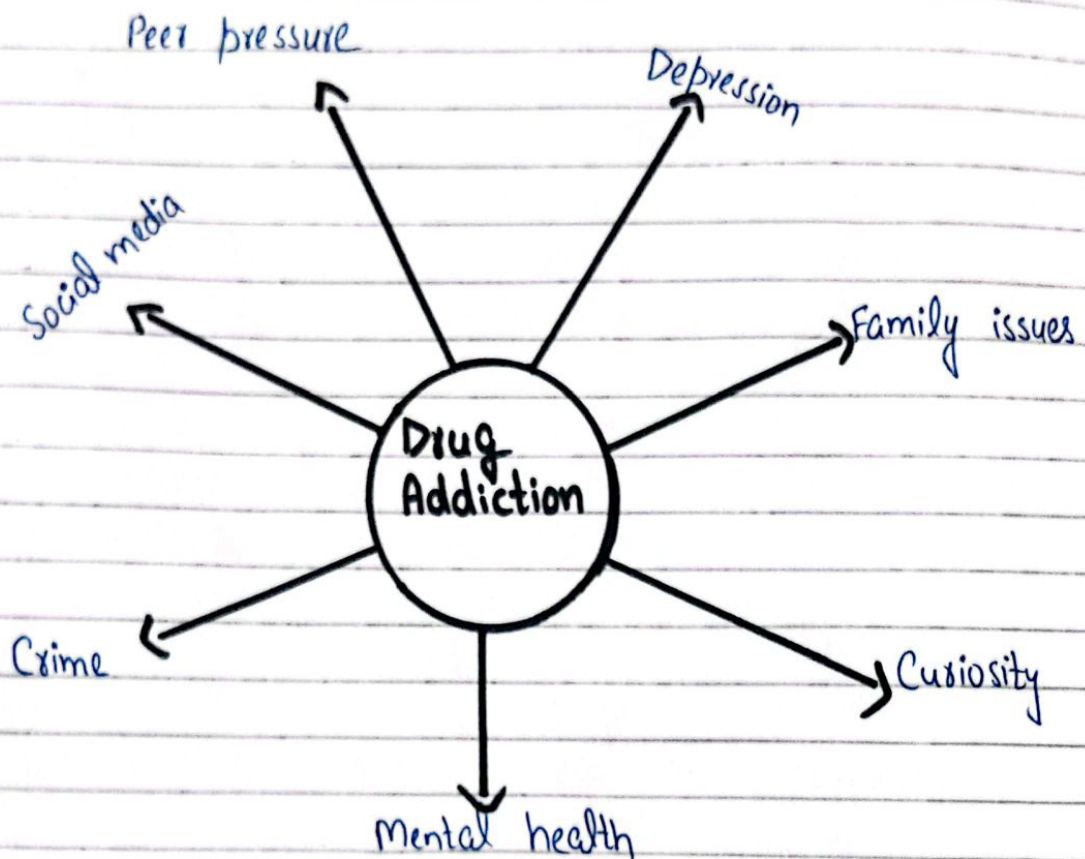


DRUG Addiction among youth: Causes and Consequences

BRAINSTORMING



CAUSES

- Lack of Awareness
- Mental stress
- Lack of Supervision
- Experimentation
- Easy Access to drugs
- Peer pressure

CONSEQUENCES

- Future destroyed
- Poor academic performance
- Social Isolation
- Behavioral problems
- Mental health issues
- Crime and illegal issues.

1. INTRODUCTION

1.1 Hook

1.2 General Statement

1.3 Thesis Statement: Drug addiction among youth is caused by peer pressure, mental stress and lack of awareness and it results in serious health, academic and social consequences.

2. MAIN BODY

CAUSES OF DRUG ADDICTION

2.1 Psychological Causes

2.1.1 Stress from school, exams or personal life.

2.1.2 Mental health issues like depression and anxiety.

2.1.3 Feeling lonely or unloved.

2.2 Economic Causes

2.2.1 Hopelessness about the future.

2.2.2 Lack of job opportunities.

2.2.3 Easy access to drugs.

2.3 Family-Related Causes

2.3.1 Lack of love or attention from parents.

2.3.2 Divorce or fights.

2.3.3 Family members also use drugs.

2.4 Social Causes

2.4.1 Peer groups pressure

2.4.2 Social media

2.5 Lack of Awareness

2.5.1 Not knowing how harmful drugs are

2.5.2 Try "Just once."

3. CONSEQUENCES OF Drug addiction

3.1 Health problems

- 3.1.1 Damage body organs.
- 3.1.2 Depression and suicidal thoughts.
- 3.1.3 Higher risk of diseases.

3.2 Educational Failure

- 3.2.1 Poor performance in school or college.
- 3.2.2 Dropping out of education.
- 3.2.3 losing interest in studies.

3.3 legal problems

- 3.3.1 Getting caught with illegal drugs.
- 3.3.2 Involvement in crime to get money for drugs.

3.4 Risk of death

- 3.4.1 Overdose can cause sudden death.
- 3.4.2 Involvement in accidents due to drug use.

3.5 Family and Social Issues

- 3.5.1 Fighting with parents or siblings.
- 3.5.2 losing trust.
- 3.5.3 Becoming socially isolated.

4. Solutions of DRUG Addiction

4.1 Education and Awareness:

- 4.1.1 Teaching students about the dangers of drug.
- 4.1.2 Organizing awareness campaigns.

4.2 Mental health support:

- 4.2.1 Provide counselling and therapy.
- 4.2.2 Reduce stigma about mental health problems.

4.3 Government Role:

- 4.3.1 Strict control on drug supply.
- 4.3.2 Youth engagement programs.

4.4 Strong Peer Groups

- 4.4.1 Encourage healthy friendship.
- 4.4.2 Avoid bad company.
Promote positive activities.

5. CONCLUSION

THE ESSAY

A few minutes of high can lead to a lifetime of regret. Drug addiction among youth has become a serious problem in today's world. Many young people, especially teenagers and students, fall into the trap of drugs due to various reasons like peer pressure, mental stress and curiosity. This addiction not only damages their health but also affects their studies, family life and future goals. Today, the problem is worse because drugs are easier to get, and social media often shows them in a way. Understanding why young people start using drugs and what happens as a result can help us find better ways to stop this growing issue.

To begin with, there are many reasons why young people start using drugs. First of all, peer pressure plays a major role. When friends use drugs, many teenagers feel forced to try them just to fit in. Secondly,

mental stress and depression also push youth toward (try) drugs. Academic pressure, family problems or relationship breakups can make young people feel hopeless, and they take drugs to escape reality. In addition, curiosity and lack of awareness also lead youth to try harmful substances without knowing the consequences.

Furthermore, the results of drug addiction are very dangerous. Firstly, it harms both the body and the brain. Addicted youth may suffer from memory loss, heart disease or even die from overdose. Secondly, it affects their education and job life. Many students addicted to drugs stop attending school or fail exams, losing future opportunities. For example, in the past many famous singers lost their careers and lives due to drug addiction. Even today, many young stars struggle with the same issue. Also, drug addiction often causes broken families, crime and emotional pain for everyone involved.

