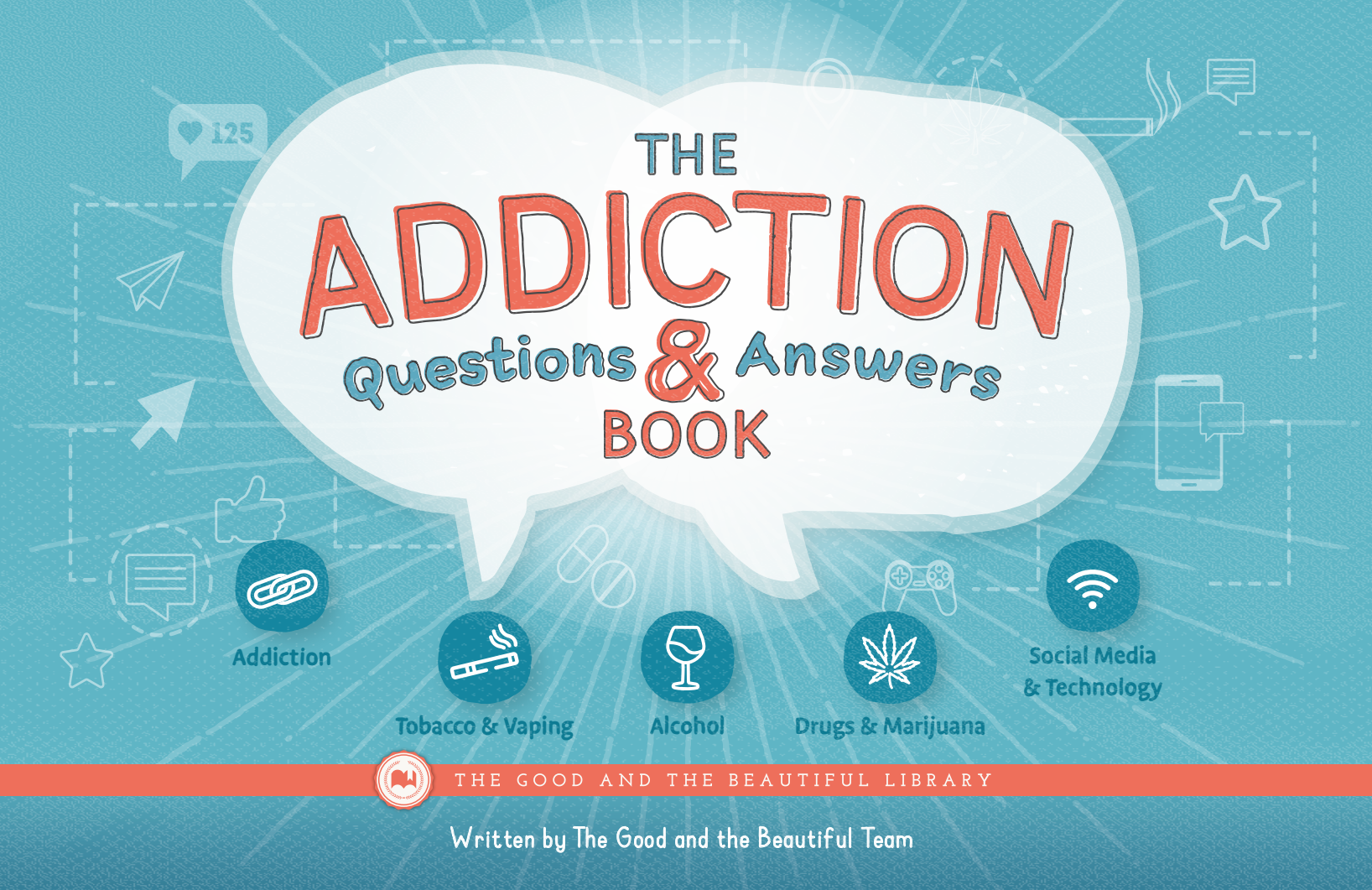




THE ADDICTION Questions & Answers BOOK

Addiction

Tobacco & Vaping

Alcohol

Drugs & Marijuana

Social Media
& Technology



THE GOOD AND THE BEAUTIFUL LIBRARY

Written by The Good and the Beautiful Team



Due to the sensitive content found in this book, we strongly suggest that parents or teachers read through this entire book before introducing these concepts to their children. Pre-reading this material will allow you to best discuss and answer questions your child may have.

If you are a child, please pause reading and talk to your parent or teacher before continuing if you haven't already.



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Q: WHAT IS THE
DEFINITION OF
ADDICTION?

A: **Addiction** is the need for substances or the need to participate in behaviors, despite the fact that they are harmful and can cause withdrawal symptoms when stopped, such as insomnia, depression, aches and pains, tremors, hallucinations, paranoia, and confusion.

Q:

IS IT EASY TO RECOVER FROM AN ADDICTION?

A: Unfortunately, it is not easy. Addiction leads to an actual physical dependence on a particular substance or behavior; therefore, recovery can be a long, slow, and complicated process, but it can be done!

Each individual is unique and may require a combination of support systems, such as family and medical professionals, in order to work on recovering. Maintaining recovery can often be a process that is ongoing through one's lifetime.





Q: WHAT IS TOBACCO?

A: **Tobacco** is the common name for a broad-leaved plant in the Solanaceae, or nightshade, family. Nearly 70 species of tobacco plants have been identified worldwide, with *Nicotiana tabacum* being the most prevalent. The large green leaves of this tropical plant are harvested and then dried and fermented into a substance that has been traditionally consumed by either smoking, chewing, dipping, or snorting.



Q: ARE SMOKELESS FORMS OF TOBACCO, SUCH AS CHEWING OR DIPPING, ALSO ADDICTIVE?

A: **Yes.** Smokeless forms of tobacco that are taken orally or snorted through the nose are equally addictive because they still contain nicotine, which first gets absorbed through the mucous membranes in the mouth (or nose) and then makes its way to the brain through the bloodstream. In fact, research shows that nicotine from smokeless forms of tobacco actually stays in the blood longer than nicotine from tobacco that is smoked. Potential harmful effects of smokeless tobacco include gum disease, mouth sores, tooth decay, heart disease, and many different cancers, including mouth, cheek, throat, and pancreatic cancer.



Q: WHAT IS ALCOHOL ADDICTION?

A: Alcohol addiction, also called **alcoholism**, can affect any person, no matter his or her race, gender, or genetics. Addiction to alcohol can be difficult to recognize. Generally, it is defined by a chronic dependence on an alcoholic substance in which one cannot stay sober, or avoid ingesting any alcohol, for an extended period of time, or when it is difficult for a person to function in day-to-day tasks without consuming alcohol.

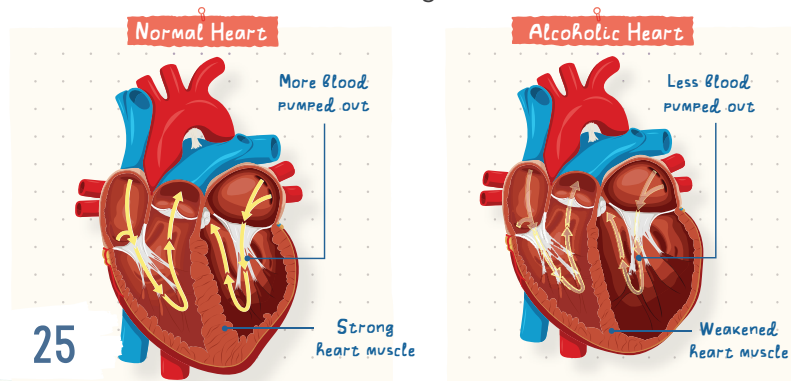


Q: WHAT PARTS OF THE BODY ARE AFFECTED BY ALCOHOL USE AND OVERUSE?

A: Alcohol affects almost every part of the body. The liver is greatly impacted by alcohol use because it breaks down and filters out alcohol. Any amount of alcohol can cause the destruction of liver cells, which inhibits liver functions. Over time, the liver will not be able to filter the blood, leaving dangerous levels of toxins in the body.



Alcohol also impacts the heart by causing the muscles to stretch and loosen, which can lead to strokes, heart attacks, and other issues. High alcohol use can also hurt the pancreas and the immune system and is linked to several kinds of cancer. Alcohol can affect the normal development of bones and impact hormones. It has also been shown to increase depression, anxiety, low self-esteem, and even suicidal thoughts.



Q: WHAT IS AN ILLEGAL DRUG?

A: **Illegal drugs** are drugs that are prohibited by law for use, and they can also refer to legal drugs, such as painkillers or other prescriptions, that are being used illegally and without the supervision of a licensed healthcare provider.



Illegal drugs include stimulants, such as cocaine; sedatives, such as heroin; opioids, such as fentanyl; and hallucinogens, such as LSD. Prescription drugs that are obtained without a doctor's prescription and supervision are also illegal. Illegal drugs cause harm, can cause addiction, and can even lead to overdose and death.

Q: HOW DOES A BEHAVIORAL ADDICTION LIKE SOCIAL MEDIA ADDICTION ACTUALLY AFFECT THE BRAIN?



A: Some people seek out specific activities over and over because those activities or behaviors can cause the brain to release chemicals like dopamine or serotonin. Both of these chemicals are neurotransmitters that are considered “happy hormones.” They affect mood and emotions as well as feelings of motivation and reward. When someone

is addicted to a behavior (like scrolling through social media), that person’s brain circuitry is actually changed. The brain is rewired to seek out that same behavior or activity more often because it feels good. The more a person takes part in that activity or behavior, the stronger those brain connections become, which makes it harder and harder to stop the behavior.

Q: IF PEOPLE SUSPECT THEY MAY BE ADDICTED TO SOCIAL MEDIA OR OTHER TECHNOLOGY, WHAT SHOULD THEY DO?

A: They should talk to a parent, teacher, or another trustworthy adult about their struggles and ask for accountability in limiting their technology use. Many smartphones have the capability to set limits on the amount of time people use certain apps. People could consider drastically decreasing the time spent on social media, turning off notifications for social media apps, or even removing the apps from the phones or tablets.



THE ADDICTION Questions & Answers BOOK

Addiction to substances and certain activities can have serious and devastating effects on a person's life. Through 36 commonly asked questions and easy-to-understand, scientific explanations, *The Addiction Questions & Answers Book* teaches children and teenagers to recognize these addictive substances and activities, understand the physical and mental health dangers of using or engaging in them, and honor themselves as God's divine creations by keeping their bodies free from addictions and substance abuse.



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