# DRUG

n. Drugs are substances that change a person's mental or physical state. They can affect the way your brain works, how you feel and behave, your understanding and your senses.

This makes them unpredictable and dangerous, especially for young people. The effects of drugs are different for each person and drug.

# BY EFFECT ON THE BODY

**Stimulants**

Increase energy and alertness.

Examples: Caffeine, Nicotine, Cocaine.

**Depressants**

Slow down brain activity.

Examples: Alcohol, Sleeping Pills, Tranquilizers.

**Hallucinogens**

Alter perceptions and cause hallucinations.

Examples: LSD, Magic Mushrooms.

# BY MEDICAL USE

**Medicinal Drugs**

Used to treat diseases and health problems.

Examples: Antibiotics, Painkillers.

Safe when prescribed by a doctor.

**Non-Medicinal Drugs**

Used recreationally or illegally.

Examples: Marijuana (in some places), Ecstasy.

# BY LEGAL STATUS

**Legal Drugs**

Allowed by law.

Examples: Alcohol, Tobacco (for adults).

**Illegal Drugs**

Banned by law.

Examples: Cocaine, Heroin, Methamphetamine.

# KEY POINTS TO REMEMBER

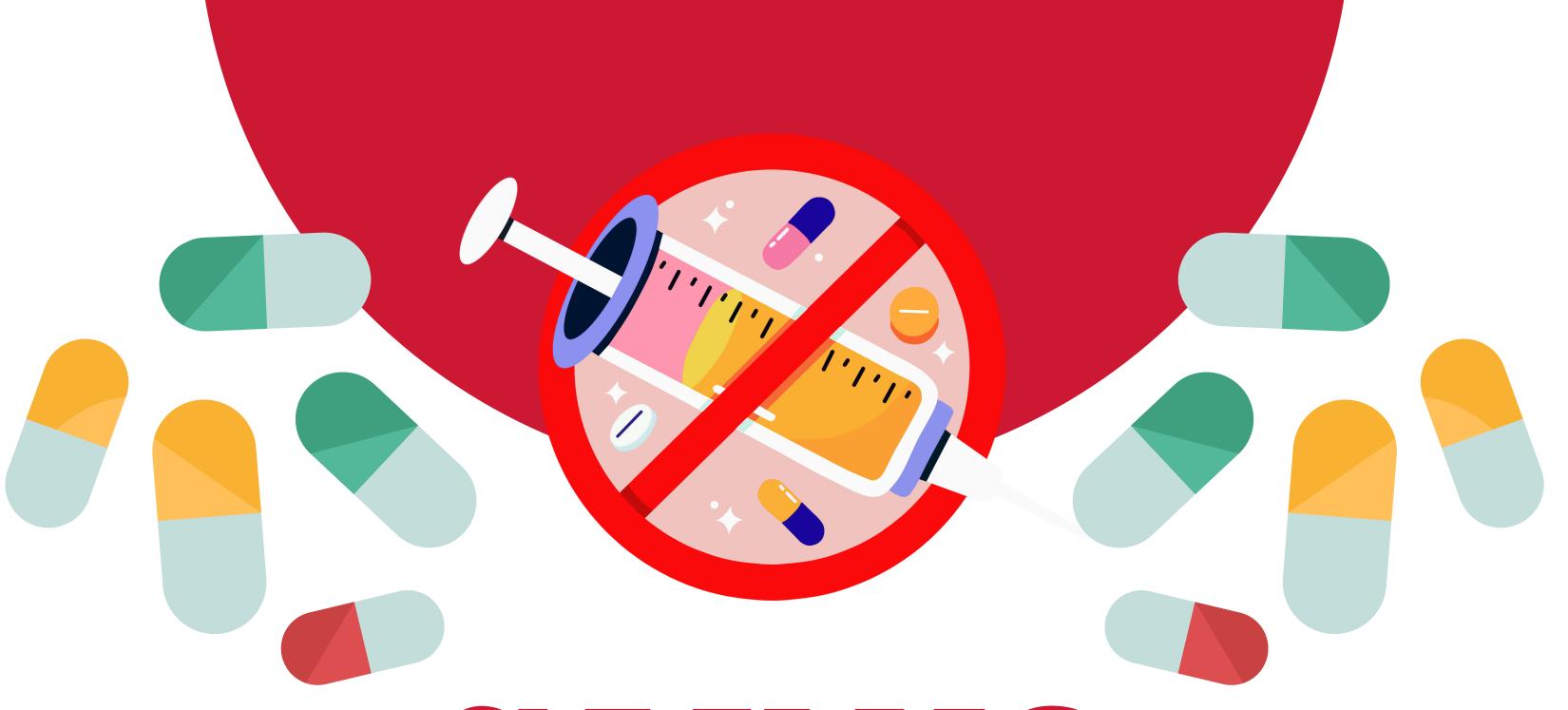**Safe Use:**

Only use medicines prescribed by a doctor.

**Risks of Abuse:**

Can cause addiction, health problems, and legal issues.

**Say No:**

Avoid peer pressure to try harmful substances.

# SAY NO TO DRUGS!

Follow us toward a drug-free future.