

Drug Addiction: Can You Save Your Teen Before It's too Late?



"Parenting Tips & Advice to Help with Your Teenager Drug Habits"... It Ain't Cool No More!

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Resources

#1. Will Your Teen Need to Go to Hospital?

There are a variety of reasons why most parents tend to take their teenagers who are addicted to drugs to the hospital for rehabilitation and treatment. There is always the possibility that a kid who has had an excellent academic record up till recently and also did well in physical activities is not showing the same kind of performance as he used to. His priorities are now very different and he compromises upon the need to fulfil his obligations on time, spending more time in getting high.

It is not just boys who can get addicted to drugs. Girls are also equally vulnerable. In fact, drug use affects the health of both boys and girls in the same way, and they tend to become more aggressive, depressed and irritated, experiencing major mood swings every now and then, leaving behind parents more concerned than ever. They tell a lot of lies to their parents in order to hide the reality. You just do not know what to do in such a situation and are willing to go on to any extreme in order to get your child back to normalcy.

Before you consider taking your teenager to the hospital for extensive treatment, it is important to evaluate the extent of damage that has been caused by drug use in the life of your children, and how this habit is interfering in their daily life routine. If your children have developed the habit of breaking promises and not fulfilling their academic obligations and also of breaking the law, then it

is time for things to be taken seriously. On the other hand, drug abuse may be the reason behind your girl indulging in unprotected sex, and while she keeps promising that she will not take drugs anymore, you find her with a hangover every Sunday morning when she wakes up.

Teenagers usually start using drugs when they are overburdened with pressure due to the various factors in their lives. The need to fit in, peer pressure, sporting activities together with academics can put your teenager under immense pressure, and while drugs may bring a temporary respite in their lives, it is not an effective solution. While your teenager might be the nicest person around, there is always the risk of them getting into drugs. This is the reason why you need to be extra cautious especially if there have been cases of drug use in your neighbourhood or in the social circle of your child. There are many reasons why your teenager may need rehabilitation at the hospital for their own good. Some of the factors which you need to take into consideration are discussed below.

Your teenager starts to procrastinate on a regular basis on various obligations. Often, they leave them half way through, since they are more interested in the drugs than anything. You have found drug like substances carefully hidden away in their room more than once. Apart from that, you often find various medical drugs and sedatives missing from the medicine cabinet in your house, and they seem to be disappearing mysteriously. Your teenager may stop caring much about his personal hygiene, and can often be found dirty and unclean.

Teens that are addicted to drugs often experience extreme mood swings, and their energy levels are often quite low. Their mood alternates between periods of exuberance to depression and anger. You will find that your teenager will often hang out with those individuals who like to live a lifestyle that resembles that of the hippies, and they would consider pill popping and excessive partying as something really cool. They stop showing any interest in social activities, and avoid participation in family events. They lock themselves inside their rooms, and are hostile to the idea of spending time with their loved ones. Their overall health continues to worsen, and they may also start gaining or losing weight rapidly during the initial phase.

The circumstances will obviously vary from one case to another, but there are instances when children as young as 12 years have been taken to the hospital for treatment due to drug abuse. Teenagers often show antagonism towards any type of drug treatment, and you have to be very strong and patient in this regard.

#2. Why are Teenagers at Risk of Drug Abuse?

There are different reasons why a teenager falls for drugs. Drug addiction is a disease of the mind. It is a chronic condition, which leads to inability to control one's actions, make decisions or behave properly. Teenagers react differently to the use of drugs. These changes vary from one individual to another. Relationships, personality development, characteristic and surroundings trigger the

need for using drugs in a teenager.

Drugs have the ability to change the functioning of the brain. Every human being performs repetitive actions that provide pleasure and happiness. This is one of the reasons why a human being loves to do things that give happiness. For example, eating chocolates, indulging in sports, reading, spa treatments and other activities give happiness.

Drugs act in the same way. Chemicals present in drugs excite the brain that leaves a pleasurable instinct in the mind. The feel-good chemical present in the drugs is causing addiction. Teenagers often take the help of drugs in order to overcome a depressive state or anxiety. They also consume drugs at different levels of life. A problem at home or at high school may also be causing a teenager to abuse drugs.

Willpower, support from parents and a change of environment are very much important for a teenager to fight against drug abuse. Drug abuse is a serious problem. Parents should not lose their hope. Apart from effective therapies available in the market, it is also essential to create a positive environment at the home.

Keeping the teenager busy with different activities is a good way to create a diversion to the mind. Though the entire process is filled with different hurdles, it is important for a parent to act sensibly and delicately. They should shower all the love, affection and care they have for their children in the entire process. Creating a stronger family

bonding is important to make the teenager understand about the side effects of drug abuse.

When a teenager connects with their family, he or she will be in a position to discuss problems openly and freely with their parents. This is a good sign as a parent will be in a position to detect the state of depression in an early stage. Participating in family gatherings, social activities, coaching, strengthening exercises and other activities will ensure that a teenager will never depend on drugs in the future. These acts also improve the self-confidence of the teenager.

#3. Why Alcohol is a Drug

Whenever the subject of drug abuse and addiction is raised in various circles, alcohol is mentioned in the same groups as substances which are identified as drugs. However, for most people, alcohol is something very different from substances that we traditionally call drugs. At the same time, the fact is that alcohol abuse remains a heated topic for discussion, and many experts have argued whether alcohol can also be considered a drug.

The definition of drugs in the majority of dictionaries is a substance which has a direct impact on the survival of healthy living cells, affecting their daily function, but these substances may also be used in the cure and prevention of various diseases and disorders, and their usage is a norm

in the medical world. Going by this definition, we cannot consider alcohol to be a drug since it is not used for curing any disease, and its usage in the health industry is minimal. But at the same time, it has many of the same common properties as drugs. For example, it can act as a tranquilizer, analgesic and also, as a stimulant.

While alcohol may have its share of health benefits in the sense that it can help fight off certain diseases as is the case with certain types of drugs, at the same time, frequent usage may turn you into an addict, which is again the same as is the case with some addictive drugs. According to certain medical researches and studies alcohol can actually help to improve your cardiovascular health if consumed in moderate amounts. However, these days, most health and medical experts are increasingly discouraging those individuals who have never tasted alcohol from ever trying it, especially if they are going to use it to improve the health of their heart. They recommend alternative methods and techniques such as adopting a healthy and nutritious diet accompanied with regular exercising. These do not pose any kind of risk to your overall health, and they help to strengthen the immune system.

Alcohol is definitely addictive if the person starts using it on a regular basis and the addiction can be as bad as drug addiction. Alcoholism is a term which is often used to describe alcohol abuse and addiction, and it is unfortunately very common in communities around the world these days. It is seen amongst individuals belonging to all socioeconomic backgrounds, and therefore can affect anyone, anywhere.

Alcohol addiction makes you physically dependent on such substances and can lead to the development of a chronic disease that may even result in your death in the long term. Prolonged addiction to alcohol has the same impact on the condition of the users such as increased tolerance and the production of withdrawal symptoms, which is similar to other types of drugs. Alcoholism may also result in various social problems, and the affected individual tends to withdraw from daily activities.

His relationships suffer the repercussions of his addiction, and the trust bond that exists between him and his loved ones is crippled permanently. Alcoholics may also lose their jobs as their symptoms become evident, and they start indulging in various illegal activities and social behaviour that is uncalled for. Alcohol, as mentioned above, can have a dangerous effect on the health of the users, and long term usage is potentially life threatening, since alcoholism leads to various deadly diseases and medical conditions such as cancer.

The affects of alcohol vary from one person to the other, but if we talk about the symptoms, they tend to direct towards the development of a dangerous problem. For most individuals, the effects of alcohol on their health would vary depending upon their own circumstances and health, but the dangers of alcohol can never be underestimated or emphasized enough. Alcohol can have a devastating impact on the overall quality of life of the individual and its effect on society and culture has been well documented and recognized. That is why alcoholism is loathed and detested

in each and every part of the world to the extent that some communities have called for a complete ban on its use.

The use of alcohol is strongly discouraged for senior people, individuals who suffer from stress and hypertension, together with pregnant women. Its use not only causes physical dependence but also leads to tolerance, which means that the individual using it continues to gradually increase the amount which they drink every day.

#4. Where Kids Get Drugs

A large number of parents believe that their kids get drugs directly from drug dealers. While there might be some truth in this theory, the reality is very different. The fact is that in almost every school across the United States, a kid will definitely come across a person who is able to sell him drugs, but most of them rarely purchase any such substance from these individuals.

Drug addiction amongst teenagers and kids in general often starts when one of their friends invites them to a gathering where almost everyone is experimenting with this substance, and your kid, in the fear that he will be left out, joins the party. Kids may even start using drugs by trying out prescription pills since most of them help to relax your body and release tension, giving the same sensation as other types of drugs. Sometimes, kids even steal from the medicine

cabinet in your house without anyone noticing them, and the same is true for other types of drugs that they can easily get from outside sources even under your supervision.

In many countries around the world these days, the laws against drugs are quite stringent and strict, but this has not really helped to stop the supply of drugs in many cities and towns. In fact, according to the B.C. Centre for Excellence, kids can find drugs within a period of 10 minutes on the street if given the opportunity in a city like Vancouver where authorities have been very aggressive about getting rid of drugs. In fact, substances such as crystal meth, marijuana, heroin, cocaine and crack are highly accessible especially for teenagers. This points towards an alarming situation since the availability and usage of drugs has become so widespread and easy.

Many experts have been disappointed by the fact that several strategies for controlling and limiting access to illicit drugs that were deemed as quite effective initially have completely failed in many urban centres across the United States, especially in the downtown regions of various cities. This is the reason why more and more experts are asking authorities to invest funds on addiction treatments rather than law enforcement since that is apparently having no affect at all in controlling the spread of drugs.

In most parts of the world, the lack of government regulation has also made the situation worse considering the fact that it is easy to sell drugs to anyone who is below the age of 18 especially after midnight. All kids need to do is to dial up a particular number from their cell phones

and their drugs will be delivered at their doorstep within a very short period of time. In fact, it is easier to get drugs than place an order for a pizza. Children who spend more time wandering around the streets are more vulnerable than any other group of kids, since they easily become aware of an established network of drug suppliers, and since they know about it, they are more motivated to gain access.

There are many places, some of them quite surprising, where your kids can get drugs from. As mentioned above, the school which your kid goes to happens to be one of the spots where they can find drugs even though school authorities have been pretty strict about this issue. Old prescription medicines lying in your medicine cabinet can also be used as drugs by kids at home, and there have been instances where kids have also gained access to drugs through their own siblings and even parents. The place where your kid might be working can also be a great place to find drugs, which is why you should always keep a check on where your kid is working. They can also get drugs through magazine subscriptions, and the internet, where many drug suppliers have a hidden but established presence.

Drugs are often used by kids during parties. This is especially true for teenagers. They take them before they start dancing since they apparently help to keep them fresh for very long hours. They may also do drugs during slumber parties and night stays at their friend's place. The important thing for you as a parent is to exercise some control over your kids and to make sure that they trust you and can confide in you.

#5. What to do if You Suspect Your Teen is Taking Drugs

As a parent, your worst possible nightmare will be finding out that your child has been taking drugs for a while. You might ignore many of their habits and various behavioural signs such as all the crazy clothing and fashions, and not focusing on their academics. If they are taking drugs, this will ring alarm bells and you will be thinking of what you should do next in order to get the situation under control.

Most parents are simply unaware of what to do in such circumstances. They simply do not know what to do or how to handle the situation in a way that it will help it to come under control in a positive way without any side getting hurt. Experts recommend that you are extremely honest and straightforward to your child if you have any kind of suspicion in such a situation. It is necessary that you share your concerns immediately, and the first thing you need to do is try to find evidence that will help you present your case.

However, never go through your child's stuff without their knowledge since this will simply have a destructive effect on the trust your child enjoins on you. Parents are always concerned about the future prospects of their children, and drug use is one of the most sensitive issues that you will encounter during their growing up phase. Given this, you will need to take extra care since this will have a long term impact.

If you have discovered anything which indicates drug use, then you will need to exercise high levels of patience rather than losing your temper. When your teenager returns home, make sure that you have relaxed and calmed down. Otherwise, you may turn the situation into more of a battle of egos and wills which will end up destroying your relationship with your children and lose the chance to make a difference in their lives. You should remember the fact that teenagers who use drugs often suffer from issues related to low self esteem and self confidence, and end up relying on drugs since they are simply unable to cope with their situation.

Discuss the situation with your child face to face and avoid anything that will interrupt the conversation, including all phone calls and other errands, notwithstanding how important they might be. Your behaviour demonstrates the seriousness of the situation, and your entire concentration will be on your child. Make sure that you give your child the opportunity to provide a response and explain his side of the story, while maintaining your calm and temper. Do not scream or use an accusatory tone at any time, but ask questions relating to the subject from time to time. You may insist on a drug test if your child denies that he has been using drugs, but remember to ensure privacy and confidentiality at all times.

After this, the first thing you need to do is to hide all prescription drugs in a place where they will be inaccessible to your children. Secondly, make sure that your children remain busy with various healthy activities such as sports, music, arts and academics since that way they will not get involved with drugs so easily. Thirdly,

their emotional wellbeing is paramount in ensuring that they stay away from drugs. Children come under a lot of pressure due to their lifestyle, and it is due to this stress that they end up using drugs.

Fourthly, you should avoid all kinds of activities that promote the use of drugs amongst your children. You should never smoke or drink alcohol in front of your children, since most teenagers consider their parents to be role models.

Fifth, keep your child under proper supervision at all times despite the fact that it might be difficult in many situations. For example, do not leave your children on their own after school, and always show interest in whatever activities they are involved in.

If you discover that your child has been taking drugs, it is important that you get professional help as soon as possible since this will help to control their drug abuse problem. Try to stay calm and focus on your child's wellbeing completely.

#6. What Effect do Social Drugs Have?

The use of social drugs is often associated with young people who use them to increase their energy levels and alleviate feelings of tiredness and anxiety. They take

these drugs in order to relax and feel good about themselves. They want to become indifferent to the external environment. As a parent, you would definitely be very conscious about how your children behave. The last thing you would want is for them to use any type of drug, which is why you should be aware of the side-effects. Here is a guide to the more commonly used type of party drugs and how they affect your body and mind when used.

Alkyl Nitrite is the chemical name given to poppers, which cause an increase in your heart rate. The amount of blood flowing through the brain and heart increases. This is what we refer to as the rush. The drug is often inhaled, and users may experience the effects immediately upon inhaling it. It also causes light headedness, dizziness and severe headache. The drug is not addictive, and users normally do not experience any withdrawal experience. However, they may develop tolerance to it if they use poppers continuously for a fortnight or so.

Amphetamine or speed is basically a kind of stimulant which affects the nervous system. Like poppers, it helps to increase the heart rate. The effects of this drug usually last for several hours after usage, even though it may take up to 30 minutes for users to notice any of the effects. Users may experience increased energy and confidence levels, while remaining extremely wide awake and hyperactive.

Withdrawal effects including feelings of restlessness, anxiety, dizziness and irritability and insomnia like symptoms are reported amongst active users. If a user stops

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