

## Consequences and signs of addiction - suggested answers

### Family:

- Tension and arguments between family members
- Neglect of family members and pets
- Risk to family, may not notice a fire starting in home
- Lack of trust
- Not spending time together and avoiding each other
- Spending a lot of time on their own playing games on gadgets so they don't get to be with real people

### Hobbies and fun time:

- Lack of trust from your friends
- Losing friends
- Hanging out with people who smoke or use drugs
- Arguing with friends over smoking or substance misuse
- Not enjoying or taking part in fun activities or hobbies anymore

### School and work:

- Having to take smoking breaks
- Skipping school
- Falling behind on school work or at work
- Late to school or work regularly
- Getting into trouble at school or work

### Physical and emotional health:

- Withdrawal symptoms from trying to quit substance or behaviour
- Poor health
- Lack of fitness
- Putting on or losing weight by eating too much or not enough
- Problems sleeping or getting out of bed
- Being sick or shaky
- Lack of concentration
- Increased risk of developing health problems as you get older like lung disease, heart disease, cancer, stroke
- Getting upset easily or feeling moody, agitated, fidgety and anxious from cravings
- Other substances: Increased risk of contracting diseases from a variety of dirty instrument use like needles

### Money:

- Lack of money from spending it on cigarettes or other substances
- Debt and living in poverty – lack of money for food, clothes, shoes, heating
- Borrowing, stealing money or selling possessions
- Paying fines at court associated with drug use