



The Realities of Drug Addiction

“Why Me?” Risk Factors for Drug Addiction

- ◆ The risk and how quickly addiction occurs varies based on certain risk factors and the drug used, as some drugs such as opioids, leads to addiction quicker than other drugs.
 - ◆ Vulnerability to drug use and addiction can increase at every stage of life.
 - ◆ Changes, new challenges, and more responsibility can increase stress, leading to an increase risk of substance use and addiction.

Risk Factors for Drug Addiction:

Environmental Risk Factors:	Genetics:	Individual Risk Factors:
<ul style="list-style-type: none">⇒ Drug Availability⇒ Parent/family substance use in the home⇒ Lack of parental supervision⇒ Unstable home environment⇒ Friends with substance users⇒ Peer pressure⇒ Bullying environment⇒ Poverty	<ul style="list-style-type: none">⇒ <i>40-60% of addiction is related to genetic factors</i>	<ul style="list-style-type: none">⇒ Mental health disorders (i.e.: depression, anxiety, ADHD)⇒ Difficulty controlling behavior and impulse control problems⇒ Childhood abuse, neglect, & rejection⇒ Traumatic events⇒ High stress/pressure level⇒ Early use/type of drugs used

Additional Facts: Why Teens are Prone to Addiction

- ⇒ The brain does not mature until age 25 and while the maturing process is occurring, teens are more likely to take risk, be impulsive, and experiment. Since the brain is not matured, they have an increased risk for drug use and addiction.
- ⇒ The earlier a person starts using substances, the greater their chances of developing an addiction and the more severe the disease will be.
- ⇒ Ninety percent (90%) of people with the disease of addiction began using substances before the age of 18.

Strategies to Prevent Drug Use, Abuse, and Addiction:

Parental Strategies:	Individual Strategies:
<ul style="list-style-type: none">⇒ Be aware of genetic predisposition⇒ Ensure mental health care if needed⇒ Parental disapproval of drug use⇒ Provide education on drugs⇒ Parental monitoring for drug use⇒ Parental engagement⇒ Role modeling healthy lifestyle	<ul style="list-style-type: none">⇒ Manage mental health⇒ Avoid people or situations involving drugs⇒ Get involved in health (exercise, nutrition)⇒ School or work connectedness⇒ Have structured activities, hobbies, etc⇒ Use medicine only as prescribed⇒ Educate self on drug use

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