

FREEING YOURSELF FROM THE BONDS OF ADDICTION:

- ★ The first step is to recognize and accept that you may be an addict. Make a list of the signs and symptoms of addiction that you have.
- ★ Don't try to deal with the problem alone. It will take more than willpower to change, you will need compassion, guidance and support, so find a trusted adult or friend to talk to and confide in.
- ★ Call one of the helplines listed below. Trained professionals will guide you on your support plan.
- ★ Depending on the severity of the addiction, you may receive out-patient or in-patient treatment that may involve both medical and counselling support.
- ★ You will need your family's support, understanding and patience. Include them in your support plan and keep them informed about your treatment.

BELIEVE THAT YOU CAN CHANGE!

WAYS TO SAY NO TO DRUGS AND STILL BE COOL

There will be some occasions when someone or a group of friends pressurises you to take drugs and alcohol. Be prepared with ways in which you can refuse the offer. Firmly and confidently say:

- ★ "No, thanks. I am not into drugs"
- ★ "Sorry, guys. I have no time for drugs. I have got better things to do."
- ★ "Forget it. There's no way I'm going to do drugs."
- ★ "No thanks, drugs really makes me sick."
- ★ "If you want to mess up your life, do it alone. Don't drag me along."

Don't let your guard down and give in to peer pressure.

HELPLINE NUMBERS

SANCA (Substance Abuse)	0800 12 13 14
(OR WHATSAPP)	076 535 1701
ALCOHOLICS ANONYMOUS	0861 435 722
CHILDLINE	08000 55 555
LIFELINE	0861 322 322
GENDER BASED VIOLENCE DSD HOTLINE	0800 428 428
SOUTH AFRICAN POLICE SERVICES	10 111
KZN DEPT. OF EDUCATION HELPLINE (08h00 - 16h00)	0800 204 353
ER24	084 124



MY EDUCATION COMES FIRST

CARE, NOT SCARE SERIES PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE



education:

Department:
Education
PROVINCE OF KWAZULU-NATAL



**CHOOSE TO BE
DRUG FREE**
Say YES to Your life,
Your Future
Your Education

DO YOU KNOW?

- ☆ A teenager's brain is not fully developed.
- ☆ The part of the brain used for critical thinking or weighing the positives and negatives before making a decision, develops into your mid-twenties.
- ☆ Teenagers are more likely to make decisions based on what provides immediate happiness. This can lead them to take more risks, rather than thinking through consequences.
- ☆ Teenagers focus on the rewards of social acceptance. Choosing drugs and alcohol to fit in with friends or to feel cool, can increase your addiction risk.
- ☆ Repeated drug use can “teach” the brain to crave drugs over healthier rewards or choices. That is addiction.

SIGNS OF ADDICTION

- ☆ You constantly experience cravings for drugs or alcohol
- ☆ Your thoughts are consumed by how to get drugs or alcohol, how to hide your addiction from others. These thoughts affects your daily life and functioning
- ☆ You cannot stop taking it once you have started
- ☆ You experience withdrawal symptoms when you don't have it eg. shaking, headaches, sweating
- ☆ You start lying so that others do not get to know about your addiction
- ☆ You make promises to stop which you find difficult to keep
- ☆ Your habit will cost you more as you increase your consumption. You may resort to stealing or using family resources to pay for your addiction
- ☆ Experience difficulty to form and maintaining personal relationships.

DRUGS & ALCOHOL AFFECTS YOUR THINKING, JUDGEMENT & BEHAVIOUR.

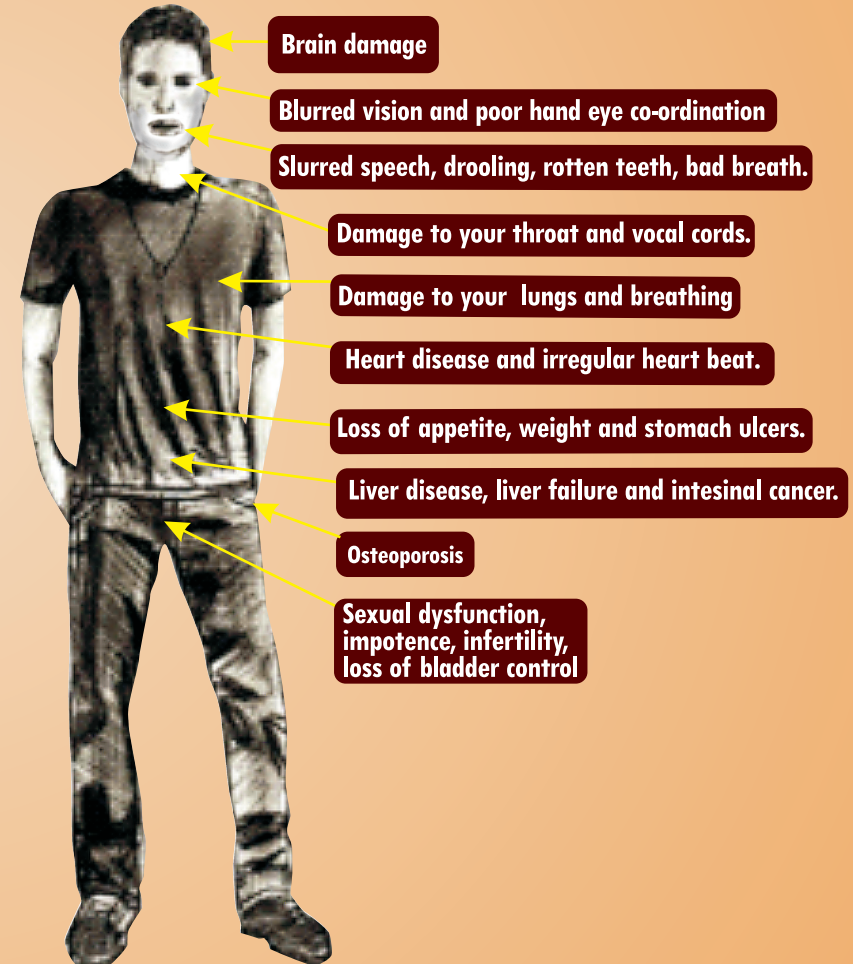
The following can happen:

- ☆ You could experience poor concentration, understanding and deterioration in academic progress, which can lead to failure and disappointment.
- ☆ Poor school attendance and increased risk of school dropout.
- ☆ Drugs affect your vision, movements, judgments and your cognition. This increases the likelihood of you making poor judgments that could result in motor accidents, falls, fights, injuries, drowning.
- ☆ Increased risk of making poor choice of partners or having multiple partners. Increases your risk of contacting sexually transmitted diseases, HIV and Aids, and unplanned parenthood.
- ☆ Increased risk of criminal behaviour such as violence, stealing, drunk driving, sexual assault and public disorder. You could be arrested, charged, convicted and imprisoned. A criminal record could affect future employment opportunities, relationships and your freedom.

- ☆ Increased risk of conditions such as anxiety, depression and other mental disorders.
- ☆ Addicts are more likely to suffer, poor self- image, loneliness, guilt and fear of abandonment

WHAT DO DRUGS DO TO A GROWING BODY?

Substances like **DEPRESSANTS**: eg. (*alcohol, heroin, mandrax, cigarette/tobacco*)
STIMULANTS: eg. (*ecstasy, crack, cocaine, cigarette/tobacco*) and **HALLUCINOGENS**: eg. (*marijuana, LSD*), when taken changes your behavior, emotions and your body functions. It can result in following :



IT CAN LEAD TO DEATH!