

Date: _____

Essay Title: Drug Abuse - A Growing Threat To Pakistan's Young Generation

- Outline:-

A- Introduction

1. Alarming statistic or news report (e.g.: "every third university student in Pakistan has used drugs at least once")
2. Rising trend of drug abuse among youth in Pakistan amidst growing urbanization and socio-economic pressures.
3. Thesis Statement: Drug abuse is rapidly emerging as a serious threat to the health, productivity, and future of Pakistan's youth due to multiple socio-economic, psychological, and institutional factors.

ZEENAT

B. Understanding Drug Abuse

1. Definition: What constitutes drug abuse.

2. Commonly used drug substances in Pakistan:

- Heroin, crystal meth (ice), cannabis, prescription drugs (painkillers, sedatives)

3. Demographic affected:

- Teenagers, university students, unemployed youth, young workers

C. Causes of Drug Abuse Among Youth in Pakistan

1. Social Causes

2. Peer pressure

3. Influence of media

D. Economic Factors

1. Unemployment and lack of opportunities

2. Poverty leading to frustration.

E. Psychological Causes

1. Mental health issues

2. Lack of emotional support and guidance.

E. Family & Community Issues

1. Broken families, domestic violence and poor parenting.
2. Absence of community - level engagement or reaction.

F. Institutional & Systemic Failures

1. Lack of drug awareness programs in schools, colleges and universities.
2. Weak implementation of drug control laws.
3. Drug availability around educational institutions.

F.F. Consequences of Drug Abuse On Youth & Society

1. Health Impacts
 - Brain damage & early death.
 - Spread of diseases through shared needles.
2. Educational Set-backs
 - Poor academic performance
3. Economic loss
 - Loss of workforce productivity

Date: _____

4. National Consequences

- . Hindrance to national development.
- . Threat to Pakistan's demographic dividend.

G F- Drug Availability and Networks In Pakistan

1. Role of international drug trade routes.
2. Involvement of local mafias and weak border controls.
3. Proliferation in urban centers and educational institutions.

H- State Response: Efforts & Challenges

I- Way Forward: Strategies for Prevention and Control

- . Educational Reforms
- . Strengthen Law Enforcement
- . Public awareness campaigns
- . Improve rehabilitation services
- . International cooperation

J- Conclusion.

In recent years, Pakistan has witnessed a disturbing rise in drug addiction among its youth. From university corridors to urban slums and even elite neighborhoods, drug abuse is seeping into the fabric of society, threatening the nation's most valuable asset - its young population.

According to reports by the United Nations Office on Drugs and Crime (UNODC), nearly 7 million people in Pakistan are drug dependent, and a significant proportion of them are under the age of 30. This alarming trend is not only a public health crisis but also a socio-economic and moral threat to the country's future. Drug abuse among the youth is fueled by a combination of socio-economic pressure, psychological vulnerabilities, insti-

rational negligence, and the easy availability of narcotics. If this challenge is not addressed with urgency and empathy, it risks paralyzing Pakistan's human capital, economic development, and social cohesion.

Drug abuse refers to the excessive, inappropriate, or illegal use of substances such as heroin, cannabis, crystal meth (ice), opiates, and prescription medications to alter mental states or gain temporary relief from reality. In Pakistan, the most commonly abused substances include hashish, heroin, painkillers, and increasingly, synthetic drugs like methamphetamine and ecstasy. These substances are often used by young individuals seeking escape from personal or societal stress, peer validation, or thrill. Drug abuse leads not only to physical and mental deterioration but also to moral,

ZEENAT

social, and legal consequences that ruin the lives of individuals and those around them.

One of the most common reasons young people start using drugs is peer pressure. The desire to fit in, appear modern, or gain social acceptance often pushes students or young professionals to experiment with substances. Unfortunately, once the cycle begins, it becomes difficult to escape.

Pakistan faces high levels of youth unemployment. According to the Pakistan Bureau of Statistics, youth unemployment exceeds 10%. Lack of opportunities, poverty, and frustration push many towards drug use as a form of escapism.

Mental health remains a taboo subject in Pakistan.

Depression, anxiety, trauma, and identity crises among youth often go unnoticed and untreated. Drugs become a self-prescribed

ZEENAT

Date: _____

solution for pain relief, further complicating their mental and emotional well-being.

Broken families, domestic violence, lack of parental supervision, or emotional neglect are also major contributors. When young people do not find emotional safety at home, they seek it elsewhere sometimes in harmful substances.

Drugs are easily available near colleges, universities, and even schools. This is largely due to the absence of stringent surveillance, weak law enforcement, and lack of accountability among authorities.

Drugs wreak havoc on physical and mental health. Users experience memory loss, damaged organs, weakened immunity, and in severe cases, fatal overdoses. Injecting drugs also increases the risk of HIV and Hepatitis C due to shared needles.

ZEENAT

Students addicted to drugs often drop out or perform poorly in school and university. Concentration issues, absenteeism, and behavioral problems become common, reducing their academic potential and career prospects.

A drug-addicted youth means a less productive workforce. The country loses billions annually due to lost productivity, increased health-care costs, and drug-related crimes. Families also suffer financially while trying to support addicted members or pay for rehabilitation.

Many addicts turn to theft, robbery, or drug dealing to support their addiction. This leads to an increase in street crimes and organized criminal networks, which further erode public safety and trust in institutions.

Pakistan lies close to Afghanistan, the world's largest producer of opium. Due to porous borders and insufficient surveillance, the country has become both a transit route and a consumer market for narcotics. Drug mafias operate in collusion with corrupt officials, making substances available even in schools, hostels, and playgrounds. The lack of effective border control, custom regulations, and intelligence coordination exacerbates the problem.

The ANF is the key institution responsible for drug control. While it conducts raids and arrests traffickers, it remains underfunded and understaffed, limiting its effectiveness.

Laws such as the Control of Narcotic Substances Act, 1997 criminalize drug use and

ZEENAT

trafficking. However, these laws are rarely enforced consistently and often fail to distinguish between drug users who need rehabilitation and traffickers who deserve punishment.

There are few functional rehabilitation centers in Pakistan, most of which are unaffordable for the average citizen. Government-run centers are limited and under-resourced.

Despite the magnitude of the crisis, there are very few public campaigns or school-based programs to educate youth about the risks of drug use.

Crack down on drug traffickers with strict laws and enhance surveillance near educational institutions. Ensure accountability of law enforcement agencies involved in drug networks.

Educate students, parents, and teachers through public service message,

Date: _____

school curricula, workshops, and media on the dangers of drug use. Government must invest in building quality rehab centers across all provinces, ensuring affordability and effective recovery programs. Encourage NGOs, private hospitals, religious institutions, and tech platforms to play a role in prevention and rehabilitation efforts. Work with UN agencies, neighboring countries, and international organizations to combat cross-border trafficking and share intelligence.

The rising tide of drug abuse among Pakistan's youth is not just a personal or health issue - it is a national emergency. It threatens the very foundation of Pakistan's future, as it robs the country of its energetic, creative, and intelligence youth. With the right mix of awareness, education, enforcement, and compassion, Pakistan can reverse this trend. A drug-free youth is not merely a dream - it is a goal that the state, society, and families must strive for collectively.

ZEENAT

For in protecting our youth from addiction, we safeguard the future of Pakistan.