tell why not Repeat no and walk away
- ✓ Suggest something else to do
- ✓ Avoid pressure to use drugs, commit crime or violence
- ✓ Go to places where drugs are not used
- ✓ Have friends who don't do drugs
- ✓ If you have a problem, talk with your parents or other trusted adult

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