

DRUG ABUSE: A GROWING THREAT TO PAKISTAN'S YOUNG GENERATION

OUTLINE

1) Introduction

1.a) Hook: The death of a nation begins in the minds of its youth.

1.b) Background

2.c) Thesis statement: The young generation of Pakistan is involved in drugs abuse. But proper measures can help to save the generation's future as well as of Pakistan.

2) Primary Harms of Drug Abuse

2.a) Physical health - health issues, low immunity, early possibilities of diseases.

2.b) Mental health - drugs addiction, several mental health disorders - depression, anxiety, illusions, insomnia etc.

2.c) Academic dropdown - due to poor stress management ability, dropout rate - HEC study 2022.

2.d) Criminal tendency - Peer influence,

to gang involvement, theft (Crime statistics)

2.e) Family breakdown

3) Secondary impacts of drugs on youth.

3.a) Peer Pressure - involve in selling drugs

3.b) Poor stress management - decline in employment and Human development Index

3.c) Easy access of drugs - selling of drugs in higher educational institutes (Universities)

3.d) Media culture - glorification of using drugs (the "cool" trend).

4) Causes of its growth:

4.a) Talking about ~~the~~ drugs usage with a guardian is a "taboo".

4.b) Few rehabilitation centers.

4.c) Role of internet - selling of drugs on dark web.

5. Solutions to mitigate this growing threat
- 5.a) education and awareness programs.
 - 5.b) Strengthen security - 3,500 force in Anti-Narcotics force
 - 5.c) Parents - children barrier must end.

6. Conclusion