

Taking drugs does not make you cool

“You will be cool if you just take one, it will make you refreshed”- a friend told him. Thus, his whole life was destroyed, devastated.

‘Drugs’, such an attractive word not only destroys a person but also the family. Drug addiction has become a worldwide problem. Many young people become dependent on different types of stimulating medicines that come hand-in-hand with a narcotic effect. The word ‘drug’ not only means medicine but fatal narcotics with different specifications. These drugs have their malevolent effects on the body and mind cells of the addicts. The addict becomes reliant on the drug to a great extent that he/she cannot stop using it. Despite having full knowledge of its health effects, addicts use it regularly.

Many usually start taking drugs out of curiosity. But there are some other factors too like the influence of bad friends, depression, social and family pressure, etc. The effects of drug addiction are threatening which includes physical, emotional, and different long term damages. As the body adapts to the substance, it desires an increasing amount of it thus destroying the body permanently.

‘Prevention is better than cure’. It is always the best option to discourage people from drug abuse. Though it is practically difficult to avert everyone from using drugs there are still some ways to avoid most of the population from taking those. Family and society support should be always given, should be aware of choosing friends, curiosity should be reduced, different seminars and programs should be arranged to create awareness against drug addiction, etc.

Diverting from the addiction is not as easy as taking it. An addict can't stop taking drugs within a few days. Many patients need repeating or long term care to stop taking drugs completely.

Do not trust yourself. You do not know when you can change or when you can be influenced by others, or even by your curiosity you can start taking drugs. So be careful and stay away from drugs.

"Say 'no' to drugs"