

Topic: Increasing use of drugs in modern age

Outline

A. Introduction

1. Hook statement
2. Background
3. Thesis statement

B. Causes of increasing drug use

1. Stress and Mental health:
 - a. people feel more stressed or lonely
 - b. Mental health issues: depression, trauma etc
 - c. Peer pressure, especially among teens and young adults
2. Media influence:
 - a. Glamorization of drug use in movies, music, and on social media
3. Economic and Structural issues:
 - a. Unemployment and poverty
 - b. Weakening of traditional social bonds
4. Easy to get:
 - a. It's easier to buy drugs now, even online.
 - b. Sometimes doctors give too many strong medicines.

5. Technological Influence:

- a. Online black markets (Dark web)
- b. Home delivery of drugs through apps or social media platforms.

C. Consequences of Rising Drug Use

1. Health Problems:

- a. Spread of diseases (HIV, Hepatitis C) via needles.
- b. Long-term mental and physical damage.

2. Social Impact:

- a. Breakdown of families and relationships
- b. Rising crime rates.
- c. Increased homelessness.

3. Economic Burden:

- a. High cost of healthcare and rehabilitation
- b. Less productivity in the professional life.
- c. Cost of law enforcement and criminal justice system.

D. Solutions and Strategies:

1. Education and Awareness

- a. Drug education programs
- b. Social media campaigns targeting young generations.

2. Health-based Approaches

- a. Treating addiction as a health issue, not as a criminal one.
- b. Expanding access to therapy, rehab, and mental health care.

3. Policy and Legal Reform

- a. Decriminalization and legalization Strategies (Portugal model)
- b. Strong control over online drug markets.

E. Conclusion

The Essay

At 16, Rachel was a straight-A student with college dreams. At 17, she was in rehab for opioid addiction. Her story isn't rare - it's one among millions shaped by a modern world that makes drugs more accessible. The increasing use of drugs in the modern age is a significant global concern affecting individuals, families, communities, and even entire nations. This trend includes both illicit drugs such as heroin, cocaine, weed, ecstasy etc and legal substances that are often misused, such as prescription medication (opioids, sedatives), alcohol, and tobacco. The modern era

has seen both a diversification in drug types and a shift in usage patterns. The rise in drug use is often linked to modern lifestyle pressures such as mental health struggles, work-related stress, digital influence, and rapid social change. The increasing use of drugs in the modern age is driven by a combination of mental health challenges, social and economic pressures, and greater accessibility, resulting in severe health, social, and economic consequences that require comprehensive prevention, treatment, and policy efforts to effectively address this growing issue.