



Short Note on Abusing of Drug Risk and Effects in Young people

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INTRODUCTION

Substance use among adolescents ranges from experimentation to severe substance use disorders. All substance use, even experimental use, puts adolescents at risk of short-term problems, such as accidents, fights, unwanted sexual activity, and overdose. Substance use also interferes with adolescent brain development. Adolescents are vulnerable to the effects of substance use and are at increased risk of developing long-term consequences, such as mental health disorders, underachievement in school, a substance use disorder, and higher rates of addiction, if they regularly use alcohol, marijuana, nicotine, or other drugs during adolescence.

DESCRIPTION

In modern Western society, substance use is an easy way for adolescents to satisfy the normal developmental need to take risks and seek thrills. Not surprisingly, substance use is common as adolescents get older, and about 70% of adolescents will try alcohol before high school graduation. However, recurring or ongoing substance use is much less common. Even occasional substance use is risky and should not be trivialized, ignored, or allowed by adults. Parental attitudes and the examples that parents set regarding their own use of alcohol, tobacco, prescription drugs, and other substances are a powerful influence. According to national surveys, the proportion of 12th graders who report they have not used any substances in their lifetime has been steadily increasing over the past 40 years. However, at the same time, a broad range of more potent and dangerous products (such as prescription opioids, high-potency marijuana products, and fentanyl) has become available. These products

put adolescents who do start using substances at higher risk of developing both short- and long-term consequences. The substances that are used most by adolescents are alcohol, nicotine (in tobacco or vaping products), and marijuana. Alcohol is the substance most often used by adolescents. About 70% of 12th graders report having tried alcohol, although only 55% say they have ever been drunk. About 50% of 12th graders have consumed alcohol in the past month and are considered current drinkers. Heavy alcohol use is also common, and nearly 90% of all alcohol consumed by adolescents occurs during a binge. A binge is defined as consuming 3 to 5 standard drinks (depending on gender and age) within 2 hours or less. However, because adolescents often drink alcohol directly from the bottle or pour their own drinks, a drink for them may be larger than a "standard" drink for adults. Binges put adolescents at risk of accidents, injuries, unwise or unwanted sexual activity, and other unfortunate situations. For these reasons, adolescents should be discouraged from drinking.

CONCLUSION

Society and the media portray drinking as acceptable or even fashionable. Despite these influences, parents can make a difference by conveying clear expectations to their adolescent regarding drinking, setting limits consistently, and monitoring. On the other hand, adolescents whose family members drink excessively may think this behavior is acceptable. Some adolescents who try alcohol go on to develop an alcohol use disorder. Risk factors for developing a disorder include starting drinking at a young age and genetics. Adolescents who have a family member with an alcohol use disorder should be made aware of their increased risk.

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