What is the problem of drugs?

Drugs affect the brain because they change the way the brain works. Drug use has a big effect, especially on parts of the brain that control mood, memory, incentives, attention, and learning.

What leads to drug use among teenagers?

Like adults who use drugs, teenagers are usually motivated by the desire to try the drugs or use them as a means to deal with challenges in their daily life. Trying drugs is a common activity among teenagers, and it is important to talk about safety with them. The most common motivators for drug use include:

- Curiosity and the desire to fit in with friends
- Smoking and alcohol
- Mental health issues
- Exposure to violence or trauma
- Stress
- Race "Sesame Street", and other factors.

What are the warning signs of drug use?

Some warning signs that suggest drug use among teenagers include:

- Absent from school and poor performance
- Withdrawal from family or friends
- A change in mood or behavior (e.g., a person may be angry or isolated or depressed most of the time)
- Red eyes and dilated pupils
- Slow speech or uncoordinated movement or tremored
- Unusual smells from the mouth or body or clothes.

Drug use or the use of substances, commonly referred to as substance misuse, is the use of a substance or substances in a way that changes or controls your mood. Some of the most common substances include:

- Alcohol
- Marijuana
- Medications (such as sedatives and medications for mental health issues like anxiety or depression)
- Stimulants (such as Adderall and Ritalin)
- Cocaine
- Heroin
- Inhaled substances (such as paint, glue, "sweat," and paint thinner)

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What is a drug problem?

Drug or substance use or abuse is the habitual use of a substance in order to change or control your mood.

Some of the most common drugs are:
- Alcohol
- Marijuana
- Prescription drugs (such as pain or anxiety medications)
- Amphetamines (including prescription medications like Adderall or Ritalin)
- Cocaine
- Heroin
- Inhalants (gasoline, paint thinner, aerosol from spray cans)

How do drugs affect the brain?

Drugs affect the brain by changing the way it functions, especially the parts of the brain that control mood, memory, motivation, attention and learning.

What leads to drug use among teens?

Like adult drug users, teens often use prescription and illicit drugs to cope with difficulties. Many teens experiment with drugs, and it is important to discuss safety with them. Risk factors for teen drug use include: curiosity and wanting social acceptance; use of cigarettes or alcohol; mental health problems; abuse and trauma; and stress.

What are the warning signs of problematic drug use?

Some warning signs of problematic drug use among teens are: poor school performance and skipping classes; demanding more privacy; withdrawing from family or friends; mood changes such as being more angry, isolated, or depressed; bloodshot eyes or dilated pupils; slurred speech, poor coordination or tremor; unusual smells on breath, body, or clothing.

Possible consequences of drug use:

Drug use has been linked to impaired driving, unprotected sexual activity, violence, addiction, and failure at school. Possessing illicit drugs or those you don’t have a prescription for is illegal in the United States and being arrested on a drug-related charge can have a negative impact on immigration proceedings, employment and education. Sometimes drug use can lead to injury or death.

How can parents prevent problematic teen drug use?

Communicating with your teen is one of the most important ways to prevent drug use. Be involved in your children’s lives. Talk with them regularly. Listen to their questions and ideas without judgment. Demonstrate desired behavior by making your home free of illegal drugs, alcohol and cigarettes, and lock up prescription drugs. Encourage your children to participate in sports, clubs or after-school programs. Help your child stay busy between 3 and 6 pm, when risk for drug use by unsupervised teens after school is highest. If you believe that your teen may have a drug problem, talk to someone you trust, like a school counselor, caseworker, or doctor. In an emergency, call 911.

Sources

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Refugee Health Information Network (RHIN): www.rhin.org
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Safety First: A Reality-Based Approach to Teens and Drugs by Marsha Rosenbaum, PhD: http://www.drugpolicy.org/sites/default/files/Safety_First_2012_Final.pdf

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عوائق تعاطي المخدرات
يرتبط تعاطي المخدرات بسوء القيادة و ممارسة الجنس غير آمن و العنف و الإدمان و الفشل في المدرسة. إن جزء المخدرات أو بعض الأدوية بدون وصفة من الطبيب هو عمل غير شرعي في الولايات المتحدة و دخول السجن بسبب جرائم المخدرات أو بعض الأدوية قد يسبب إلزامات الإقامة و الهجرة الشرعية و الحصول على عمل و القبول في المدارس. في بعض الحالات تعاطي المخدرات قد يؤدي إلى اصابات خطيرة أو الوفاة.

Sources

(مصادر)
Healthy Roads Media: www.healthyroadsmedia.org
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Safety First: A Reality-Based Approach to Teens and Drugs by Marsha Rosenbaum, PhD: http://www.drugpolicy.org/sites/default/files/Safety_First_2012_Final.pdf

كيف يمكن للوالدين منع تعاطي المخدرات بين ابنائهم في سن المراهقة؟
الوالدين، والأطفال، يعتبران أحد أهم الطرق لمنع المراهقين من استخدام المخدرات. أبقاءً متوقعاً لابن أو ابنتك دائماً، أسانستهم و أفكارهم و تكلم معهم عن حياتهم بشكل مستمر. اسأل استفساتهم وأفكارهم و حاول أن تأخذ أي فكرة مسبقة عن ابنك أو أبنتك بعين الاعتبار. يجب أن يكونون قدوةً لابنائهما. فذلك من أجل ابعاد المراهقين عن استخدام المخدرات يجب على الآباء أن يشعروا بدور نقدي داخلي من المخدرات والمشروبات الكحولية والسجائر، وذلك الحفاظ على بعض الأدوية في مكان مغلق. شجع أبناءك على المشاركة في الفرق الرياضية في المدرسة أو في برامج ما بعد المدرسة أو في أنشطة صحيه أخرى. إن من ماهية الأهمية للأطفال والمراهقين أن يبقوا مشغولين بعد دوام المدرسة بساعة الثالثة والساعة السادسة مساءً، فإن هذه الأوقات يرتكب خطأ تعاطي المخدرات عند الشباب بسبب الملل وعدم وجود إشراف الكبار. إذا كنت تشعر بالقلق بسبب ابنك أو ابنتك من ناحية استخدام المخدرات فعليك أن تتحدث مع شخص موثوق به مثل المشرف الدراسي في المدرسة أو العامل الاجتماعي أو الطبيب العائلي. في حالة الطوارئ، اتصل ب- 911.