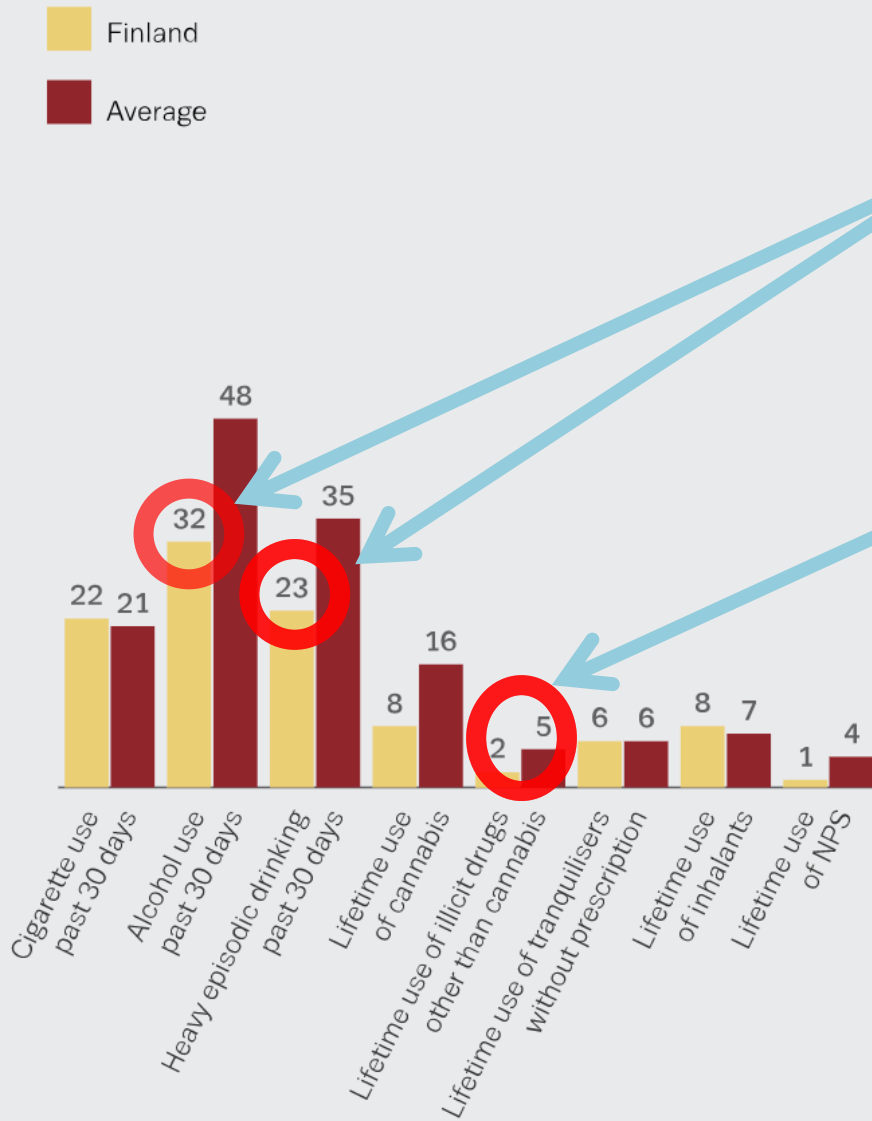


A person is shown in profile, exhaling a large, dense cloud of white vapor that fills the right side of the frame. The background is a blurred indoor setting with a window and some furniture. The overall tone is light and airy.

42. Drugs and health effects

Joonas Jokinen M.A. Sport Sciences

Substance use among 15- to 16-year-old students

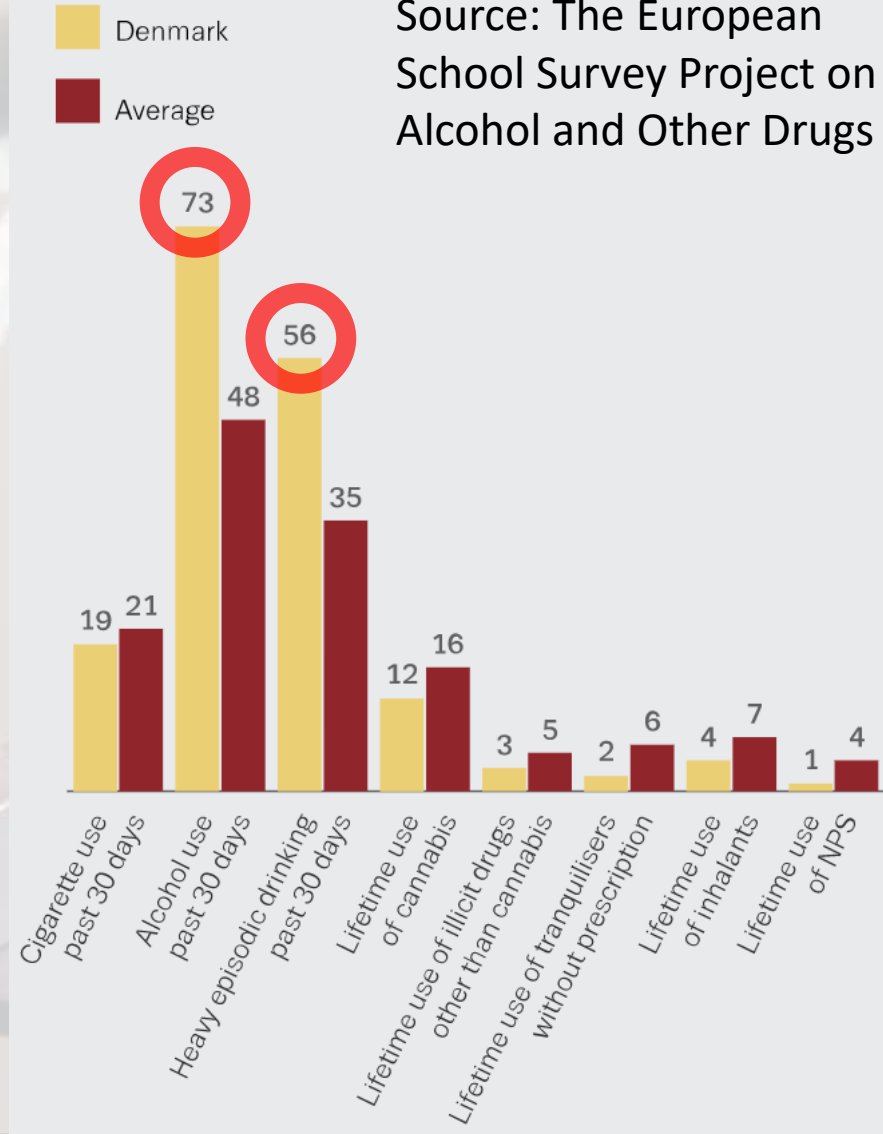
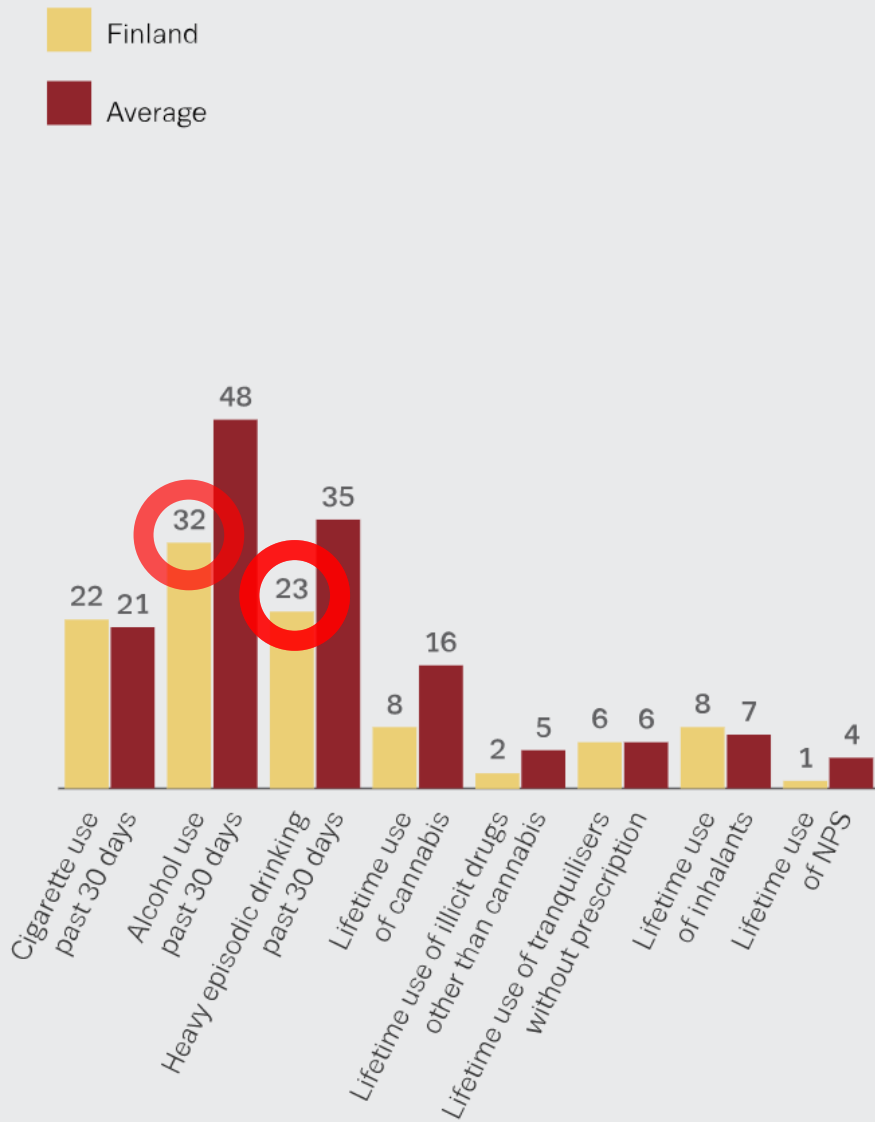


Finnish youth use far less alcohol than EU average

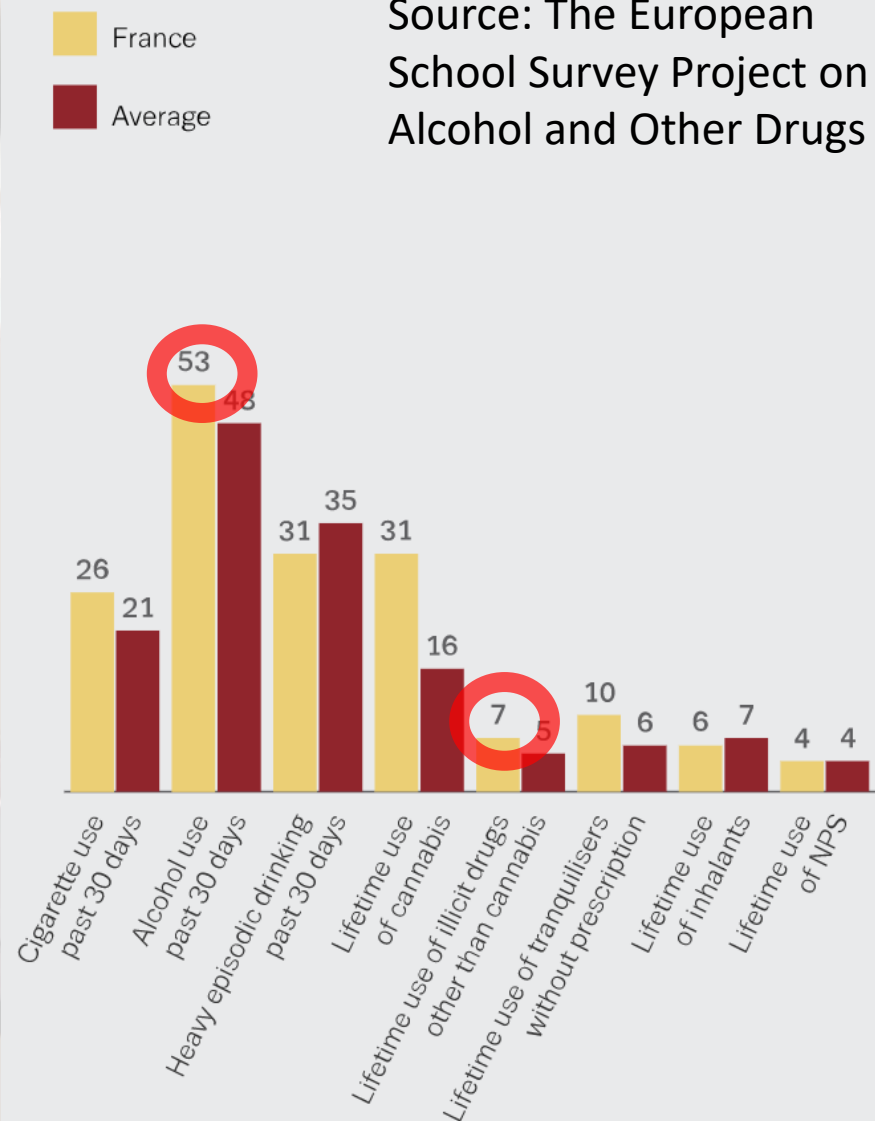
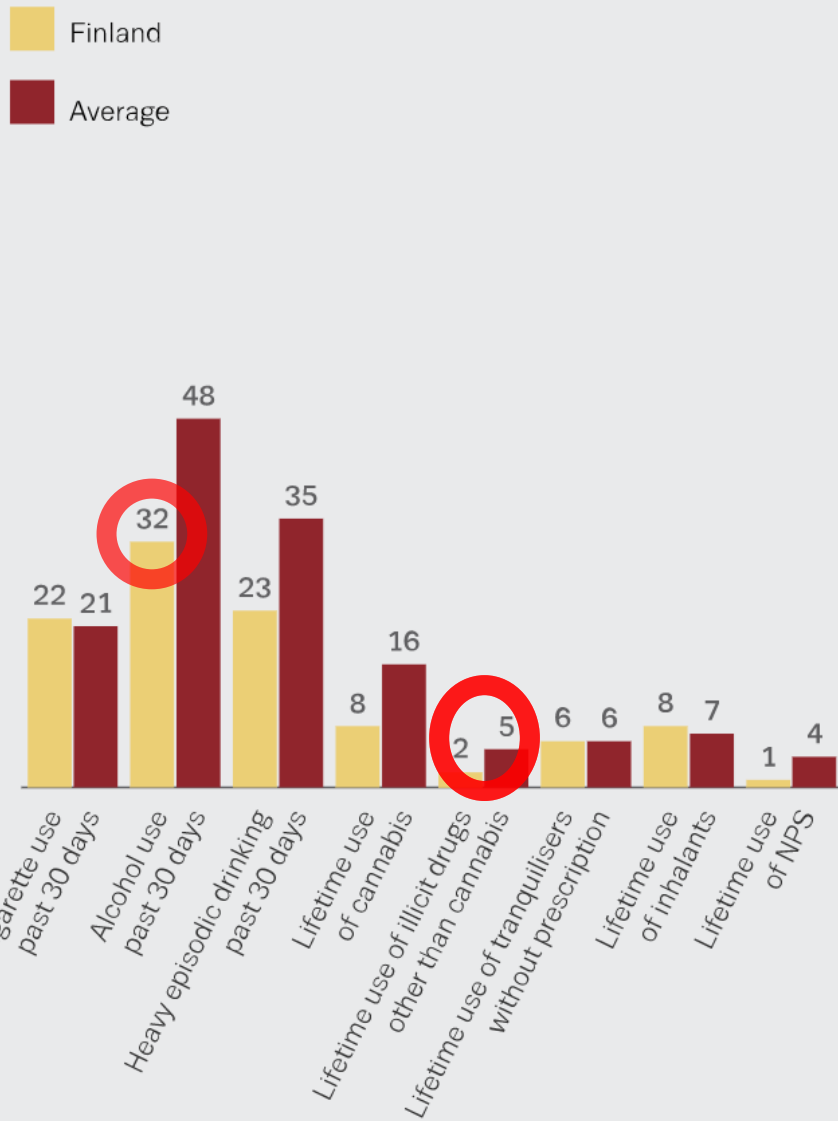
Only 2% of 15-16 –year olds have tried illicit drugs

Source: The European School Survey Project on Alcohol and Other Drugs

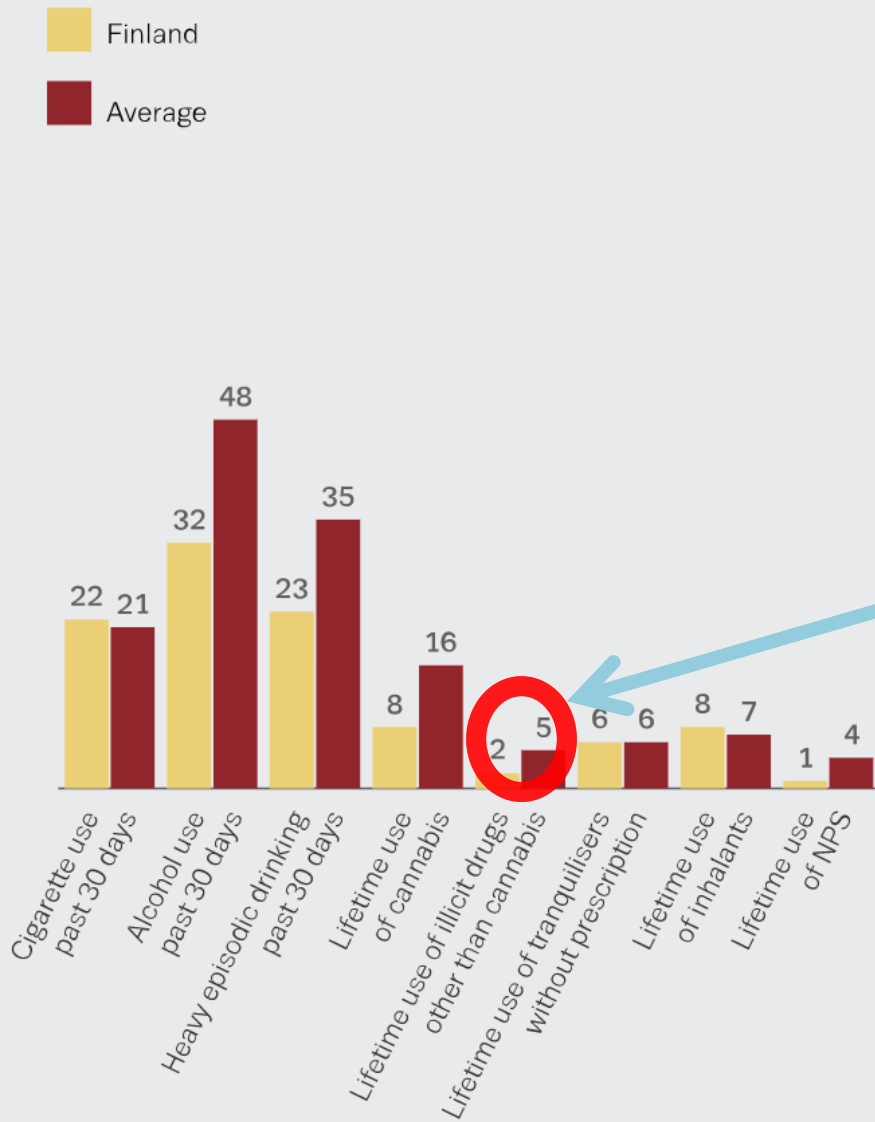
Substance use among 15- to 16-year-old students



Substance use among 15- to 16-year-old students



Substance use among 15- to 16-year-old students



Only 2% of 15-16 –year olds have tried illicit drugs
=> Marginal group

Marginalization leads to stigma

- We are sensitive to what is considered normal by others around us -> Conformity
- Getting labeled as an “addict” is very crippling for an individual and will hamper greatly the quality of life
- Studies have shown that smoking initiation and continued smoking has high prevalence among SUD (substance use disorder) patients



Signs of drug addiction

Behavioral

Unusual
tiredness

Insomnia

Random
outbursts of
rage

Anxiety

Increase in
absences from
school/work

Cover-ups

Difference in
appetite

Decrease in
educational
achievements

Need of
money

Physical

Weight loss

Neglecting
hygiene

Covering arms
unusually

Sudden changes
in appearance:
clothing, hair,
makeup

Difference
in body
odor

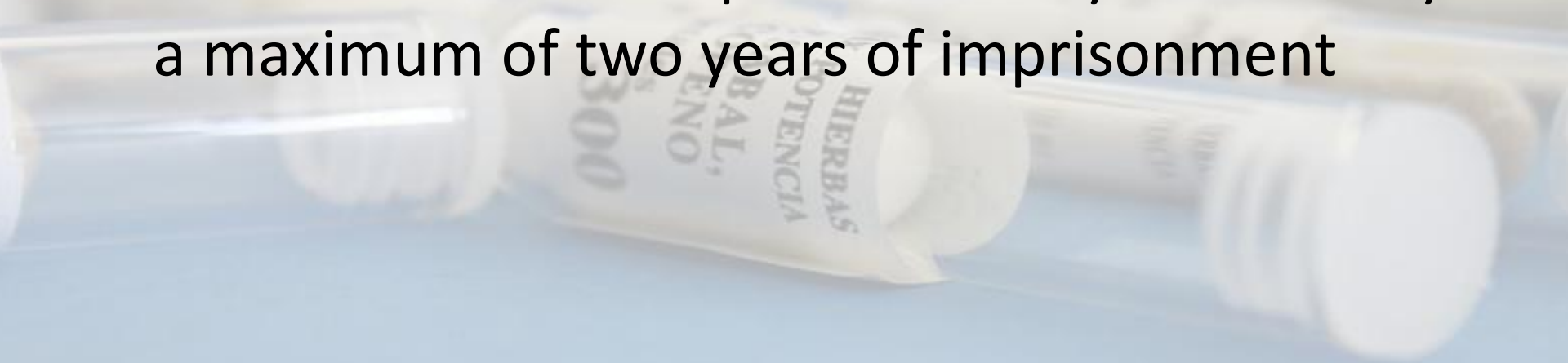
Signs of
violence

Social

Changing
friends circle

Finnish drug legislation

- In Finland possession and use of drugs is a criminal offence
- Narcotics offence is punishable by a fine or by a maximum of two years of imprisonment



Homework

- What will you do if you find an used injection needle in the beach?

