

**#BeSmartDontStart**



**#BeeraSteady**

Intervention, Prevention and  
Awareness Campaign against  
Drug and substance abuse



**FREEDOM  
FROM ADDICTION**



Creating Healthy conversations among  
Young people to raise awareness about  
drug abuse and addiction.



## #BeeraSteady

Oli Steady?

Beera Steady is a behavioral change campaign targeting young people living in Uganda between the ages of 13 to 22.



The aim of the campaign, is to Create awareness about the possible mass dangers of using illicit drugs and engaging in unhealthy sexual behavior for young people to empower them with knowledge and skills to learn how to make smart choices to help them live healthy and constructive lives.

This campaign uses edutainment to creative content that is used to engage young people and help them understand how to deal with drugs and making informed sexuality decisions.


# Oli Steady?



For questions and more details, please visit  
[www.topowayouth.org](http://www.topowayouth.org) or call our office at 0393242365.  
Email [topowayouth@gmail.com](mailto:topowayouth@gmail.com) to register.



## What Is Drug Abuse?



The use of illegal drugs or the use of prescription or over-the-counter drugs for purposes other than those for which they are meant to be used, or in large amounts. Drug abuse may lead to social, physical, emotional, and job-related problems.

## What Is Drug Addiction?

Addiction is a disease that affects your brain and behavior. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause

## Drugs: Know the Facts and Risks

When you use street or club drugs, you're taking a lot of risks.

The drugs are dangerous, and usually there's no way to know how strong they are or what else may be in them. It's even more unsafe to use them along with other substances like alcohol and marijuana.

Here's a rundown of common street drugs and the health threats they can pose

### Cocaine

This drug comes in different forms. A user can snort the powder type through their nose or inject it into their bloodstream. Crack is a crystal form of the drug that's smoked and absorbed into the bloodstream through the lungs.


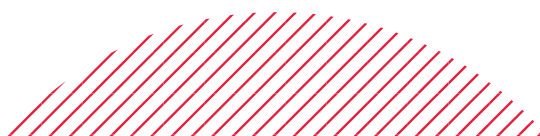


What else it's called: Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, or Toot.

What type of drug is it? Cocaine is a highly addictive stimulant made from the coca plant. Crack cocaine is even more addictive.

What are the effects? It triggers your brain to release dopamine and creates a euphoric feeling. The high is intense but short-lived, which leads people to use it repeatedly to try to keep the feeling going.

The risks are:

Increased heart rate, High blood pressure, Increased body temperature, Stomach pain, nausea, Loss of appetite, malnourishment, Heart damage and heart attack, Stroke, Death, Loss of smell, nosebleeds, and problems swallowing, Higher risk of HIV and hepatitis C due to sharing needles or other drug equipment, When used during pregnancy it can cause spontaneous abortion, low birth weight, birth defects, and a baby born addicted to the drug





### Ecstasy

Users often take this drug by mouth in pill or tablet form. You can also snort it or inject it into a vein.

What else it's called: MDMA or Molly.

What type of drug is it? This is a man-made stimulant and hallucinogen.

What are the effects? Ecstasy increases levels of several chemicals in the brain, including serotonin, dopamine, and norepinephrine. It alters your mood and makes you feel closer and more connected to others. Users get a sense of euphoria and a boost in energy.

When the drug wears off, though, it can lead to confusion, depression, anxiety, and sleep problems.

The physical effects that it has on the body can be very similar to other stimulants like cocaine and amphetamines.

Those effects

include:

Increased heart rate, Increased blood pressure, Tense muscles  
Nausea, Blurred vision, Dizziness, Sweating or chills

### Flakka

This designer drug is similar to bath salts. It is a pale-hued crystal that users eat, snort, inject, or vaporize using an e-cigarette device.

It might also be referred to as Gravel, because of the way it looks.

What type of drug is it?

Like bath salts, it also contains synthetic cathinone.

What are the effects? The drug has a stimulant-like effect but can cause paranoia, hallucinations, and can lead to violence or self-harm. It's been linked to deaths due to heart attack, suicide, and kidney damage or kidney failure.

### Heroin

Heroin comes as a white or tan powder, or a black sticky substance, known as "black tar heroin." Users can inject, inhale or smoke it.

What else it's called: Brown Sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, and White Horse

What type of drug is it? It's an opioid derived from the opium poppy flower. It's rapidly absorbed into the brain, which makes it highly addictive.

What are the effects? A rush of euphoria followed by dry mouth, a heaviness sensation in the arms and legs, and a fuzzy mind.



### Heroin

use can be deadly. Risk factors for overdose include, simultaneous use of sedatives or alcohol, use of prescription pain pills, and recent abstinence with relapse. It can also lead to:

Collapsed veins, Skin Infections, Gastrointestinal problems (especially constipation), Kidney disease, Suppressed breathing, which is which is leading cause of coma, brain damage, and death, Risk of catching HIV and hepatitis C through sharing needles and other drug equipment, When used during pregnancy it can cause spontaneous abortion, low birth weight, birth defects, and a baby born addicted to the drug

### Marijuana

It's still the most-used illegal drug ., despite it recently earning legal status for medical purposes in many states.

Marijuana refers to the dried leaves, flowers, stems, and seeds of the hemp (*Cannabis sativa*) plant. Most people smoke marijuana, but it can also be added to foods and eaten.

What else it's called:

Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Skunk, Smoke, Trees, Weed, Ashish, Boom, Hash, and Hemp.

What type of drug is it? It can act as both a stimulant and a depressant, and even a hallucinogen.

What are the effects? Marijuana contains the chemical THC, which acts on different parts of the brain to create the "high" that users experience, such as changes in sensations, mood, body movements, thinking, and memory.

When used regularly, marijuana can affect brain development and lead to cognitive problems. It can become addictive for some people, and also cause serious health problems such as breathing issues, increased heart rate, and higher risk of heart attacks, depression, anxiety, and suicidal

thoughts for some people. Among young people, heavy MJ use has been associated with cognitive impairment and mental illness, like schizophrenia. However, in adults, chronic use has not been associated with serious medical conditions.



### Methamphetamines

Meth is a white powder that users swallow, smoke, snort, or inject. It's made from a combination of pseudoephedrine, a common ingredient in cold medications, along with other toxic chemicals.

What else it's called:

Crystal meth, Chalk, Crank, and Ice.

What type of drug is it? Stimulant.


What are the effects? Meth creates an immediate high that quickly fades. As a result, users often take it repeatedly, making it extremely addictive. The physical effects are very similar to other stimulants like cocaine and amphetamines.

Those effects can include:

Increased breathing, Rapid heart rate, High blood pressure, Increased body temperature.

With repeated long-term use, meth can lead to extreme weight loss, skin sores, and severe dental issues. Chronic abusers often suffer from anxiety, confusion, insomnia, hallucinations and delusions, and paranoia. Injecting the drug can raise the risk of getting HIV or hepatitis when sharing needles and other drug equipment.

When used during pregnancy it can cause spontaneous abortion, low birth weight, birth defects, and a baby born addicted to the drug.



Addiction is a disease that affects your brain and behavior. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, opioid painkillers, and other legal substances.

At first, you may choose to take a drug because you like the way it makes you feel. You may think you can control how much and how often you

use it. But over time, drugs change how your brain works. These physical changes can last a long time. They make you lose self-control and can lead you to damaging behaviors.

#### Addiction vs. Abuse

Drug abuse is when you use legal or illegal substances in ways you shouldn't. You might take more than the regular dose of pills or use someone else's prescription. You may abuse drugs to feel good, ease stress, or avoid reality. But usually, you're able to change your unhealthy habits or stop using altogether.

Addiction is when you can't stop. Not when it puts your health in danger. Not when it causes financial, emotional, and other problems for you or your loved ones. That urge to get and use drugs can fill up every minute of the day, even if you want to quit.

#### Effect on Your Brain

Your brain is wired to make you want to repeat experiences that make you feel good. So you're motivated to do them again and again.

The drugs that may be addictive target your brain's reward system.

They flood your brain with a chemical called dopamine.

This triggers a feeling of intense pleasure. So you keep taking the drug to chase that high. Continue Reading Below

Over time, your brain gets used to the extra dopamine. So you might need to take more of the drug to get the same good feeling. And other things you enjoyed, like food and hanging out with family, may give you less pleasure.

When you use drugs for a long time, it can cause changes in other brain chemical systems and circuits as well. They can hurt your:

Judgment  
Decision making  
Memory  
Ability to learn

Together, these brain changes can drive you to seek out and take drugs in ways that are beyond your control






Addiction both to prescription and street drugs -- is a growing problem. If you're worried that you or a loved one may have an addiction, there are signs to help you know.

Signs you may have a drug problem:

- You keep taking a drug after it's no longer needed for a health problem.
- You need more and more of a substance to get the same effects (called "tolerance"), and you can take more before you feel an effect.
- You feel strange when the drug wears off. You may be shaky, depressed, sick to your stomach, sweat, or have headaches. You may also be tired or not hungry. In severe cases, you could even be confused, have seizures, or run a fever.
- You can't stop yourself from using the drug, even if you want to.
- You are still using it even though it's making bad things happen in your life, like trouble with friends, family, work, or the law.
- You spend a lot of your time thinking about the drug: how to get more, when you'll take it, how good you feel, or how bad you feel afterward.
- You have a hard time giving yourself limits. You might say you'll only use "so much" but then can't stop and end up using twice that amount. Or you use it more often than you meant to.
- You've lost interest in things you once liked to do.
- You've begun having trouble doing normal daily things, like cooking or working.
- You drive or do other dangerous things (like use heavy machines) when you are on the drug.
- You borrow or steal money to pay for drugs.
- You hide the drug use or the effect it is having on you from others.
- You're having trouble getting along with co-workers, teachers, friends, or family members. They complain more about how you act or how you've changed.
- You sleep too much or too little, compared with how you used to. Or you eat a lot more or a lot less than before.
- You look different. You may have bloodshot eyes, bad breath, shakes or tremors, frequent bloody noses, or you may have gained or lost weight.
- You have a new set of friends with whom you do drugs and go to different places to use the drugs.
- You go to more than one doctor to get prescriptions for the same drug or problem.
- You look in other people's medicine cabinets for drugs to take.
- You take prescribed meds with alcohol or other drugs.


The page features a decorative border at the top with a repeating geometric pattern of triangles and diamonds in teal, red, and yellow. On the left side, there is a yellow triangle pointing up, followed by two wavy lines (one red, one yellow), and a large yellow circle at the bottom. On the right side, there is a large yellow circle at the top and a red hatched semi-circle at the bottom.

If you think you or someone you know has a problem, seek help right away. The sooner an addict gets help, the better. Reach out to a drug rehabilitation program in your area for help.

Signs someone else is addicted:

Changes in personality and behavior like a lack of motivation, irritability, and agitation

- Bloodshot eyes and frequent bloody noses
- Shakes, tremors, or slurred speech
- Change in their daily routines
- Lack of concern for personal hygiene
- Unusual need for money; financial problems
- Changes in friends and activities



Staying on the path to health takes patience, loving relationships, and emotional resilience. People in drug abuse recovery need all the help they can get. Fortunately, tools and resources are available to help someone stay straight and to pick them up if they stumble

**Stress and Prescription Drug Addiction** Understanding the deep connections between stress and drug addiction is essential to drug abuse recovery. People who experienced stress, such as child abuse, early in life are more likely to become addicted to drugs. Stressful mental health conditions like depression and anxiety also increase the risk for opioid addiction. People with a prescription drug addiction often say stress was a reason they began abusing pain pills.

Making the situation worse, opioid addiction itself causes lasting changes in the parts of the brain that deal with stress. People with opioid addiction have a persistent overactive response to stress, even years after completing detox. Continue Reading Below

**Stress is a major stimulus for drug craving, according to people with opioid addiction.**

Not surprisingly, life stress is one of the main reasons people give for relapsing into prescription drug abuse. For all these reasons, learning methods to better cope with stress are an essential part of drug abuse recovery.

**Family, Friends, and Addiction Recovery** One of the primary causes of relapse in pain pill addiction is an inability to develop intimate relationships. It's almost impossible to recover from prescription drug addiction alone.

Rebuilding close connections with family and friends is essential to successful drug abuse recovery. This often requires the addicted person to recognize and make amends for the damage caused by past behavior.

At the same time, the addicted person's family will be going through its own recovery process. Re-establishing trust and mutual respect can take months or even years. Nothing can replace the healing properties of time spent together with loved ones.

#### Addiction Recovery Support Groups

Experts believe group therapy is superior to individual therapy for people recovering from prescription drug abuse. The group setting allows peers to both support and challenge each other, and creates a sense of shared community.

Narcotics Anonymous (NA) is an international network of community-based meetings for those recovering from drug addiction.

Modeled after Alcoholics Anonymous (AA), NA is an abstinence-based 12-step program with a defined process for overcoming addiction. More than 58,000 NA meetings take place every week worldwide.

**Exercise and Addiction Recovery** Drug addiction takes a toll on the body, along with the mind and soul. Exercise hasn't been studied for drug abuse recovery. However, exercise releases natural endorphins, feel-good chemicals that relax the brain and body and reduce stress.

Besides improving overall health, exercise improves mood and builds self-esteem, key areas in drug abuse recovery. Thirty minutes of daily physical activity, like brisk walking, will bring overall health benefits.

Exercising with a group will also enhance interpersonal relationships and help develop connections outside the world of addiction.


**Meditation During Addiction Recovery** The central principle of all forms of meditation is to focus attention on the present moment, the "now." Some experts believe addictions result in part from an attempt to escape psychological pain.

Meditation can help an addict face painful feelings and understand how these feelings contribute to craving. This can potentially help the person discover healthy ways of coping with bad feelings, without using drugs.

#### Spirituality, Service, and Addiction Treatment

Many people in drug abuse recovery say their spirituality is important in staying clean and sober. Attending religious services, regular community service, and daily prayer are examples of activities that have helped many who believe a higher power is essential to their continued recovery.

Reaching out to a local church ministry, or contacting the United Way in your area, can get you started.



— GET CONNECTED —



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