Drug addiction among teenagers in the Philippines
What is Drug?

A DRUG is a substance which may have medicinal, intoxicating, performance enhancing or other effects when taken or put into human body or the body of another animal and is not considered a food or exclusively a food.
Drug Addiction

It is the condition characterized by an overwhelming desire to continue taking a drug to which one has become habituated through repeated consumption because it produces a particular effect, usually an alteration of mental status.
Top 5 Drugs being used by Filipino Teenagers:

1. Rugby/Solvents
2. Cough Syrups
3. Marijuana
4. Shabu (Poor Man's Cocaine)
5. X / Ecstasy
SIGNS AND SYMPTOMS OF SPECIFIC DRUG USE:

METHAMPHETAMINE EFFECTS:
- Total loss of appetite
- Extreme weight loss
- Excited/Talkative

COCAINE EFFECTS:
- Depressed
- Dilated pupils
- Hallucinations & Paranoia
INHALANT EFFECTS:
- Silliness & Dizziness
- Short-term memory loss
- Loss of sense of smell

HEROIN EFFECTS:
- “Nodding” which is a dreamlike state
- Completely powerless

MARIJUANA EFFECTS:
- Compulsive eating
- Uncontrollable laughter
- Bloodshot red eyes
RECOGNIZING DRUG ABUSE IN TEENAGERS:

1. **Problems at school.**
   (frequently missing classes in school)

2. **Physical health issues.**
   (lack of energy and motivation)

3. **Neglected appearance.**
   (lack of interest in clothing or grooming)

4. **Changes in behavior.**
   (drastic changes in behavior and relationships with family and friends)

5. **Spending money.**
   (sudden request for money without a reasonable explanation for its use)
How to solve drug addiction?

To meet the challenge of the drug abuse problem several measures, both private and governmental, are being taken. Violators of narcotic laws who make known to the authorities the fact of their addiction and their desire to be cured are referred to the Addiction Institute of the National Bureau of Investigation so that they may undergo treatment and rehabilitation.

On another front, a new organization—the Narcotic Foundation of the Philippines—has recently been formed. This is a private association not related to Government institutions and treatment centers; its aims are to raise funds for the treatment and reorientation of young addicts, and to educate the public against the dangers of drug addiction. It is to be hoped that the efforts made by this newly-founded organization, along with the efforts of the Addiction Institute and other interested bodies, will help the country to eventually cope with the alarming growth in local drug abuse.
A common solution for drug addiction is a 12-step program to treat the addiction causing drug use. The program involves forging a meaningful relationship between the recovering addict and sponsor, who helps the addict deal with stress in his/her life and continues to resist drug use. Addicts begin the program by recognizing their powerlessness over the disease and go on to discuss the consequences of their addiction. Over the time, recovering addicts learn to develop meaningful friendships to regulate their emotions, instead of turning to drugs.
Drug addiction in the Philippines is a growing problem, but it is one that the Philippine government is trying to tackle and take hold of. Just as in the United States, drug addiction is nothing to be taken lightly no matter where it happens – here or in the Philippines.