

Drug addiction and abuse as a barrier to the success of our future

[Health & Medicine](#), [Addiction](#)



All of us are aware, about the numerous incidents about teenagers who uses drugs in an early age, but are we also aware, about the reason why teenagers use and try drugs? Based on the statistical data, most of the drug users in the Philippines, are young people and with the accordance of Dangerous Drugs Board, it says that there 3. 7 million drug users in our country and 65% of it, is young people, which they believed that these young adults are spending their lives inside the rehab, instead of studying and building their dreams. Use of drugs will truly affect our future. We must always think for what is right an avoid things that can put you in danger.

Drug abuse can also be called as a substance abuse, this means that the drug is use in amounts or with methods that can be harmful to them. Heroin, Cocaine, Crack, Hallucinogens, Amphetamines, Marijuana, Alcohol, and Inhalants are the most commonly abused drugs by a consumer. According from a research, the people who are at particular risk for negative consequences are young adults or teenagers. This may cause them in having a brain damage and other negative effects to their body. There are other effects of drugs to teenagers, such as, emotional problem, behavioral problem, addiction and dependence, risky sex, and they can get different kinds of diseases.

There are a lot of story behind, why teenagers use drugs, such as, they were influenced by a member of a family or a friend, through popular media, boredom, rebellion, and personal or financial problems. For them, using drugs is a solution to forget their problem. The case of Savannah is similar with this situation, when she was 10 years old, she was influenced by her

parents, we were active addicts, aside from this she was physically and verbally abused, struggled with depression, and as she grew older she was also influenced by her friends that pushed her to end her own life.

Thankfully, she was saved by a policeman and brought her at the Houston Outpatient and Prevention Program, and started her treatment, she admitted the fact, that it was the biggest black hole in her life, she was full of regrets because she thought that her life would be better, if she controlled herself in using drugs, maybe she already reached her dreams, than spending half of her life waiting for her to recover.

Being strong and wise are some of the solutions to avoid this kind of problem in our generation. It is not too late for everyone to change and to prevent this kind of situation. In fact, there are many ways to prevent us (the youth), from using drugs, such as, saying no, avoid negative peer pressure, get help, plan ahead, and speak up or take control. We can help others from addiction by bringing them to a program to start their recovery and change of life, and to give them support and to guide in the right path, by giving them some advice that could change their perspective or idea in using drugs.

We must think for the better of our future, by making the right decisions that will never give us regrets and will never be a hindrance in reaching for our dreams. There is a saying, “It always seems impossible until it’s done,” that gives us inspiration that after all the breakdown and downfall, we should not lose hope because there will always be a way that can help us to move forward and to continue our lives.