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Drug Abuse: A Growing Threat to Pakistan's Young Generation

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B Causes of Drug Abuse

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4. Easy availability of drugs.

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3. Ignorance of long term consequences.

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H Social Media and Internet Role.
1. Online Influence glamorizing drugs use.

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Solution

- 1) Crackdown on drug dealers
- 2) Drug addiction in schools
- 3) Media campaigns

J. Conclusion

1. Rephrased thesis.

"Drugs are a waste of time.
They destroy your memory and
your self esteem and everything
that goes along with
your self esteem."

Kurt Cobain

It's heartbreaking to see a
young person full of dreams
and energy slowly destroy
their future because of drugs.

This is becoming a common
sight in many parts of

Pakistan. In school colleges

universities, and even among

teenagers living in peaceful

town, drug addiction is quietly

spreading. Young people who

should be building their

lives, are instead falling

into a dangerous step trap.

The use of drugs by the

youth is not only a personal

problem but also a

major threat to Pakistan's

future. The increasing drug abuse among Pakistani youth is a growing crisis that harms their health, destroys families, and weakens the country's development.

There are many reasons why young people in Pakistan fall into drug abuse. One major reason is peer pressure. When friends or classmates try drugs, it becomes easier for others to try them too. Many students feel they need to fit in with their group, so they take drugs even when they know it is harmful. Another reason is stress. Many students face pressure from studies, family expectations, and financial problems. Some think drugs will help them feel relaxed, even if just for a short time. Also, curiosity plays a role. Teenagers often want to try new things, and sometimes, drugs seem exciting to them. The easy availability of

drugs makes the problem worse. In many cities of Pakistan, illegal drugs are sold near schools, colleges, and hostels. In some places, people can get these harmful substances without much difficulty. According to a report by the (UNODC) United Nations office on Drugs and Crime, over 7 million people in Pakistan use drugs, and almost 700,000 of them are injecting drug users (IDUs). Among these users, a large portion are young people aged 15 to 30 years. This shows how serious the issue has become.

Another big issue is the lack of awareness. Many young people do not fully understand the damage drugs can do.

Some think using drugs once or twice is not dangerous. Other believes that they can stop whenever they want. But the truth is very different. Drugs like heroin, ice (crystal meth), hashish (chiraz), and even sleeping pills can be very addictive, once someone starts using them, it becomes very hard to stop. Their body and brain start depending on the drugs. Drug abuse affects every part of a young person's life. First, it ruins their health. Drug addicts often suffer from heart problems, liver damage, memory loss, weight loss, and even mental illness. It also weakens the immune system, which makes them more likely to get sick. In the worse cases, drug addiction can lead to death through overdose or suicide. For example in recent years, many students in Lahore and Islamabad were hospitalized

but so we don't have to
spend too much money
and we can have
a good time.

Education is another area
that suffers. Students who
are drug users have to
miss school. Their grades fall
and many drop out of school or
university. Some even get
involved in a waste of time
and loss of opportunities. It
also affects their ability to
get a good job in the future.
Employers do not want to
hire people who have a
history of drug abuse. Drug
abuse also breaks families
apart. Parents feel helpless and
their child destroys themselves.
There is a lot of pain and
sorrow involved. Sometimes
addict becomes violent or
steals from home to buy the

due to ice drugs overdose, which
grades now dangerous the
trend has become.

Education is another area
that suffers. Students who
use drugs cannot focus on
their studies. Their grades fall,
and many drop out of school or
university. Some even get expelled.
This leads to a waste of talent
and loss of opportunities. It
also affects their ability to
get a good job in the future.
Employers do not want to
hire people who have a
history of drug abuse. Drug
abuse also breaks families.
Parents feel helpless watching
their child destroy themselves.
There is a lot of pain and
shame involved. Sometimes the
addict becomes violent or
steals from home to buy drugs.

In many cases, families are forced to send their children to rehab centers. Even if they recover, trust is hard to rebuild. Families suffer emotionally and financially.

Socially, drugs addiction creates a feeling of isolation. Addicts often lose their friends. They feel alone and unwanted.

Many became depressed or anxious. Some even join criminal groups to earn money for drugs. According to a 2021 report by the Anti-Narcotics Force (ANF) Pakistan, many

young people caught for crimes like robbery or smuggling were also drug users. This shows how addiction can lead to criminal behaviour. One reason the drug problem is growing fast is because of weak law enforcement, although Pakistan

has strict drug laws, they are not always properly applied. Drug dealers often escape punishment, and some are even protected by power people. There is also corruption in some police departments. This makes it easier for drugs to spread in society.

Another reason is the lack of proper counseling and rehab centers. While big cities like Lahore, Karachi and Islamabad have some drugs treatment centers, most small towns and rural areas do not have such facilities. Even where centers exist, they are often overcrowded or expensive. Poor families cannot afford them. Also there is a lack of trained counselors who can help young people fight addiction.

The role of social media and Internet also cannot be ignored. Today's youth spend a lot of time online, and this exposure can influence them towards drug use. A 2024 study in Lahore found that youths who encountered drug related content on social media often started seeing substances use as normal - this is called 'normalization' of drugs. Another university survey in Khairpur showed that students spending just two hours daily on social media were significantly more likely to try drugs after seeing videos or posts where drug use seemed glamorous or exciting. Globally, drug dealers have also shifted to social media platforms like Instagram, WhatsApp, Snapchat and Telegram to sell narcotics. They use emojis, discreet ads, and sponsored posts.

about 13% of drug related content, and those exposed were 17 times young users reported that 60% had seen drugs related content, and those exposed were 17 times more likely to purchase drugs via social media compared to others

However, this crises can be stopped if the government and Society works together. First there should be strict action against drug dealers. They must be punished without any mercy. Police and customs departments should be cleaned of corruption and trained to fight drug smuggling more effectively. Secondly, schools and colleges should teach students about the danger of drugs. Awareness campaigns

should be launched across TV, social media and newspapers to spread the message. Pakistan is a country full of young people. According to Pakistan Bureau of Statistics more than 64% of the population is under 30. This youth can be the country's greatest strength - but only if they stay healthy, educated and drug free. Otherwise this strength will become a weakness, and the country will face a dark future.

To conclude drug abuse is a growing threat to Pakistan's young generation, harming their health, breaking families, increasing crimes and putting the nation's future at risk. But with strong laws, early education, support from families and better rehab services,

this problem can be fought - Pakistan
must act now to protect its
youth from this dangerous
trap, because saving our
youth means saving in
future