

THE ADDICTION Questions & Answers BOOK



Addiction



Tobacco & Vaping



Alcohol



Drugs & Marijuana



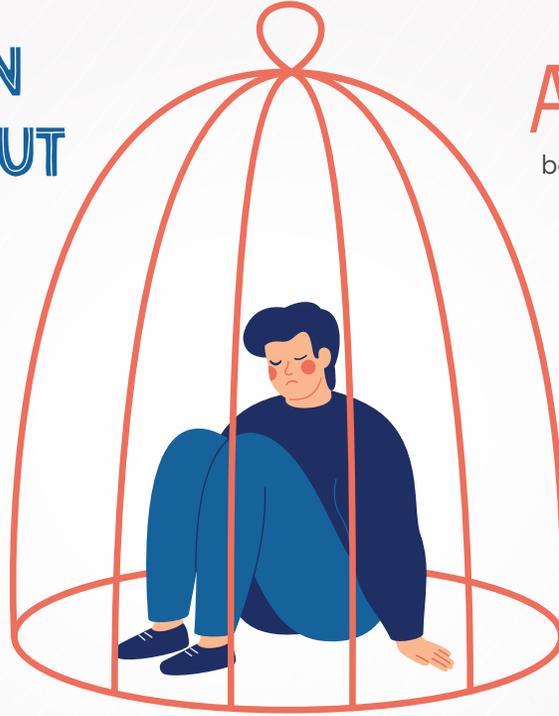
Social Media
& Technology



THE GOOD AND THE BEAUTIFUL LIBRARY

Written by The Good and the Beautiful Team

Q: ISN'T
ADDICTION
JUST ABOUT
DRUGS?



A: Besides illegal and prescription drugs, a person can unfortunately become addicted to other things like alcohol, pornography, tobacco, social media, video games, or gambling.

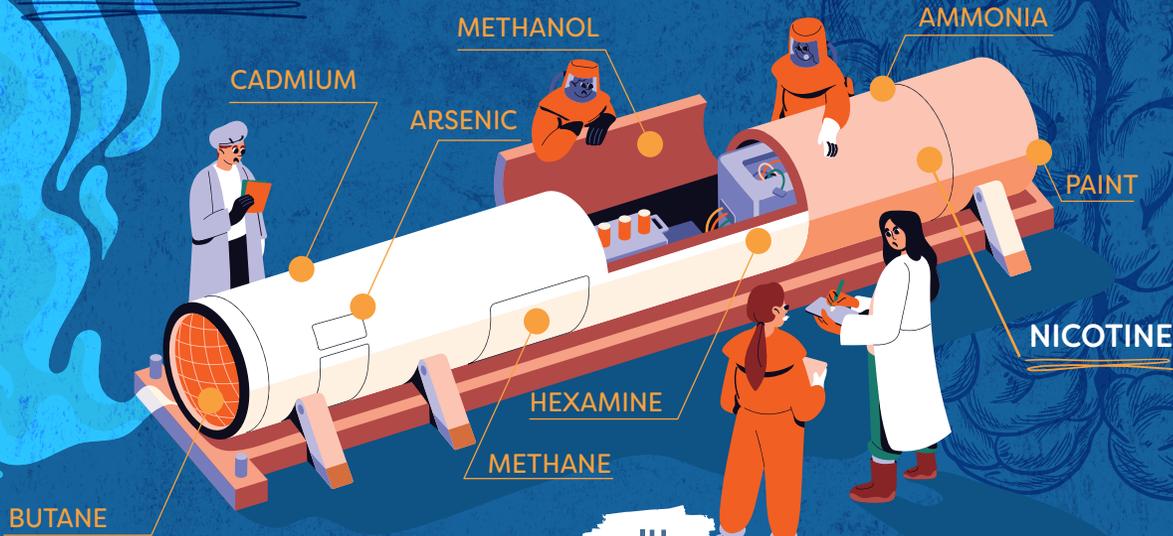
People with addiction crave these substances and activities, surrendering control of their judgment and many times their actions, which can lead to dangerous behaviors that can damage relationships and can hurt themselves and others.

Q: WHY IS KEEPING ONE'S BODY HEALTHY AND FREE FROM ADDICTION IMPORTANT?

A: Each and every human body was divinely created. God has told us in the Bible, "... know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (1 Corinthians 6:19) People can and should treat their bodies with care and respect by making healthy choices and staying free from addiction.

Q: WHAT MAKES TOBACCO ADDICTIVE?

A: All forms of tobacco contain a chemical called *nicotine*. **Nicotine** is a stimulant drug that speeds up the body's systems, including information that travels between the brain and the rest of the body. It is responsible for producing the effects in the brain that create strong cravings for more nicotine.

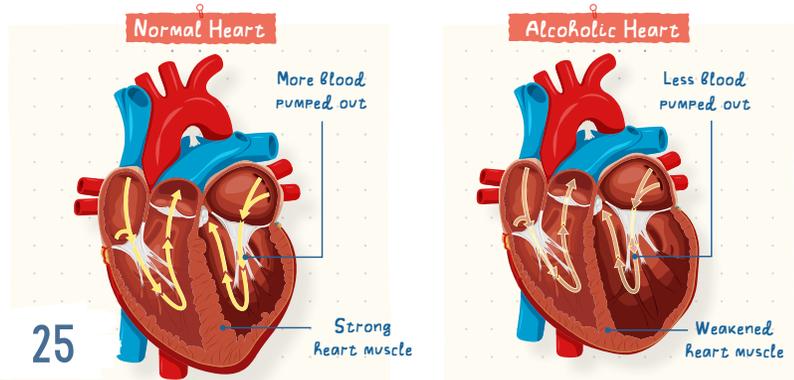


Q: WHAT PARTS OF THE BODY ARE AFFECTED BY ALCOHOL USE AND OVERUSE?

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 THE DIFFERENCE BETWEEN OVER-THE-COUNTER (OTC) AND PRESCRIPTION DRUGS, ALSO KNOWN AS MEDICINES?



A: **Over-the-counter (OTC) drugs** are medicines that can be bought at a pharmacy, grocery store, or convenience store without a doctor's prescription. While a doctor might recommend an OTC drug, a person can also self-treat symptoms with these medicines. Examples of OTC drugs include painkillers, such as acetaminophen and ibuprofen, allergy medicine, and cough syrup. Prescription drugs are medicines that can be obtained only through a

licensed medical professional, such as a doctor, nurse practitioner, or physician's assistant. These drugs are usually stronger than OTC drugs and are more highly regulated by the US Food and Drug Administration (FDA). A pharmacist dispenses prescription drugs at licensed pharmacies. When used correctly and as instructed, these drugs are helpful. When used incorrectly, they can lead to addiction, harm, or even death.

Q: MANY PEOPLE SAY SOCIAL MEDIA IS A GOOD WAY TO CONNECT WITH PEOPLE. HOW CAN IT BE UNHEALTHY?

A: Like most other modern technology, social media can be a very convenient and helpful tool when it's used correctly. However, if someone spends a lot more time on social media than on anything else—like school or work, hobbies, or real-life relationships—that can indicate that he or she may have an unhealthy relationship with that type of technology.



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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