

Addictions

Possible causes:

- Physical/emotional abuse
- Experimenting with drugs or other substances.
- Having access to drugs/availability of drugs
- Poverty in the community/gangs
- Peer pressure.
- Seeking excitement
- Inability to cope with negative feelings
- Hereditary factors
- Low neighbourhood attachment/lack of commitment to school

behavioural addiction symptoms.

- lack of self-care
- lying
- denial
- feelings of shame and guilt
- sleep disturbances
- anxiety
- family issues
- neglecting work/studies or contact with others

Preventing Addiction

- impulse control: The ability to manage urges or delay gratification.
- Awareness raising and counseling
- Parental monitoring: Monitoring children's behaviors, supporting their physical and emotional needs, setting limits, and enforcing discipline.
- Academic achievement: Encouraging and promoting success in school, as well as involvement in extracurricular activities outside of school.
- Antidrug use policies: Advocating for drug-free schools and enforcing policies and laws.
- Strong neighborhood attachment: Developing meaningful connections outside of the home with members of the community.

- Avoid Temptation and Peer Pressure. Develop healthy friendships and relationships by avoiding friends or family members who pressure you to use substances.
- Keep a well-balanced life. People often turn to drugs and alcohol when something in their life is missing or not working. Practicing stress management skills can help you overcome these life stressors and will help you live a balanced and healthy life.
- Develop goals and dreams for your future.

Treatment

- Medication
 - Treatment programmes
 - Psychotherapy
 - Mutual-help groups
 - Social reintegration
 - Family and friends' support
 - Relapse avoidance
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