

UA3: Consequences of addiction

Suggested answers



Personal Areas Affected	Consequences
Family	<ul style="list-style-type: none"> • Tension and arguments between family members • Lack of trust • Avoidance • Second-hand smoke
Socialising and leisure	<ul style="list-style-type: none"> • Lack of trust from your friends • Losing friends • Hanging out with a bad crowd • Arguing with friends over your smoking • Lack of participation in activities that you used to enjoy e.g. sports.
School and work	<ul style="list-style-type: none"> • Taking smoking breaks • Getting disciplined for smoking on campus • Skipping school • Falling behind on school work or lateness • Getting distracted from work
Physical and emotional health	<ul style="list-style-type: none"> • Poor health • Lack of fitness • Increased risk of contracting diseases later in life like heart disease, stroke, cancer • Feeling anxious when craving • <i>Other substances:</i> Increased risk for contracting diseases like HIV, AIDS, and Hep B or C from dirty instrument use
Finances and money	<ul style="list-style-type: none"> • Lack of money spent on cigarettes • Going into debt • Stealing/borrowing money • Paying fines associated with drug use, i.e. court costs

Adapted from <http://www.rcmp-grc.gc.ca/cycc-cpcj/dr-al/lp-pl/index-eng.htm#act2>