

FIGHTING SOCIAL DRUG ABUSE FOR A BETTER TOMORROW

(5 SAFETY N US TIPS)

While it is virtually impossible to **STOP** anyone from illegal drugs abuse, there are many ways we can tackle this growing pandemic together. As **Safety n Us**, we look to find solutions to make our spaces online safer and with, there are things we can all share (hello internet) with everyone us to avoid drug abuse or rather try to. By sharing this knowledge on different platforms with your loved ones, we can all prevent someone from using drugs tomorrow.

Here are five **Safety n Us** tips to help reduce drug use:

1. Avoiding Peer pressure from Anyone & Anything!

One of the main reasons that people overlook when they start using illegal drugs is the influence of pressure from peers. Peer pressure does not only come from friends, but from different influences such as what we consume online, what we watch on the tv and spaces we spend time in. At a young age or during hard times in life no one likes being left behind. This in turn has seen many young and old people falling in the peer pressure trap and find themselves doing things they wouldn't normally do, just to fit in.

In these cases, we all need to find a better group of friends that does better, a group of friends that does not indulge in such activities and friends that do more of hobbies and less

of stress consuming things. Don't force yourself to do harmful things because of friends and you must find a good way to say NO.

2. TRYING TO BALANCE LIFE PRESSURE.

Overworking and being overwhelmed especially in today's digital and ever evolving society may lead to one crumbling beyond repair. To avoid using drugs as an escape, we encourage people, especially the young to find other ways to manage life pressures. It is good to exercise more, join book clubs, try voluntary work to help the poor or try innovative initiatives to keep yourself busy. Anything positive will help trigger positive thoughts clear your mind to overcome stress.

3. GOING FOR THERAPY!

It is very possible and in most cases people who suffer from depression and anxiety turn to drugs to numb their thoughts. It is always encouraged to advise people with any form of mental illness, such as anxiety, depression, or post-traumatic stress disorder to seek the help of a qualified professional for treatment before it leads to drug use. Sadly, in most closed societies this is not the case but by sharing this and explaining this to the next person might help change people's perspectives and save a life.

4. KEEPING AWAY FROM RISKS.

If you are aware of the biological, environmental, and physical risk factors you have, you will be more likely to overcome them. A family history of substance abuse, living in a social setting that glorifies substance abuse, and/or a family life that simulates substance abuse may be risk factors.

5. LIVING A WELL SELF-LOVING LIFE

People use drugs when something is wrong in their life, or when they are unhappy with their life or the direction of their life. Look at the big picture of life and prioritize.

If you know someone who is addicted to drugs, share this article with them and assist them with the nearest therapy or rehab centre close to you. [Here](#) is a list of some rehab centres you can refer people to.

Below is a story on a recovering drug abuser, **we can all with this battle against drug abuse if we act together.** (WATCH IT BELOW)

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