

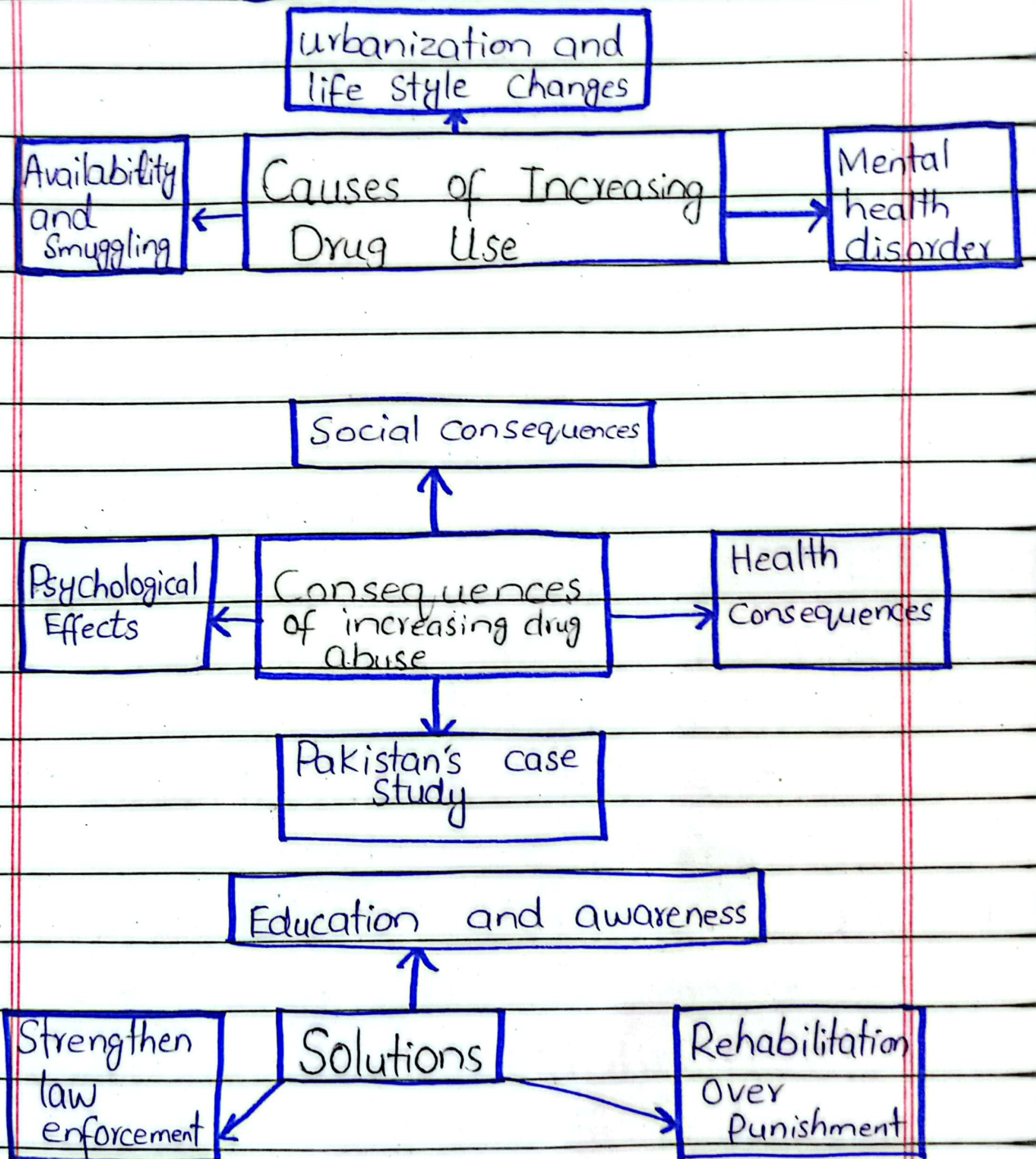
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Increasing use of drugs

Increasing Use of Drugs in Modern Age

Brainstorm



Outline

1: Introduction

1.1: Attention Grabber

1.2: Background Information

1.3: Thesis Statement

These are several causes of increasing drug use related to Mental health disorder, availability and smuggling, urbanization and life style changes which result in Health, Social and Psychological Consequences. Solution are education and awareness, rehabilitation over Punishment and Strengthen law enforcement.

2: Causes of Increasing Drug Use

2.1: Mental health disorder

2.1.1: Self-medication hypothesis

2.1.2: Stress and coping deficit

2.1.3: Social isolation and loneliness

2.2: Availability and Smuggling

2.2.1: Trafficking networks and transit Corridors

2.2.2: Online markets

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2.2.3: Synthetic Chemistry and Precursors

2.3: Urbanization and life Style Challenges

2.3.1: Expansion of nightlife and Club Culture

2.3.2: Increased Social isolation despite Population density

2.3.3: Rapid exposure to global trends via media and technology

3: Consequences / Impacts of Increasing drug use

3.1: Health Consequences

3.1.1: Neurological damage

3.1.2: Cardiovascular and respiratory diseases

3.1.3: Over dose and death

3.2: Social Consequences

3.2.1: Family breakdown

3.2.2: Crime and lawlessness

3.2.3: Child neglect and abuse

3.3: Psychological effects

3.3.1: Anxiety disorders

3.3.2: Memory loss and Cognitive impairment

3.3.3: Suicidal thoughts and behaviour

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3.4. Pakistan as case Study

3.4.1: National drug use Survey (2022-24)

4: Solutions

4.1. Education and Awareness

4.1.1. Start media Campaigns

4.1.2. School and university based Programs

4.1.3. Counselling and helplines

4.2. Rehabilitation over punishment

4.2.1. Breaking the Cycle of relapse

4.2.2. Shift in Perspective

4.2.3. Pakistan's context

4.3. Strengthen law enforcement

4.3.1. Enhancing border Control

4.3.2. Specialized anti-narcotics units

4.3.3. Technology-driven Policing

5. Conclusion

Thesis restated

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The Essay

"A nation's true wealth lies in the health of its people; when addiction spreads, Prosperity fades." The Problem of drug use is as old as human civilization, but its scale and nature have drastically changed in modern era. Historically, certain substances were used for medicinal purpose; however, Industrialization, globalization and technological advancement have transformed drug production, ~~conc~~ distribution and consumption into a multi-billion dollar illicit industry. According to the United Nations office on Drugs and crime (UNODC) over 35 Million people worldwide suffer from drug use disorders while developing nations facing a sharper rise due to poor governance and

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insufficient rehabilitation systems.

In Pakistan, nearly 7 Million people are estimated to be drug-dependent making it one of the most affected countries in South Asia.

The increasing use of drug in modern age stems from causes of mental health disorder, urbanization and life style changes, availability and smuggling producing severe health, social and psychological consequences, addressing it requires education and awareness, rehabilitation over punishment, and strengthen law enforcement.