

Malaysia against drugs essay



**ASSIGN
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Lately, the cases of drug abuse in our country are increasing. Nowadays not only adults are involved in these cases, but teenagers too. We can see many people suffering from taking drugs and they are addicted to it. I believe that they knew the consequences of taking drugs but still why do they want to take it? There are many possibilities like maybe they are suffering from stress and they don't know the correct way to express themselves, or maybe they are influenced or challenged by their friends.

Drug addiction is a preventable disease. Results from NIDA-funded research have shown that prevention programs that involve families, schools, communities, and the media are effective in reducing drug abuse. Therefore we should help them no matter what race and religion are they, because we are living in Malaysia, a multiracial country. So we should work hand in hand to reduce the cases of drug abuse and try our best to give them a hand. There are many ways to against drugs.

Firstly, we should probably start from preventing them from getting involved in drugs before they get addicted to it. Be there for them when they need help getting out of a tough situation. If someone faces a tough situation such as winding up at a party where drugs or alcohol are available, be the one who will pick them up without being too harsh or making repercussions. By taking this action, I believe that it will make them more comfortable to say no to their friends or the person who is offering drugs. Next, become a role model for them.

We should hold a positive model to them by encouraging them to think positively and get involve in some beneficial programs such as having

charity work, care for the orphan or visit the old folks home. Try to keep their time occupied so that they don't have the extra time to think of having drugs. We ourselves should not take drugs, and not encourage them to take too. Everyone should do their part and not by counting the race or religion. That is what 1 Malaysia spirit. If we were to help the ones who are already addicted to drugs, we can help them by finding an appropriate drug rehabilitation program.

If the addict is going to be escorted to the drug treatment center directly from the intervention, arrangements must be made beforehand to smoothen the process. Do contact several rehabilitation clinics and inquire about their services. Don't be afraid to ask specific questions about their daily schedules and how they handle relapses. Ask if you may tour the facility, and keep in mind that the more receptive the addict is of the treatment plan, the better the chances of overcoming the addiction. This is all very important to make the addicts comfortable and not panicking them.

Besides that, if you have a drug addict around you, whether it's your family, friends or neighbor, you can help by giving them mentally support. You can ask him or her to stay with you to help out while they go through the worst of their withdrawal. You can also bring them to see a doctor or go to the hospital emergency room if they cannot deal with it. Do write down a list of things they enjoyed doing before they started using drugs or things they've been interested in doing that they haven't done yet.

This will further encourage them to quit drugs. In conclusion, we as a Malaysian should strongly focus on our health and taking care of our family,

friends and the people around us. We must not do drugs, or we may be ended up destroying us own future. Furthermore, we should also help the addicts no matter what race and religions are they to quit drugs as this is the real spirit of 1 Malaysia. So let us work together to against drugs, let Malaysia be a drug-free country. Let's work hard to achieve our aim.