



Royal Bahamas Police Force

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Police Emergency
919

Drug Awareness For Teens

Millions of people have a problem with alcohol and illicit drugs. These problems are not only common, but can happen to anyone. People struggling with drugs are individuals who come from all walks of life and cultural backgrounds.

What Is Drug Addiction?

Drug addiction is a complex brain disease characterized by compulsive, uncontrollable drug craving that persists even when knowing the extremely negative consequences.

How Quickly Do You Become Addicted?

There is no easy answer. If and how quickly addiction develops depends on the drug and factors like individual sensitivity, genetics and biology. While one person may use a drug many times and suffer no ill effects, another person may be vulnerable and overdose with first use.

I'm Not Sure I Can Talk To My Parents

One of the hardest things is to admit you might have a problem. Don't be scared. Breach the subject in an easy manner. No matter what you think, your parents care about you and your well-being.

Can Drug Users Get Help?

Definitely! But first, they must admit there might be a problem and they want help so **THEY** can do the work to kick the habit. People do not have to hit "**rock bottom**" before successfully getting help. They must recognize the need for change.

Is My Friend Out Of Control?

Most users are secretive about their dependency and it's hard to tell. Watch for any of the following signs:

- Gets drunk or high on drugs on a regular basis
- Lies about the amount of drugs they use
- Stops activities that were a big part of their life(sports, homework, or hanging out)
- Constantly talks about and plans drinking or
- Must drink or use more drugs to get the same high
- Doesn't have "fun" unless drunk or stoned
- Has lots of hangovers and "blackouts"
- Is withdrawn, depressed, tired, and cares little
- Rapid weight loss and changed sleeping patterns about personal appearance
- Has difficulty concentrating
- Pressures others to drink or use drugs
- Gets in trouble with the police.

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National Crime Prevention Office

302-8430/1

www.royalbahamaspolice.org

Crime Stoppers

328-TIPS (8477)

Family Islands

(242) 300-TIPS (8477)

"To make The Bahamas a safer place to live, work, visit and play."