



Dependencies and the activities against them

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„Wir lernen Gesund zu leben!“

PRIMARY SCHOOL

RAGOGNA

ITALY



GD Bildung und Kultur

Programm für lebenslanges Lernen

Addiction: what is that?

- If you ask anyone what an addiction is, they'll probably say it's being unable to stop using a substance (for example alcohol). But is not only this..
- **Addiction** is a complex illness that affects not only the physical and psychological health of individuals, but also their families, friends and social environment.



What causes addiction?



Substances and certain behaviours change the way we feel. If they make us feel better, relax us, make us feel powerful, excite us, let us escape and so on, we tend to go back to them.

Sometimes the attraction also comes from the feeling that the behaviour identifies us as one of a certain social group.

What can start out as casual experimentation, normal social behaviour or even a doctor's prescription, can lead to repeating the behaviour more frequently and with greater quantities. The brain may start to adapt, demanding ever more of what it's used to and resisting the discomfort of withdrawal.

Different types of addiction



- We shouldn't view addiction or dependence in simple or absolute terms.
- People can be addicted to many different substances, from alcohol and illegal drugs to prescription medicines, as well as to some types of behaviour.
- People may be dependent in many different ways and to a variety of degrees of intensity.

Addiction to...

- Alcohol
- Nicotine (cigarettes)
- Drugs
- Cannabis
- Prescription medicines
- Gambling
- Television and Internet
- Video games
- Food
- Work



Alcohol

- Alcohol is a sedative hypnotic drug that depresses the central nervous system, making you feel more relaxed.
- Especially young people drink to feel more accepted in social life, but both the short-term and the long-term effects of alcohol on the body are very dangerous for health.



Nicotine is the most widely used drug of abuse and one of the most addictive. It's usually taken by smoking or chewing tobacco, and the fact that this is not illegal makes it harder to give up.

.Nicotine seems to have both a stimulant and a depressant effect: so it may help with concentration or relax.

As a pure drug, nicotine has few adverse effects on physical health; but in a cigarette, the other toxic chemicals are very dangerous. Smoking increases the risk of cancer in almost every organ and tissue of the body.

Nicotine



Drugs

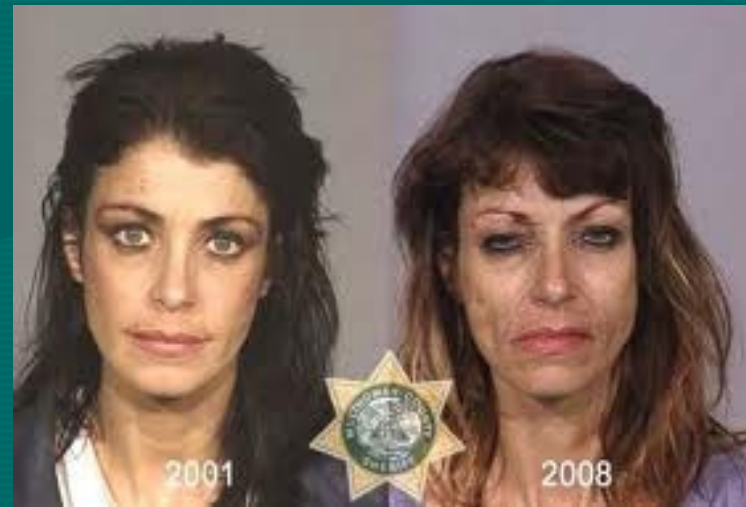
- Amphetamines
- Cocaine
- Heroin
- Ecstasy
- LSD
- Methadone



- Many of these drugs are synthetic: they are produced from chemical reactions in a laboratory.
- These drugs have often stimulant effects, making people feel more lively, awake, energetic and confident, or hallucinogenic effects.
- But when this effect is gone, the person become anxious, irritable, restless, frightened, depressed. They are terribly dangerous: in the long term, convulsions, coma and even death can occur and in general they increase vulnerability to infections and damage the nervous system.



Effects of drugs on the body



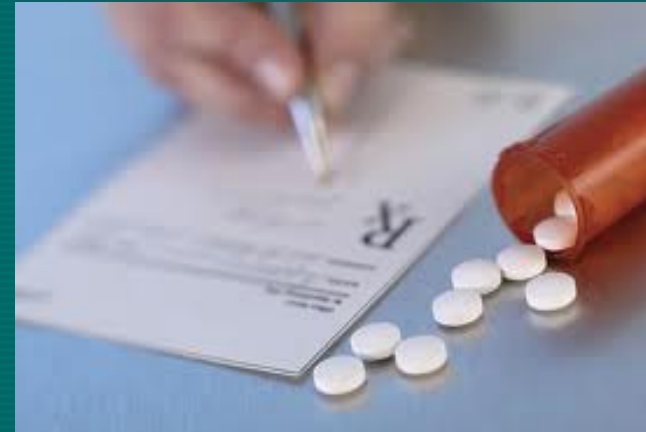
Cannabis



- Cannabis is used as a drug for its relaxing properties. It helps also release inhibitions.
- Cannabis or its derivatives may also be used as a medical treatment.
- But it has risks: it damages the ability to concentrate, decreases motivation and in teenagers can affect their psychological development.
- Users can become anxious, suspicious and even paranoid. Heavy use increases the risk of serious psychiatric illness.

Prescription medicines

- The most commonly prescription medicines abused are: **painkillers**, **tranquilisers** and **antidepressants**.
- Some people think that prescription drugs are safer and less addictive than street drugs. But prescription drugs are only safe for the individuals who actually have prescriptions for them and use them in the right way.



Gambling



- Gambling addiction is a destructive behaviour where people spend so much time or money on making bets that they're causing harm to the other aspects of their life such as family or work.



Television and Internet

- TV and Internet overuse is a problem especially for children and young people.
- Television and Internet (social networks) overuse causes unsuccessful attempts to decrease the amount of time spent online or watching television, and feelings of guilt for spending the time in this way. In the absence of TV and Internet, the addicted feel depression, anxiety and irritability.



Video games

- Video game addiction is an excessive or compulsive use of computers and video games which interferes with daily life.
- People who play compulsively isolate themselves from family, friends and social life and focus entirely on game achievements and not on real life events.
- This kind of addiction is dangerous especially for children and adolescents; once they become addicted to video games, they become depressed, have social phobias and feel more anxiety.



Food



- Food addiction is characterized by an obsessive relationship with food, with episodes of uncontrolled eating, generally followed by feelings of guilt and depression.
- Compulsive overeating leads to obesity and causes a large number of health problems.

Work

- The incessant work-related activity masks anxiety, low self-esteem and intimacy problems.
- Work addiction is also characterized by a neglect of family and other social relations.



What we can do to fight dependencies?

The way to win an addiction is long and difficult..

People who have an addiction need help..



Help can come from..

... **DOCTORS** and **PSYCHOTHERAPISTS** who can give the person a concrete physical and psychologic support and refer the patient to a specialist in the field of addiction.



Help can come from..

.. a **SELF-HELP GROUP**,
because the addicted
persons often feel
themselves alone and
abandoned; listening to
other people with their
same problems help them
to be courageous and to
fight the addiction.



Help can come from..



.. **FAMILY** and **FRIENDS**,
because they can help the
person addicted with their
love, without judging or
criticising him.



Prevention is better than cure

- Often people smoke a cigarette, drink alcohol and take a drug to feel new emotions..without being aware of the risks.
- So, it is important to raise awareness, especially among the younger, about the risks of different types of addiction for mental and physical health.



Life is a beautiful gift..

Today, our life is stressful and frenetic.

We don't find the time to take care of ourself.

The better prevention is thinking that life is a gift and..a gift so beautiful that we must spend it with people we love, without searching new emotions in things that are dangerous for us.



The End