

“CONSEQUENCES OF DRUG USE”

A drug is any chemical substance that affects the normal way a person’s mind and body works. How a particular drug will affect someone cannot be predicted, even if only a small amount is used. However frequent or long term use of drugs can produce side effects, lead to addiction, cause damage to vital organs and even death.

DRUG CATEGORIES:

1. Depressants (i.e. alcohol and tranquilizers) – these substances slow down the activity of the nervous system and gives a trancelike effect.
2. Hallucinogens (i.e. marijuana, PCP, LSD) – gives an abnormal and unreal sensation like seeking distorted images.
3. Narcotics (i.e. heroin and opium) – drugs that alter the perception of pain and induce sleep; gives a “high” feeling.
4. Stimulants (i.e. caffeine, nicotine and cocaine) – these substances speed up the processing rate of the central nervous system and can increase energy and help people stay awake.
5. Other (i.e. anabolic steroids and inhalants) – anabolic steroids are used to increase muscle growth and enhance performance. Inhalants are breathable chemical vapors that produce mind-altering effects.

DRUG TYPES:

1. Controlled substances are legal drugs whose sale, possession and use are restricted because they are mood or mind-altering drugs that have the potential for abuse.
2. Illegal drugs are those with no currently accepted medical use in the U.S. such as marijuana and heroin.
3. Illicit drugs are both illegal drugs and controlled substances that are used illegally.

CONSEQUENCES:

The use, abuse or addition to any drug can affect your health, relationship with family and friends, career and status in the community. Drug use inflicts serious damage to our society in many ways. While accidents, crime, domestic violence, illness, lost opportunity and reduced productivity are all direct consequences of drug use or abuse, the greatest cost is paid in the human lives that are lost directly to overdose or to drug-abuse related diseases.

There are also legal consequences for growing, manufacturing and dealing drugs, or providing them to willing or unwilling users. Possessing drugs for personal use or with the intent to distribute it is also against the law.

(1) HUMAN COST – Using drugs can lead to addiction, impairment and even death.

(2) CRIMINAL RECORD – Penalties for drug offenses may include fines, suspension of licenses, jail or prison sentences. Criminal convictions are recorded for some offenses and they may exist forever, this may have an impact on your

- CAREER – Certain types of jobs are closed to someone with a criminal record. For example, doctor, law enforcement, lawyer, teacher.
- EMPLOYMENT – Some employers perform a criminal background check before hiring, you may also lose your job if you are convicted after you are hired.

(3) EDUCATION – Use of drugs, such as marijuana, hurts short term memory and makes it hard to retain information you learn in school.

TIPS FOR STAYING DRUG FREE:

1. Make friends with other kids who don't smoke, drink or use drugs – your friends have a lot of influence over you, both good and bad, so pick them carefully.
2. Make your own decisions – it is important not to care what others think about you, what's important is what you think about yourself.
3. Don't try to please everyone – you can never do it, so make taking care of yourself your top priority.
4. Talk to your parents about things that bother you – studies show that kids who spend time with their families, have open communication, eat meals and attend religious services together are less likely to smoke, drink or use drugs.
5. Get involved – activities such as sports, clubs or community services keeps you from being bored or just hanging out with friends.

DECIDING ABOUT DRUGS:

Before you make the choice to use any controlled substance, illegal or illicit drug think and ask yourself the following:

- What effect will it have on me
- What actual or possible physical harm may happen to me
- What's in the drug or how strong is it
- Why am I using the drug
- What are the consequences to me personally, socially and legally

The best choice you can make is to “SAY NO TO DRUGS AND SAY YES TO EDUCATION, CULTURE & GOLF”.

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