

SUBSTANCE USE, ABUSE AND ADDICTION

A Guide for Students

The pressure of balancing academic stress, peer interactions, extracurriculars and mental-well being make students susceptible to substance abuse or addiction that changes their moods, thoughts, behaviours and perception of life. It is necessary to understand and seek professional help to deal with this

Engaging in Risk-Taking Behaviour

The teenage years are often referred to as a time for exploration and adventure, so you may see people around you engage in drug use. As exciting as it may sound, such behaviour comes with a variety of risks, including mental and biological factors, which is why you have to be careful when dealing with it.



Knowledge is Power

There is no harm in knowing about what drugs look like, or what their effects might be. Knowledge is power when it comes to protecting yourself, and it is important to discuss things you are curious about with trusted loved ones.



Don't Give in to Peer Pressure

Classmates or friends may encourage you to take drugs to 'have fun' or 'look cool', all in the name of living in the moment. If you are aware of the risks of the behaviour and are reluctant to engage with it, there is nothing wrong with saying no. If your peers still don't let up, talk to a trusted adult.



Get professional help

If you find yourself engaging with drugs, the best thing to do is quit early. However, that may be difficult with all the various forms of pressure around you. When the situation spirals out of your control, immediately approach a professional for help.

