

Why is alcohol dangerous for young people?

Alcohol affects young people more than adults, both physically and mentally. The brain is not yet fully developed; it continues its development up to the age of 25. For this reason, alcohol is more harmful to young people than those who start drinking later. Young people find it more difficult to judge the effects of their drinking, which means that they may have very bad experiences.

Among other things, studies show that

- most young people that get into fights are drunk
- the risk of being exposed to crime and accidents is higher when young people are drunk
- most people who try drugs for the first time are drunk
- most young people who have unwanted and/or unprotected sex are drunk.

Tobacco

The tobacco in cigarettes contains a substance called nicotine, which is toxic. It creates an imbalance in the brain, which causes a desire to smoke. There are a number of diseases which may be caused by smoking, such as heart disorders and lung cancer. Smoking damages the immune system and many diseases that come from smoking can be fatal.

Is cannabis really that dangerous?

Cannabis is the name of a family of hemp plants that cannabis and marijuana come from. These preparations are illegal and are classified as narcotics. It is more dangerous to smoke cannabis today than it was twenty years ago. Hemp plants contain THC (tetrahydrocannabinol) and in cultivations these days the content of THC has increased and are therefore much stronger. The price of cannabis has halved and the supply has increased. It can be found everywhere and is never more than a text away. Another problem is the romanticised attitude to drugs found on the internet and on social media, which many young people believe are reliable sources.

Effects and signs:

Red eyes, increased appetite, slower reflexes, high pulse, dizziness, time and space are confused, impaired memory and learning ability, sleep disorders. Prolonged use disrupts the hormonal balance and increases the risk of depression, psychotic conditions and schizophrenia.

Drugs affect everybody in the short term or the long term. They affect the users and other people around them. People are affected physically, mentally and socially. The difference with young people is that they run a larger risk of physical injury. The brain is still developing during the whole period of adolescence.

Studies show that

- early debut and regular use of cannabis result in lower IQ
- important functions such as memory, concentration, linguistic capacity, analysis and orientation deteriorate
- half of those who smoke cannabis regularly become addicted
- the risk of accidents, mental ill health and alienation all increase.

Shoplifting

Shoplifting is the same thing as theft, but it is called shoplifting if the stolen goods have a small value. The limit for shoplifting varies, but it is usually up to SEK 1,000.

The limit of SEK 1,000 does not apply to stealing parts from a car or a bicycle. That is classified as theft. It is also theft if you take something from a person who cannot protect themselves or if you take things from a person's bag. It makes no difference whether the things have a small value.

A person who shoplifts is given a fine or imprisonment for up to six months. It also means that the offender is written in the criminal register of the police. The entry stays in the register for a period of five years. When you are in the criminal register it may be more difficult to get certain jobs, to obtain a driving licence or to study or travel abroad.

