



Xavier's Daily

➔ Challenge yourself!

I'm a liquid metal, used in the measurement of temperature.

Answer- Mercury

➔ Spectrum's Corner

Thought of the Day

"The more you praise and celebrate your life, the more there is in life to celebrate."

Word of the Day

Catch 22

: An impossible situation where you are prevented from doing one thing until you have done another thing that you cannot do until you have done the first thing

eg. "I am in a Catch 22 situation, I cannot get a job without work experience and to get work experience I first need a job."



DRUGS AND "YOUNG PEOPLE"

Designed by Ankur Raj.

[SSL]

YOUNG PEOPLE'S BRAINS ARE GROWING AND DEVELOPING UNTIL THEY ARE THEIR MID-20'S. THIS IS ESPECIALLY TRUE OF THE PREFRONTAL CORTEX, WHICH IS USED TO MAKE DECISIONS. TAKING DRUGS WHEN YOUNG CAN INTERFERE WITH DEVELOPMENTAL PROCESSES OCCURRING IN THE BRAIN. IT AFFECTS THEIR DECISION-MAKING. THEY MAY BE MORE LIKELY TO DO RISKY THINGS SUCH AS UNSAFE SEX AND DANGEROUS DRIVING. THE EARLIER YOUNG PEOPLE START USING DRUGS, THE GREATER THEIR CHANCES OF CONTINUING TO USE THEM AND BECOME ADDICTED LATER IN LIFE. TAKING DRUGS WHEN YOU ARE YOUNG CAN CONTRIBUTE TO THE DEVELOPMENT OF ADULT HEALTH PROBLEMS, SUCH AS HEART DISEASE, HIGH BLOOD PRESSURE AND SLEEP DISORDERS. THERE ARE MANY DIFFERENT REASONS WHY A YOUNG PERSON MAY TAKE DRUGS. YOUNG PEOPLE MAY DO DRUGS BECAUSE THEY WANT TO BE ACCEPTED BY FRIENDS OR PEERS WHO ARE DOING DRUGS. SOME YOUNG PEOPLE SUFFER FROM DEPRESSION, ANXIETY, STRESS-RELATED DISORDERS AND PHYSICAL PAIN. THEY MAY DO DRUGS TO GET SOME RELIEF. DRUG USE AND ADDICTION ARE PREVENTABLE. PREVENTION PROGRAMS INVOLVING FAMILIES, SCHOOLS, COMMUNITIES AND THE MEDIA MAY PREVENT OR REDUCE DRUG USE AND OUTREACH TO HELP PEOPLE UNDERSTAND THE RISKS OF DRUG USE. WE CAN PREVENT YOUTH FROM USING DRUGS THROUGH GOOD COMMUNICATION, ENCOURAGEMENT SO THAT THEY CAN BUILD A STRONG SENSE OF SELF, BY SETTING LIMITS AND SUPERVISION. DRUG ADDICTION HAS BECOME A MAJOR CAUSE OF CONCERN ALL OVER THE GLOBE. IT IS A DEVASTATING STATE THAT HAS BEEN RUNNING A RIOT FOR A DECADE AND THERE IS AN URGENT NEED TO PUT AN END TO IT



DID YOU KNOW?

Einstein's brain was stolen when he died