

Did you find all the key words? If yes, good! If not, look at the *Answer Key* on page 40 to help you out.



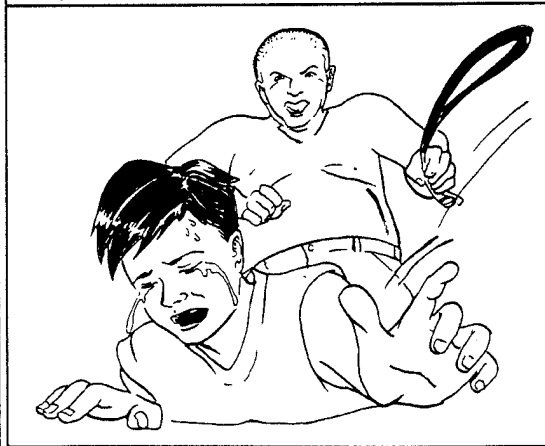
Let's Read

The use of addictive and dangerous drugs has become a widespread phenomenon in the Philippines. As a matter of fact, it is one of our country's worst problems. In finding a solution to the problem, we must know what factors put a person at risk of drug abuse. Study the pictures that follow to know some of the reasons why people use addictive and dangerous drugs.

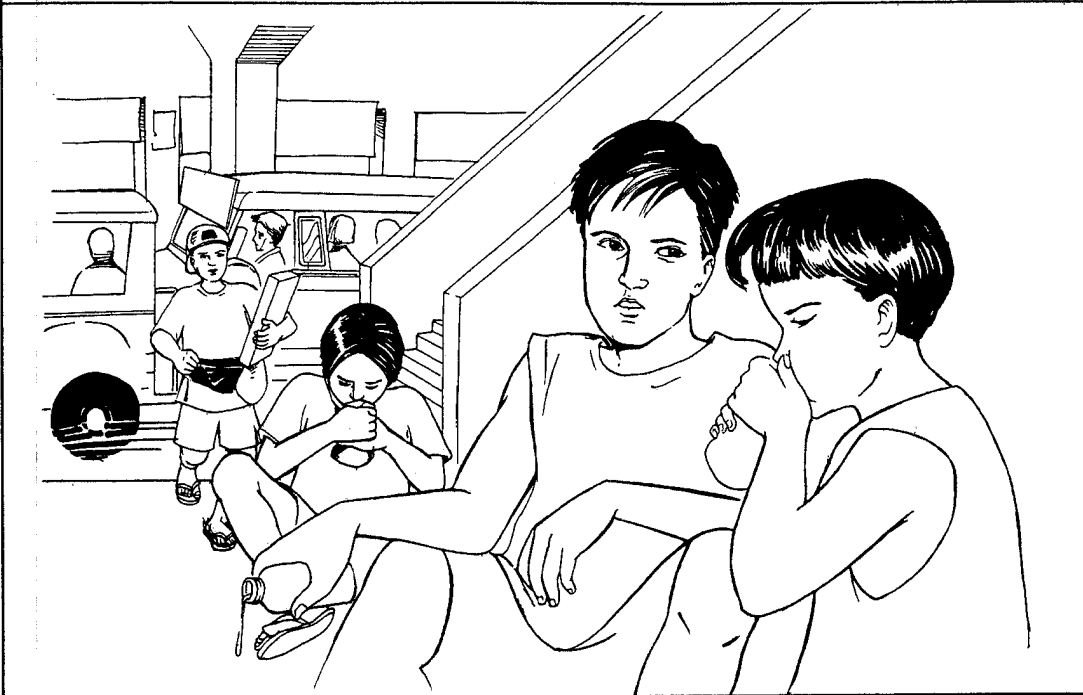
This is Richard Olaguer. He is 15 years old and he comes from a poor family. He has been using addictive and dangerous drugs since childhood.



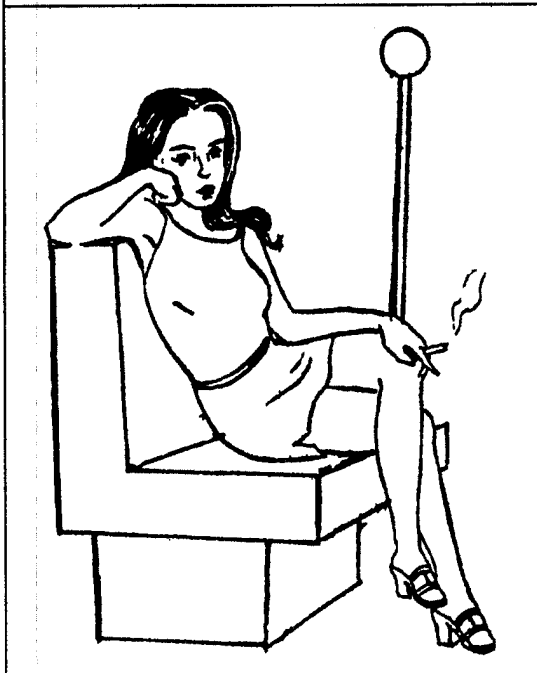
He learned how to use drugs from his mother. All of his family use drugs. They use solvent, sometimes cough syrup or rugby, and even *marijuana*. Richard was often beaten up by his Uncle Leo, so he ran away.



Richard now roams the streets. He has no home. His problems seem to disappear when he uses drugs. His favorite is the 40 ml or 60 ml cough syrup called Phydol because it is cheaper than *siopao*. Richard says that the cough syrup is better if he drinks beer or brandy afterward.



This is 21-year-old Amalia Conde from Anibong, Tacloban City. She went to Manila because she was promised a job. However, because she had no money she became a prostitute. She earns three to five hundred pesos from customers who take her to cheap motels.



She buys *solvent* from her earnings. This helps her forget about her miserable life. She was brought to a *Rehabilitation Center* and her treatment had already started. However, she ran away and went back to using drugs. Once she is under the influence of drugs, she hurts herself by burning different parts of her body with a cigarette. She now uses *cocaine*.



8. How does Amalia temporarily solve her problems?

9. What kind of drugs does she use?

10. Is there a remedy for her addiction?

Do you want to know if your answers are correct? You may compare them with those in the *Answer Key* on page 40.



Let's Learn

Addictive and dangerous drugs are often used because of the following reasons:

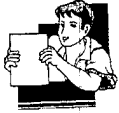
- ◆ **Family problems** — These may include lack of adequate parental supervision, absentee parents, no one to talk to about problems, violence in the family and physical or sexual abuse.



Read the list below to better understand the circumstances or factors that can lead to drug abuse.

Factors or circumstances that can lead to drug abuse

- ◆ Having parents or family members who use drugs
- ◆ Having friends who use drugs
- ◆ Growing up in an environment of illegal drug use
- ◆ Wanting to show one's independence and willingness to take risks
- ◆ Having little interest in academic and spiritual goals
- ◆ Seeing oneself as being at odds with society
- ◆ Having no clear concept of what is right and wrong
- ◆ Perceiving a lack of parental support
- ◆ Having low self-esteem
- ◆ Being unable to cope with one's problems
- ◆ Having suffered trauma and emotional crisis (such as the long-term psychological effects of physical and sexual abuse)
- ◆ Having been a drug user during one's teens
- ◆ Being unemployed and not having any other form of recreation and activity
- ◆ Using drugs to help one adjust to one's job schedule (This may apply to drivers, writers, actors, etc., who work long hours or have very hectic or irregular schedules.)
- ◆ Using drugs to boost one's strength and energy
- ◆ Wishing to relieve stress or anxiety
- ◆ Liking to experiment



Let's Learn

In many countries around the world, governments and communities have realized that one of the best ways of responding to the drug problem is reducing or preventing the factors which encourage drug abuse. This means stopping the problem of drug abuse before it actually begins or preventing more people from becoming drug addicts. This involves educating people on issues concerning the different types of addictive and dangerous drugs and the ill effects of drug abuse. Drug education campaigns include putting up posters, setting up forums and seminars, educational programs in schools, videos, brochures, and advertisements in newspapers, radio and television that educate people about drugs.

Other prevention programs are designed to enhance “protective factors” and reverse or reduce known “risk factors.” Protective factors are those that decrease the possibility of drug use. Risk factors are those that increase the possibility of drug use. Examples of these factors are shown below.

Protective Factors (should be encouraged or enhanced)	Risk Factors (should be reduced or reversed)
<ul style="list-style-type: none"> ◆ Strong and positive familial bonds ◆ Parental monitoring and support ◆ Clear rules of conduct that are consistently enforced within the family ◆ Active involvement of parents in the lives of their children 	<ul style="list-style-type: none"> ◆ Chaotic home environment, particularly that in which parents abuse drugs or suffer from mental illness ◆ Ineffective parenting, especially children with difficult temperaments or conduct disorders ◆ Lack of social interaction and nurturing ◆ Poor social and coping skills ◆ Affiliation with peers who use addictive and dangerous drugs ◆ Approval of drug-using behaviors in the family, work, school, peer or community environments

7. **Push for legislation** against the use of illegal drugs. This means encouraging the enactment and enforcement of laws against drug abuse. The providers and suppliers of illegal drugs should be punished. There should be laws safeguarding the health of the people. If there are existing laws, they should be implemented.



The following are critical areas for prevention:

- ◆ **Family Relationships:** There should be good family communication, discipline, and firm and consistent rule-making by parents of young children. Parents need to take an active role in their children's lives, including warning them about addictive and dangerous drugs. They should monitor their children's activities, get to know their friends and understand their children's problems and personal concerns without abusing their children's privacy.
- ◆ **Peer Relationships:** The person should be able to choose his/her friends wisely, preferring those who have no vices such as drug abuse. He/She should also learn to say "no" or refuse the offers or suggestions of his/her peers to try drugs. It is much better to engage in sports and other wholesome hobbies or activities with friends than experiment with drugs. The person should be able to improve communication skills and enhance positive social behaviors by engaging in athletic activities or joining clubs or organizations.
- ◆ **School Environment:** The school should encourage academic performance and strengthen positive values among their students. Curriculums should support the students' development in social skills. Students should also be taught about the negative effects of addictive and dangerous drugs.
- ◆ **Community Environment:** The community should be involved in the fight against addictive and dangerous drugs. It should engage in civic, religious, law enforcement and government organizations. Community-based programs, such as advertising restrictions and drug-free school zones, can also contribute to the prevention of drug abuse.